

focus

Issue 42
October 2025

on community

Long Bay, Okura and Torbay

A photograph of two young girls participating in a mud run. They are sitting inside large, blue, ribbed plastic tubs on a paved surface. The girl in the foreground is smiling broadly, her face and arms covered in mud. She is wearing a dark, short-sleeved shirt. The girl in the background is also smiling and looking towards the camera. She is wearing a patterned, short-sleeved shirt. The background is a blurred outdoor setting, possibly a schoolyard or park.

Mud Colour Fun Run At Long Bay Primary

See page 3

MATT CORIN

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From Head to Toe in Rainbow Glow (and Mud!)

Schools provide a wide range of benefits to their students and community. Aside from the learning and social interaction side of things we also aim to ensure our students have memorable experiences that they will remember long after they have left the school.

At Long Bay Primary our annual Mud Colour Fun Run is one of the occasions we try to make as much fun as possible. The weather came to the party and provided us with a fine day to run our course.

There were a variety of different obstacles to overcome. Wet sponge throwing, intense water pistol squirting and the icing on the cake - 4 puddles of very wet water and mud. It was wet, cold, and it was muddy and everyone loved it. The final loop involved dodging the water pistols again and then getting covered in paint before going around again and again.

While the event is used as a fundraising opportunity - this year working towards a new natural playground. The experience (and very colourful hair for the next few days) makes it all worthwhile. We would like to offer a vote of thanks to our PTA and parent volunteers who made the whole day run like clockwork.

Our students were big fans - asking questions like: Can we



do this every day?

Our response: Ah no, we are exhausted! However, do you want to have a go again next year? – Yes, we do!!! Roll on 2026 for us to do this all again, bigger, better and wetter than before!

Thanks to Amy Ryan for providing the photos - www.amyryanweddings.com




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Content of this magazine.

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

Cost of advertising.

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

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We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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

editor's letter

So good to see the start of the lighter nights now, it makes you feel that surely summer is now just around the corner.

October 10th is World Mental Health Day.

We know for many that every day is just such a struggle.

Mental health problems can affect anyone, of any age gender or ethnicity.

They are debilitating and rob people from enjoying their best life. It is not just the sufferer, their families suffer too. Thankfully society tends to be more aware of these issues and more support is available.

If you know of anyone struggling with mental health problems, see how you can best support them.

Listening is always a good start.

You will see on pages 16 and 17 the Spring Garden Show photos. The Torbay Garden Club organise this wonderful event every year and it

is so well supported. It's also so good to see the Children's section's entries as our future gardeners make their mark.

The Garden Club meets monthly on the first Wednesday of each month at 1 pm and is held in the Torbay Community Hall in Watea Rd. Everyone is welcome.

The recipes this time are all around lemons as they are in season and pretty prolific. Adding a squeeze of lemon juice or some zest to any savoury meal really brings out the flavours. Another idea I do when I have more lemons than I can use is to zest and squeeze them and put it into ice trays and freeze. I then bag them and hey presto when lemons are costly I can pop a cube of lemon into anything I am making.

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.

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✿ 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

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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:

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- 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



**확실하지 않으세요? 저희에게 물어보세요. (Korean)
 拿不定主意? 请来咨询我们。 (Chinese)**

Translated into English they mean: "Not Sure? Ask Us" meaning, "How can we help you?" This phrase is typical of the opening greeting that the CAB volunteers give to our non-or limited-English speaking clients.

If you are reading this article and your first language is English, then please bring it to the attention of your friends and acquaintances who have limited English.

At CAB Browns Bay, we currently have five Mandarin speakers, two Korean speakers, one Hindi speaker, and one Cantonese speaker. In addition, we have access to the nationwide CAB Language Support Service. This service connects the client with volunteers from other CAB branches who speak different languages and can provide interpreting support over the phone.

If you call us, you can ask for a volunteer who speaks your language to assist you.

If you write to us in your own language, we will find a volunteer who can speak that language and respond to your enquiry.

We also have more information on our website about the government interpreting service for the public.

If someone who is not confident with speaking English, contacts a government agency, the government agency can arrange a telephone conference call with an interpreter service so that they can communicate in the client's preferred language. (see: <https://www.cab.org.nz/article/KB00001556>)

If you do not speak or understand English fluently, and should you have to go to Court, you can ask the court for an interpreter. (see: <https://www.cab.org.nz/article/KB00001056>)

Also, if you need to find a doctor or dentist who speaks your language, the CAB can also help you with this (See: <https://www.cab.org.nz/article/KB00001522>)

Still not sure? Then call in to see us at:

CAB Browns Bay location

Community Centre
 2 Glen Rd, Browns Bay

Mon-Fri: 9 am to 3 pm

P: 09 479 2222
E: brownsbay@cab.org.nz



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Top Awards Achiever for Torbay



Wendy's update

Residential property sales in Auckland during August maintained their recent trend of solid sales numbers with prices in line where they have been for the past three months – the month's trading was sound.

In Torbay/Waiake we have not seen the "typical" Spring rush of properties coming to the market. For vendors who are pricing their property in line with current market conditions we are still seeing strong demand from buyers.

If you are thinking of selling this is the perfect time to list with less competition available – 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 August 2025

 <p>83</p> <p>PROPERTIES FOR SALE</p>	 <p>24</p> <p>PROPERTIES SOLD</p>
 <p>\$750,000</p> <p>LOWEST VALUE SALE</p>	 <p>\$1,605,000</p> <p>HIGHEST VALUE SALE</p>

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Spring Clean Your Finances with MTF Finance Albany

Spring is finally here! and while you might be decluttering the garage or sprucing up the garden, it's also the perfect time to tidy up your finances.

Will, Ashleigh and Olivia (and their office pup Kai!) from **MTF Finance Albany**, know that financial clutter can weigh you down. Things like high-interest credit cards, Buy Now Pay Later payments rolling over, and small loans scattered everywhere can make it harder to keep track and more expensive than it needs to be.

"One of the best ways to spring clean your finances is by consolidating," says Will. "We're helping a lot of people simplify things by rolling multiple debts into a single personal loan with a structured repayment plan and lower interest."



Debt consolidation can help:

- Lower your total interest costs
- Free up your cash flow
- Simplify your repayments into one regular payment without stress.

Whether it's leftover holiday spending, unexpected bills or just wanting to feel more in control, the team at MTF Albany is here to help you find a solution that fits. As a locally owned and operated business, MTF Albany takes pride in offering personalised service without the jargon or the call centre run-around, they are speedy and professional. You'll talk directly with the team who live and work right here on the Shore.

They're the type of people who care about helping you move forward with confidence, they see the bigger picture and those dreams you inspire to come true.

So, this spring, while you're dusting off the shelves, why not dust off your finances too?

Come in for a no-pressure chat or give the team a call and see how we can help you feel more in control and a little lighter.

MTF Finance Albany – 7G Triton Drive, Rosedale
09 954 1334
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Stay Alert This Summer: Protect Yourself from Scams and Fraud

As we head into the warmer months and enjoy everything East Coast Bays has to offer, it's important to stay vigilant against scams and fraud. With more people travelling, shopping online, and connecting through social media, scammers often take advantage of the busy summer season.

Scams are designed to trick you into giving away personal or financial information. When that information is used under false pretences for someone else's gain, it becomes fraud, a criminal offence.

Some of the most common scams we're seeing include:

- **Phishing emails** pretending to be from banks or government agencies.
- **Social media scams**, where someone impersonates a friend or seller.
- **Invoice scams** targeting both individuals and businesses.
- **Scam calls** from fake tech support or phone providers.
- **Investment scams** promising unrealistic returns.
- **Romance scams** that exploit trust built online.
- **Text message scams** asking you to click suspicious links.
- **Money mule schemes**, where people unknowingly help launder stolen money.

If you're receiving money from people you don't know and

sending it on, you may be involved in money laundering even if you didn't realise it. This is a serious offence and can lead to prosecution.

To protect yourself:

- Never share personal or banking details with unknown contacts.
- Don't click on suspicious links or attachments.
- Verify requests for money even if they appear to come from someone you know.
- Report scams to Netsafe or Police via 105.

Let's keep East Coast Bays safe and scam-free this summer. If you have concerns or need advice, feel free to contact our team at Browns Bay Police Station.

Be Safe,
Sergeant Chris Lindsay



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LIFTa – Linking Intercultural Families Through Action

We were delighted to share our journey at the recent Community Networking Meeting in Heart of the Bays, where our work received strong encouragement from local partners and neighbors.

Families Growth and Thrive Charitable Trust is a volunteer-run organization founded in 2019 on Auckland's North Shore. Created by first-generation migrant families, we have long served as a bridge between cultures, offering parenting education, wellbeing support, and opportunities for community connection. In 2025 we introduced the name LIFTa – Linking Intercultural Families Through Action to better reflect our growing mission and visible community presence.

What We Do

Over the past six years, our programs have engaged more than 1,000 people across Auckland:

- LIFE Parenting Course – Supporting migrant parents with cross-cultural parenting and wellbeing strategies.
- Meets every Friday during term time at Heart of the Bays, Browns Bay (until Nov 2025). Next year's plan with daytime schedule.
- Lift a Step – Since 2019, over 160 cultural walks and workshops have brought 1,200+ participants into local art, history, nature, and Māori heritage.
- Weekly outings in school term across local cultural, historical, and natural sites.
- Lift a Kids' Flea Market – A quarterly event where children run their own stalls, attracting 150–200 attendees each time.
- Once every school term at St. Anne's Hall, Browns Bay.
- Lift a Coffee Capsule – More than 100 eco-art workshops since 2020, with 1,000+ participants. Exhibited at Mairangi Arts Centre, with proceeds donated to the Breast Cancer Foundation NZ
- Every second Saturday morning during school term time at Mairangi Arts Centre.
- Lift a Book Club & Story Sharing – Weekly bilingual sessions, with 700+ participations strengthening literacy, cultural identity, and friendships
- Mondays during term time at Heart of the Bays, Browns Bay.



Visit to Civic



Matariki with the Board members



Coffee capsule workshop

- Lift a Moment – A new wellbeing initiative launched in 2025, encouraging daily mindfulness through drawing.
- Online via WeChat group, with regular in-person meetups.

Why It Matters

Our projects foster intercultural understanding, neighborly support, and community participation. We are proud to help newcomers find belonging while enriching the wider community with diversity and creativity.

Join us at events and visit www.fgtct.org to learn more.



Visit to Highwic

October is Cruise Month at Shore Travel

October is Cruise Month, and at Shore Travel we're celebrating with exclusive offers across all styles of cruising. Whether you dream of sailing the vast oceans, drifting along iconic rivers, venturing into the world's wild frontiers, or indulging in pure luxury, our team of Cruise Ambassadors is here to help you plan your next unforgettable journey.

Ocean Cruising invites you to step aboard larger, beautifully appointed ships where every day brings something new. Picture yourself relaxing poolside as you sail to exotic ports, savouring exquisite dining, and enjoying world-class entertainment. Ocean cruises let you wake up to a different horizon each morning — from tropical islands to fascinating cities — combining the best of adventure and onboard comfort.

River Cruising offers a more intimate style of travel, gliding along Europe's Rhine or Danube, or even the mighty



Nile. Smaller ships dock right in the heart of storybook towns and historic capitals, giving you more time to immerse yourself in the culture. On board, you'll enjoy spacious cabins, fine cuisine, and a relaxed atmosphere as stunning scenery drifts past your window.

Expedition Cruising takes adventure to the next level. Specially designed ships bring you up close to extraordinary destinations such as Antarctica, the Galápagos, or the Kimberley coast. These journeys are led by expert guides and naturalists, offering encounters with wildlife, pristine landscapes, and local cultures that few travellers experience. For nature lovers and adventurers, this is exploration at its best.

Luxury Cruising redefines indulgence at sea. Think butler service, lavish suites, world-class dining, and curated excursions. On board, every detail is designed for comfort and style, while each destination offers exclusive experiences. Luxury cruising is the ultimate way to combine discovery with five-star service.

No matter your style, October is the perfect time to book your next voyage. Cruise Month brings incredible savings and special deals across all cruise types. Come into Shore Travel during October to sit down with our Cruise Ambassadors, who will guide you through the options and match you with the journey that suits your travel dreams.

Your next holiday is waiting — set sail with Shore Travel this Cruise Month.



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The Backpack Project

Over the past couple of years we have been telling you about Rotary Browns Bay's backpacks project, initiated by Shirley Smith of Long Bay.

Since beginning in 2023 the group has made 720 backpacks, 160 art bags, 235 pencil cases, and, in response to requests from schools, 40 sensory mats for neuro-challenged children. Four schools have received ten sensory mats each and these are very much appreciated by the schools. They help the child to learn one word at a time.

The children have to read for 50 days to earn a pack or pencil case and literacy competency in the participating schools has increased markedly. The backpacks are treasured by the children and they work hard to earn them.

Shirley has approximately twelve sewers who come to the



two sewing groups at her house, as they are able. They enjoy companionship together and having a purpose in their senior lives. She could do with two more sewers in the Long Bay group if you think this might be for you. Contact Shirley on 022 018 0752 to find out more.

People from various community groups and individuals have donated stationery, drink bottles, books, beanies and sun hats to go into the packs and pencil cases

Rotary is an international service organisation that works in a variety of ways to improve the lives of those less fortunate than us; people like Shirley Smith.

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

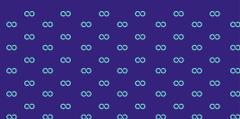
We'd love to meet you.



LIFTa
WEEK
新西兰家庭成长基金会



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ACROSS
CULTURES**



月下同行 · 携手共融

A showcase of LIFTa projects and interactive activities.

4TH - 9TH OCT. 2025
MAIN GALLERY, MAIRANGI ARTS CENTER



LONG BAY RESIDENTS' ASSOCIATION

AGM

Annual General Meeting

Wednesday 15th October 2025

7.00 – 8.30 pm

Long Bay College Staffroom
30 Ashley Avenue, Long Bay

Come and join our AGM

Guest speakers from:

- Hibiscus and Bays Local Board
- Local businesses
- Local interest community groups

Tea/coffee will be provided
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Complete our Long Bay 2025 Survey
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www.longbay.nz Join/donate today!

Chance encounter with *P. milleri*

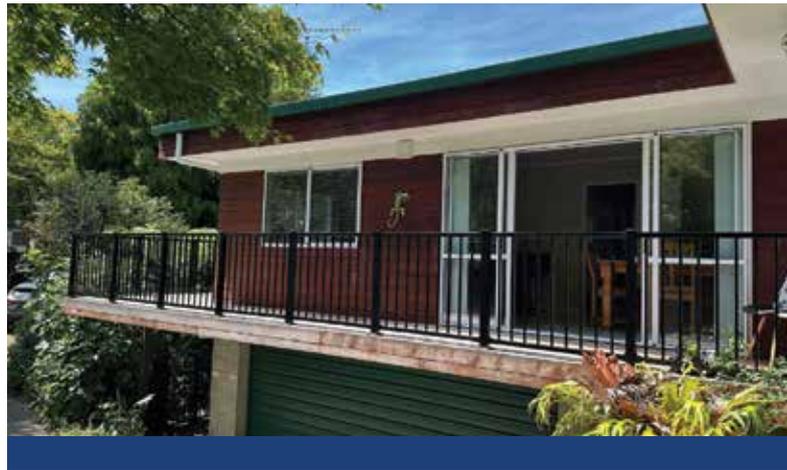
On the afternoon of August 25th, a few of our MERC staff took advantage of a super low tide to explore the rock pools at the southern end of Long Bay. It was there they happened upon *Phidiana milleri*, a nudibranch not often seen at Long Bay but one we have observed previously in the same rock pool.

Maxing at 4cm long, *P. milleri* is identified by the orange and white cerata along the back of the sea slug. The cerata often contain stinging cells, called nematocysts. These are regularly acquired by eating mussel beard hydroids and are used by *P. milleri* for their own defence to avoid predation.



At the leading edge of the nudibranch's foot, you can see the oral tentacles and tapered rhinophores used to sense and consume their prey. Their digestive gland is bright orange and can be seen through their translucent skin. According to iNaturalist, the seasonal distribution for *P. milleri* peaks around September-October and we look forward hopefully, to more sightings of these beauties over the coming season.

MERC
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Torbay Theatre News

Gilbert and Sullivan's *HMS PINAFORE!*

at the Torbay Community Hall from 25 September to 5 October

LAST WEEK! SELLING OUT!

Roz Langdon is a big part of what holds Torbay Theatre's musicals together. With her impeccable musicianship she has played the piano and led the band for five of our Gilbert and Sullivan shows, making light of the complex, demanding scores.

She has kept the music flowing through rehearsals and performances, from *The Pirates of Penzance* in 2014 to *Here's a How-De-Do Too* (2024), including *The Mikado*, *The Gondoliers*, and *Grease*. She played flute and piano for Gands in Whangaparaoa and Papatoetoe, and while at High School was on stage for another Gilbert & Sullivan, *Ruddigore*, and in the orchestra for others.

Roz is a musician through and through: she played the piano from the age of seven, and flute from the beginning of High School. She has her ATCL diploma in both, and, recently retired as a school music teacher and choir conductor, she



June Dams as Josephine and Wilson Wang as Ralph. [with red parasol]



The Admiral (Dan Moore) with a few of his many Sisters and his Cousins and his Aunts! (Sarah Munnik as Cousin Hebe).

still teaches flute and piano from her home studio.

She has also sung for the odd gig and produced end-of-year concerts for her students.

Not to mention conducting Northcross Intermediate's choirs, including at the Big Sing school choral competition at the Town Hall. Her aim was for the students to experience singing together, seeing enjoyment of music as more important than competition – which didn't stop them walking away with a bronze award.

Torbay's musicals bring together multiple nationalities from the community, and all ages – from a high-school student in a main role to senior citizens. As well as the excellent shows and high musical standard, Roz says: "What keeps bringing me back to Torbay Theatre is that we have created a real sense of family, it is very inclusive, and this is one of the things I like most about Torbay Theatre."

Come enjoy the mad fun of it, with songs you'll be humming for days -

When I was a lad I served a term ... Dear little Buttercup ... And so do his sisters and his cousins and his aunts ... Never mind the why and wherefore ... For he is an Englishman ...

H.M.S. PINAFORE - BOOK NOW!

Tickets now on sale via Humanitix:

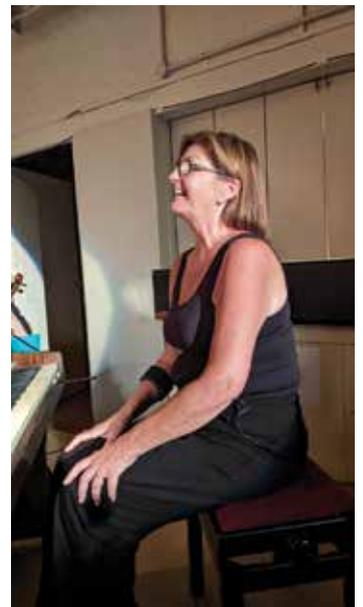
<https://events.humanitix.com/hms-pinafore>

For more details, or to join:

www.torbaytheatre.com

See also: Facebook/Insta, or ph 022-076-9706

35 Watea Rd, Torbay



Roz Langdon at her piano at Torbay Theatre.

H.M.S. PINAFORE

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

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events.humanitix.com/hms-pinafore

OR go to torbaytheatre.com

More information:
torbaytheatre.com
or 022 076 9706

Professor Tony Lambert speaks to U3A

We were fortunate to have Professor Tony Lambert from the School of Psychology and Cognitive Neuroscience speak to us at our monthly meeting. His talk was about 'Anauralia' or imagining sounds in the mind. An 'inner voice'.

An example he gave for this is when we imagine music, or a dog barking, in our mind. Interestingly, from studies his students have done, around 10% of people tested do not have this ability. Another research study, the NZ Attitudes and Values Study, included questions relating to this topic, with 32,000 people taking part. In this study both Anauralia and Aphantasia (seeing or imagining pictures in the mind) were tested. Studies have also been done in the United Kingdom on similar research, with almost exactly the same results, when people have been measured on a scale from 1-7, where they didn't



Prof Tony Lambert

experience any 'noise' in their minds, to where they could clearly hear imagined 'noise'. One in 100 people normally sit at '1', no noise. Another research study, the NZ Attitudes and Values Study, included questions relating to this topic, with 32,000 people taking part. In this study both Anauralia and Aphantasia (seeing or imagining pictures in the mind) were tested.

The Auckland University study went on to research how these two phenomena affect individuals in other ways and found that people who do have high scores in Anauralia

and Aphantasia are highly creative, however those with low or no ability of both are highly imaginative in other ways, for example one person was a writer and another a physicist.

Buddhism and Christianity emphasise benefits of 'inner quiet' and calmness – and the modern idea of mindfulness. Studies show there are links between imagining sounds and scenes and creativity, (both Anauralia and Aphantasia) however only imagining visual scenes (Aphantasia) was not specifically linked with creativity. Imagining sounds was linked with creativity (Anauralia). A most interesting talk with many questions to answer

The Special Interest Group presentation was by Books and Beyond. One of its' members Patricia talked about the book "Now we are 60" and especially the Vespers poem by AA Milne, She then described the book "Queen Mary's Doll's House" which some members had seen in Windsor Castle.

Monettes spoke about the book "To the Is-land" by Janet Frame. Monettes aunt, Wendy, was at school with Janet and is mentioned in the book, so a family link to her reading and a well-known author.

Val Lloyd and Heather Howarth



Queen Mary's Doll's House, Windsor

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ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

LOCAL SURVEY & EVENT BOOST



HAVE YOU HEARD OF ALPHACHLORALOSE?

Alphachloralose is a narcotic and when used in concentrations of less than 2.5% it will anaesthetise birds so farmers or shop/café owners can remove them.

However, Alphachloralose can also cause birds to become comatose and eventually die of hypothermia.

I've been made aware that someone is feeding food laced with Alphachloralose to Pigeons and Ducks in our public spaces.

While residents are out on their walks, they are finding comatose or dead birds. The only way to try to save a poisoned bird is to put them in a warm, dark place until the effects wear off.

Did you know that you can buy this narcotic over the counter at hardware stores? I would have thought that a product like this would be a controlled substance rather than a free-for-all.

What do you think? Should you have to apply for a licence to use it? Should it be classed as a controlled substance?

Please jump onto my website and do a quick yes or no survey...

www.ericastanfordmp.co.nz/birds

In a few weeks time, I will tally up the results and look to lobby the Environmental Protection Authority to reassess its classification.

BOOST TO MAJOR EVENTS & TOURISM

When big events come to town, it's not just the crowds at the stadium or the fans at the concert who benefit. It's the local café owners, the motels, and the young people who pick up shifts working at events.

That's why the biggest boost yet for major events and tourism has been announced - a \$70 million package designed to drive jobs and growth right across the country.

This means more world-class concerts, festivals, and sports on our shores, and more visitors exploring our regions. That all adds up to more business for local shops and restaurants, more shifts for hospitality workers, and more chances for small towns to thrive.

Tourism already supports nearly 200,000 jobs and brings in around \$17 billion a year. Every visitor who comes here spends close to \$2,700, money that flows straight into the tills of local businesses.

We have already seen this month international visitor arrivals and spending are continuing to climb, giving a boost to our tourism sector and economy.

Welcoming both domestic and international visitors keeps our communities vibrant and our regions humming - supporting local businesses, creating more jobs and strengthening our economy overall.

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

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1/8 Beach Front Lane, Browns Bay



When there were orchards and strawberry farms

Remember when we used to go to Albany to orchards and Strawberry farms? Two of these had beginnings in Torbay.

Sid Clemow writes about his family history. The family originated in Ireland. 'Dad and Uncle Sid came to New Zealand to settle in, as far as I can make out, about 1906. They worked on several farms in the Waiuku area to start with but finally bought a property at what was then Oneroa, then Torbay and finally Waiake.

They owned most of the land on the seaward side of what is now Deep Creek Road with the exception of about four acres down by Long Beach. They milked a few cows and grew a small amount of stone fruit



and grapes. The area was very isolated – most travel being done by sea, although I understand there was a bridle track to Milford along the route that is now East Coast Road. You could ride your

horse into Milford, where it could be left at Sherriff's stable – you then caught the steam train to Bayswater and then the paddle steamer to Auckland.

Paul Matthews had strawberry fields Beach Road, near Long Bay. When they moved to Bush Road, Albany they called their Strawberry Farm 'Paul's Strawberry fields' We remember going there and picking strawberries for Christmas.

After Labour Weekend we will be opening the Vaughan Homestead on Saturday afternoons 2-4pm. Remember you can hire the Homestead for small groups or you can visit us at other times by contacting us. Check out our website.



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

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Focus on Spring at Torbay Garden Club

After several warmer, sunny days, a cold wet day dawned for Torbay Garden Club's annual Spring Show in early September. However, this did not dampen the enthusiasm for the vibrant display of spring beauty in the Torbay Community Hall. Daffodils, freesias, irises, ranunculi, polyanthus, camellias, orchids and many more warmed the hearts of all who came. Floral interpretations of spring were on show in the Floral Arrangement section which included everything from large intricate designs to the delightful, delicate cup and saucer arrangements.

A good array of vegetables and fruit was also testament to the skill of garden club members through a difficult season. The Children's section (with prizes donated by Bunnings Warehouse Constellation Drive) was another crowd pleaser this year with some wonderfully imaginative

'creatures' made from various fruits and vegetables, alongside a colourful array of jars of flowers. Entries came from a range of local children, including Torbay Kindergarten, who once again provided a vibrant display of 'flowers in a jar', with their blooms donated by Torbay 4 Square, Village Blooms in Long Bay and picked from the children's own gardens. Potted plants for sale on our trading table were quickly snapped up by grateful buyers and many took the free garden magazines on offer. The raffle tickets were in hot demand as the prizes donated by our generous sponsors this year were magnificent.

Our judges, horticulturist Graham Milne and Catherine McLennan who judged the Floral Arrangement and Children's sections, had a difficult task judging





the winners in each section because of the high standard of the exhibits. Eventually two exhibits were awarded 'Best in Show', as neither of them could be faulted. The intricate, imaginative, floral interpretation of spring arranged by Ange Taft shared the honour alongside a near-perfect blue anemone grown by Marilyn Taft that was large, perfectly formed and vibrant in colour with stamens at the perfect stage of development. The prizegiving rounded out the day with the Carlyle Tankard awarded to Ange Taft for gaining Most Points in the Show.

We're grateful to everyone who contributed to the Show, from our creative exhibitors to our hardworking volunteers, committee members, and all the visitors who came along to celebrate the day with us.

The success of this year's Spring Show was also helped with the generous backing of our sponsors, who provided wonderful raffle prizes and support: Bunnings Warehouse Constellation Drive, 4 Square Torbay, Torbay Butchery, Woolworths Browns Bay, Long Bay New World, Mitre 10 Mega Albany, Albany Central Landscape Garden Supplies, Kings Plant Barn Takapuna and Wendy Radcliffe and Tony Cedarwall at Barfoot & Thompson Torbay.

If you would be interested in joining our club we would love to welcome you along. Check out our website for more information at <https://torbaygardenclub.co.nz>.



In the garden in October: Labour weekend is traditionally the busiest gardening weekend of the year. Soil temperatures should be warm enough to get tomatoes and many vegetables off to a good start. If grown from seed, start hardening them off now and dig in compost and sheep pellets where they are to be planted. Sow dwarf, climbing and runner beans. Start zucchini from seed, or sow direct if warm enough. You can start pumpkins, melons, and cucumbers from seed too, but sow next month. Sow or plant salad greens and herbs. Feed established roses and fruit trees, plant out rhubarb, strawberries and blueberries. Plant hydrangeas in dappled shade. Plant petunias, lobelia and alyssum in tall pots or hanging baskets. Perennials such as lavender, geraniums, nemesia and calibrachoa are great in the garden or containers.

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When life gives you lemons, make lemon curd tarts!

Lemons are a tasty ingredient to any dish, here are three ways to use them

Lemon Drop Biscuits

If you want to make a double batch of the biscuit you can then freeze ½ and it makes the next batch quick and easy.

Ingredients

125g butter, softened
 ¾ cup sugar
 1 tsp vanilla essence
 1 egg
 2 cups plain flour
 Zest of two lemons, and juice to mix the icing.
 1 cup icing sugar

Method

Preheat the oven to 190°C. Line a baking tray with baking paper.
 Cream the butter, sugar and vanilla together until light and fluffy. Add the egg, beating well and the lemon zest. Sift the flour and mix into the creamed mixture.
 Roll heaped teaspoons of mixture into balls and place on



the prepared tray. Flatten slightly with a floured fork. Bake for about 12 minutes or until pale golden. Leave on tray for 1-2 minutes then place on a wire rack to cool.
 Place icing sugar in a bowl and add lemon juice until a firm mix. Use a knife to spread on top of the biscuit.

Lemon Curd

When there is a glut of lemons this is so easy to make and tastes delicious. In fact, it will make you never to want to eat shop bought curd again.

Ingredients

4 eggs beaten.
 165 gms sugar
 80 gms butter
 Zest and juice of 2 large lemons

Method

Basically, put everything in a saucepan and bring to boil stirring. Turn down heat and continue stirring for another 3-4 minutes.

Place into airtight container. Will keep in fridge for 2 weeks.



Lemon Curd Tarts

This will use the lemon curd that we have already made.

Ingredients for pastry- or buy shop bought pastry roll.
 2 cups plain flour
 Pinch of salt
 125 gms butter
 Cold water to mix

Method

Rub the butter into the flour until it resembles breadcrumbs add salt and stir in water until it comes together as a dough.

Wrap in gladwrap and put in fridge for 30 minutes.

Roll out thinly and using an appropriate size cookie cutter cut circles.

Place over the bottom of the pattie tin and prong with a fork. Bake for 12 minutes on fan bake 175°C or 200°C standard oven. When cool fill.



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- ✓ Sunday 21st December



Facebook Event
longbay.nz/vst2025



RESTORATION WORK

Annual Open Day

Torbay Tennis Club started its new season off with a bang at the club's Annual Open Day on September 7. Yes, that's right, it was Father's Day. Despite it being Dad's day off, there were plenty who showed up with their kids for some tennis fun in the morning and great action themselves later in the day. It was a fun time for all, with a heap of new members joining after such an awesome day of free tennis. The club has many membership options and different club nights on offer. Including Monday night lady's night, Tuesday night men's, Wednesday mixed social night, Thursday morning men's coffee group, and a junior social night on Fridays for teenagers. Price options for the year start at \$99 with a full membership costing \$320, which is



much cheaper than most other local clubs. There are many ways to get started and Torbay's amazing coach, Jason Hart, is there to show you the way. With group lessons for both beginners and advanced players or individual lessons too. If you're unsure but keen to give our club a try, then you can come a couple of times for free and see if it's for you. The members at Torbay are super friendly and welcome new people to join in the play.

Looking forward to seeing you on the court with us soon. Torbay tennis rocks!

Christian Nicolson, President of Torbay Tennis Club.

East Coast Bays Library: From Bilingual Tales to Big Ideas

There's always something new to discover at East Coast Bays Library, and October is filled with activities for all ages. From creative workshops and cultural celebrations to talks that spark big ideas, our library is more than just a place to find books – it's a vibrant hub for learning, connection, and community fun. Whether you're bringing the kids for hands-on holiday activities, joining a talk to inspire your own writing journey, or simply stopping by to explore, you'll find plenty to enjoy this month.

Spring into Play – School Holidays (20 September – 5 October)

Keep tamariki entertained with play-based games, scavenger hunts, i-Spy cabinets, and prizes. Don't forget the Hell Pizza Reading Challenge (Years 1–8). Holiday highlights include:

- Tic Tac Toe – Wednesday 1 October 10am
- Moon Festival Paper Cutting – Thursday 2 October 10:30am
- Upcycling to End Fast Fashion – Thursday 2 October 2pm
- Pyjama Storytime – Thursday 2 October 5pm
- Vintage Games – Saturday 4 October all day
- LEGO Creations – Sunday 5 October 2pm

Author Talk with Janet de Witt – Thursday 9 October 5:30–6:30pm

Local Torbay author Janet de Witt shares insights into writing her first book about her great-great-grandfather, poet Matthew Harman ("The Victorian Rhymer of Scarborough"). Expect artefacts, verse, and a lively Q&A.



My Kitchen My Continent, Decluttering for Peace – Saturday 11 October 2:30–3:30pm

Join Celine Sumic, certified KonMari® consultant, for a free talk on creating a calm, organised home. RSVP: calendly.com/lumenliving/community-presentation.



Bilingual Storytimes

We're excited to introduce new storytimes in Term 4, celebrating language and culture. Join us during term time for:

- Korean Rhyme & Story Time – Mondays 10am
- Arabic Storytime – Wednesdays 10am
- Mandarin Story Time – Fridays 10am

Coding Club – Tuesdays 3:30pm (starting 14 October)

A new after-school club where tamariki can dive into the world of coding. Perfect for beginners and budding

programmers ready to explore digital creativity.

Family History Discovery Workshop – Friday 24 October 10:30am–12pm

Sharpen your genealogy research skills with guidance from the New Zealand Society of Genealogists. Learn how to use Ancestry Library Edition and FindMyPast effectively. Spaces are limited, so bookings via Humanitix are essential. For enquiries, contact Garry Phillips: introgenealogy@genealogy.org.nz.

Quiz Night – Thursday 30 October 5:30–6:30pm

Gather your friends and family for an evening of fun, laughter, and a little friendly competition. Test your knowledge, challenge your memory, and enjoy a lively night at the library.



For details on our full programme and events, pick up a brochure, chat with our team, follow us on Facebook, or visit aucklandlibraries.govt.nz. To receive an e-copy of our monthly brochure, email eclibraryevents@aucklandcouncil.govt.nz.



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Snapper in the Gulf

Snapper are highly prized by club members, and Hauraki Gulf Fishers generally for both the sport and their eating quality. BUT what do we know about them?

- The Hauraki Gulf is New Zealand's most important snapper spawning area and contains NZ's largest snapper population.
- Spawning is conditions dependent (water temperature etc) and takes place from October to March but peaks in November to December. Spawning begins when surface water temperatures reach 15–16 °C, occurring late afternoon and early evening, usually daily.
- A 25 cm female may release around 13,000 eggs whereas a 50 cm fish may release around 104,000. Only a tiny percentage of the fertilised eggs will survive and reach legal recreational size.
- All snapper begin life as females. Half of them will change into males between 2 and 5 years or 20 and 30 cm.



- It takes at least 6 to 20 years for a Hauraki Gulf snapper to reach the legal recreational take size of 30cm. Whereas a West Coast (where food is more plentiful) snapper will reach that size between 3 and 5 years.

Food supply in the Gulf has been significantly depleted through environmental factors such as sedimentation, pollution and sea floor devastation. There has been a substantial decline in the growth rate of Hauraki Gulf snapper over the last 30 years as population levels have increased.

- Survival rates for released fish depend upon the circumstances especially depth. The survival rate of fish taken on bait using larger circle hooks is usually higher than those taken on conventional hooks. Fish taken on soft plastics, sliders and other lures are usually lip hooked and have a higher rate of survival.
- Depth plays an important role in survival. Lip-hooked fish taken out of water under 10 meters have a very high survival rate if handled carefully. Chances of survival decrease as the depth increases irrespective of fishing method.
- Handling is a survival rate factor ... squeezing damages organs. Hands, gloves or towels should be wet, the fish handled gently and returned to the water as quickly as possible.
- The entire ecosystem is finely balanced. The existence of Kina barrens was recorded as far back as the 1960s. The Kina population is largely controlled by the presence of Crayfish and larger Snapper. As those natural predators have declined the Kina have flourished.

The contribution that large Snapper make to Kina control and the large number of eggs that they release are two very good reasons to treat the big ones with care and release them wherever possible.



Pollution. All storm water ends up in the Hauraki Gulf. Tyre rubber, oil, exhaust particles, etc from our roads, plastic and anything that anyone puts down a stormwater drain or into the local creeks and stormwater canals.

Please look after our Big Blue Backyard.

Barry Stevens

Tides October 2025 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Wed 01		02:02 2.4m	08:18 0.9m	14:46 2.4m	21:03 1.0m
Thu 02		02:57 2.4m	09:20 0.9m	15:48 2.5m	22:03 0.9m
Fri 03		03:59 2.4m	10:26 0.9m	16:47 2.5m	23:00 0.8m
Sat 04		05:02 2.5m	11:27 0.7m	17:41 2.7m	23:55 0.7m
Sun 05		06:02 2.6m	12:21 0.6m	18:32 2.8m	
Mon 06	00:46 0.5m	06:57 2.8m	13:11 0.4m	19:21 3.0m	
Tue 07	01:36 0.3m	07:48 3.0m	13:59 0.3m	20:09 3.1m	
Wed 08	02:25 0.2m	08:37 3.1m	14:46 0.2m	20:58 3.2m	
Thu 09	03:13 0.1m	09:26 3.2m	15:34 0.2m	21:48 3.2m	
Fri 10	04:01 0.0m	10:14 3.2m	16:24 0.2m	22:38 3.2m	
Sat 11	04:50 0.0m	11:04 3.2m	17:15 0.3m	23:30 3.1m	
Sun 12	05:40 0.1m	11:56 3.1m	18:10 0.4m		
Mon 13		00:24 2.9m	06:32 0.3m	12:51 3.0m	19:10 0.5m
Tue 14		01:20 2.8m	07:29 0.5m	13:51 2.8m	20:13 0.7m
Wed 15		02:20 2.7m	08:31 0.6m	14:54 2.7m	21:19 0.7m
Thu 16		03:23 2.6m	09:39 0.7m	15:58 2.7m	22:24 0.7m
Fri 17		04:28 2.5m	10:46 0.7m	16:59 2.7m	23:23 0.7m
Sat 18		05:30 2.6m	11:45 0.7m	17:53 2.7m	
Sun 19	00:16 0.6m	06:26 2.6m	12:37 0.6m	18:43 2.7m	
Mon 20	01:04 0.6m	07:16 2.7m	13:22 0.6m	19:28 2.8m	
Tue 21	01:47 0.5m	08:00 2.8m	14:04 0.6m	20:10 2.8m	
Wed 22	02:27 0.5m	08:41 2.8m	14:42 0.5m	20:50 2.8m	
Thu 23	03:05 0.5m	09:19 2.8m	15:19 0.6m	21:28 2.7m	
Fri 24	03:41 0.5m	09:55 2.8m	15:57 0.6m	22:05 2.7m	
Sat 25	04:16 0.5m	10:31 2.8m	16:34 0.6m	22:42 2.7m	
Sun 26	04:52 0.5m	11:08 2.7m	17:14 0.7m	23:20 2.6m	
Mon 27	05:29 0.6m	11:47 2.7m	17:57 0.8m		
Tue 28		00:01 2.5m	06:09 0.7m	12:30 2.6m	18:43 0.8m
Wed 29		00:44 2.5m	06:52 0.7m	13:18 2.5m	19:34 0.9m
Thu 30		01:32 2.4m	07:43 0.8m	14:11 2.5m	20:29 0.9m
Fri 31		02:25 2.4m	08:42 0.8m	15:08 2.5m	21:26 0.8m

Times adjusted for Daylight Saving.

COMPLIMENTARY

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ENTRY CLOSES

18th October 2025

COLLECTION:

22nd - 23rd October 2025 at November Eatery in Long Bay (please tick your name on the list on collection)



LONG BAY MOVIE NIGHT

22ND AUGUST AT LONG BAY COLLEGE

We had such a fantastic evening at our community movie night at Long Bay College, proudly sponsored by Ming Liu and Harcourts Cooper & Co. It was wonderful to see so many families and friends come together, take a break from their busy lives, and enjoy a great film in a relaxed setting. Events like this are at the heart of what we love to do, bringing the Long Bay community together and creating special moments to share. We’re excited to host more events like this in the future as part of our ongoing commitment to supporting and celebrating our amazing community.

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Torbay Friendship Club

Another great month for our members. We had the privilege of having Allison Mooney as our speaker. Allison is a world renowned speaker and author and she tested our ability to understand ourselves and where we fit in to the greater society. Some of us are definitely more bossy than others. Or should I say leaders and not



followers. Thank goodness we do not all fall under the same category!!! Of course I won't tell you where I fit in the scale of things. (Nudge nudge, wink wink as Monty Python would say.)

Rummikub is gathering momentum with new members joining in the fun – yes I said fun. As much as there is a smattering of competitiveness, we get together for companionship. Of course, there is always tea & cake. Every member is welcome whether they have played before or not – we teach them our way and help others where necessary.

Morning Tea, Mahjong, Scrabble and Craft are also on the go during the month, all of which are played at Heart of the Bays. Renovations to this building will take place from December so an alternate venue will be arranged.

Our Excursion convenor arranged a fantastic trip to WETA workshop in Auckland. This was so popular, the bus filled quickly and some of us caught the local bus in to the CBD

and met at the venue. This trip was well worth every cent. A little story from me – I had never heard of this workshop so when told we were going to WETA I expected to see these little animals that rub their legs together and make one hang of a noise. Well, the laugh was on me, luckily I was enlightened long before the actual trip. However, what we saw were very much larger species of the weird and wonderful workshop.

We meet every 2nd Thursday of a month in the Torbay Community Hall at 10am. So if you haven't visited, please come along and join in the friendship. Our next meeting will be 9th October 2025.

Should you wish to find out more about our great club, please contact our President, Liz Yeats, Mobile No. 0274 754 423

Keep warm, take care and see you there.



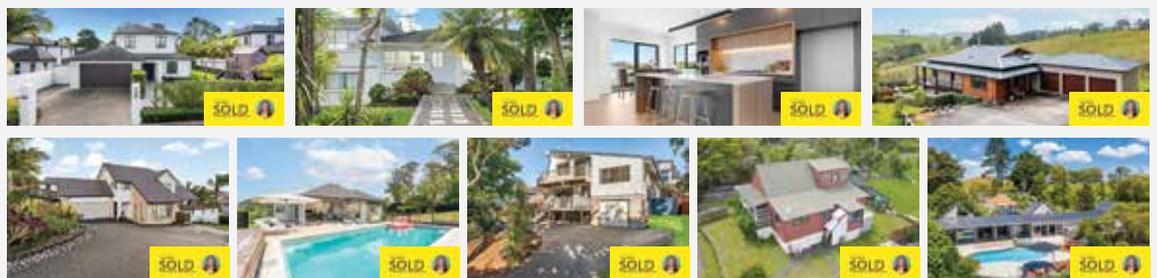
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Whats on at Albany Library in October!

Local Elections are upon us!

You can drop off your vote at the library until 12 noon on the 11th of October. If you didn't receive your papers in the mail, you can visit the library to cast a special vote.

A spotlight on regular programming at Albany Village Library!

Do you know we have Tai Chi every Sunday at 9:30am outside the library? Start your morning off with a rejuvenating exercise!

Are you looking to discuss your newest book obsession? We have our Adult Book Chats the 3rd Wednesday of every month at 10:30am! In October this will be on Wednesday the 15th of October.

Wanting to improve your te reo skills? Join our Kōrero Mai te reo Māori conversation group on Sundays 10-11am.

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



Book Review:

Absolute Batman: The Zoo

In this new version of the classic character Batman is back and bigger than ever (literally). In this twist on the iconic origins Bruce Wayne is no longer an orphan billionaire but a working class mothers boy who is still reeling from the death of his Father. This new take on Batman feels fresh and exciting. Scott Snyder crafts a brilliant story, the characters motivations and story beats are compelling while it keeps the absurdity and excitement of comics in the action; including a giant convertible dump truck as the batmobile. Nick Dragotta brings the story to life with his stunning artwork and Frank Martin makes it pop with his incredible colouring. This book is a great place to start for anyone wanting to get into Batman and the DC universe.



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Yoga Sanctuary – Your Place of Calm Since 2003

In today's world, it can often feel like the noise never stops. From the demands of daily life to the constant flow of news and information, finding a place to pause and simply breathe is rare. At Yoga Sanctuary, we believe that everyone deserves a space to step away from that busyness—a sanctuary where mind, body, and spirit can be nurtured in peace.



Since opening our doors in 2003, our mission has been to create more than just a yoga studio. Yoga Sanctuary is a place with soul, where the moment you walk through the door, you feel the shift. Many of our students describe it as stepping into a different energy, an atmosphere that immediately brings calm. One student recently shared: "As soon as I entered the premises, I felt a sense of relaxation and calm, almost as if I had stepped into a completely different aura or energy."

Guided by our experienced and caring teachers, each class is designed to give you the tools to move, breathe, and reconnect with yourself. Whether you're brand new to yoga or have been practicing for years, you'll be welcomed into a space that is inclusive, peaceful, and grounding. As one student expressed: "Never done yoga before and I could not think of a better way to be introduced to it."

Our community consistently tells us that Yoga Sanctuary is more than a studio—it's a place that stays with you long after class ends. Students leave feeling relaxed, peaceful, and often transformed in ways that are difficult to put into words. The combination of thoughtful teaching, beautiful space, and a warm community makes every visit a chance to reset and restore.

Here are just a few reflections from those who have practiced with us:



- "Lovely space and teachers."
- "The instructor's voice and presence is very calming and welcoming. I have never been that relaxed and grounded before!"
- "The space felt like being in Bali—beautiful smell and the instructor was amazing."
- "Great space, well equipped and friendly atmosphere."

At Yoga Sanctuary, we invite you to take time for yourself, to breathe deeply, and to experience the stillness that lies within. For over two decades, we've been honoured to hold space for our community—a true sanctuary where peace and connection can flourish.

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
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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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STROKE AWARENESS: RECOGNISE THE SIGNS AND ACT FAST

Stroke remains one of New Zealand's most serious health threats—sudden, life-altering, and often preventable. At Torbay Medical Centre, we're dedicated to raising awareness in our community. Knowing the signs and responding quickly can be the difference between life and disability.

Stroke by the Numbers in Aotearoa

Stroke is the second leading cause of death and a leading cause of adult disability in New Zealand. Each year, approximately 9,000 strokes occur, with around 2,000 lives lost. Roughly 89,000 people are currently living with the effects of stroke—about 2.1% of the population. Up to 30% of strokes occur in people under 65—this includes 60% of Māori and Pacific strokes, often striking during working age (15–64). For Māori and Pacific people, strokes tend to occur 15 years earlier than in European New Zealanders.

Why It's on the Rise—and Who Is Most at Risk

The incidence of stroke in New Zealand is projected to increase by 40% between 2018 and 2028 (stroke.org.nz). This is partly due to population aging and growth. Projections show that by 2028, annual stroke admissions could exceed 11,800 (The New Zealand Medical Journal). Māori and Pacific communities face higher risk—not just later in life, but earlier and more severely—with outcomes worsened by social and healthcare inequities.

Recognising the Signs: FAST & BE-FAST

Time is brain—swift action can save lives. The standard FAST test helps you spot a stroke:

F – Face: Look for a drooping smile—does one side sag?

A – Arms: Can they raise both arms? Does one drift downward?

S – Speech: Is their speech slurred or strange?

T – Time: If you spot any of these, call 111 immediately. Another version, **BE FAST**, includes:

B – Balance: Sudden loss of coordination or dizziness.

E – Eyes: Sudden blurred or lost vision.

These subtle signs can be critical—especially when action is delayed.

Immediate Steps to Take

- Call 111 immediately—don't wait to see if symptoms pass.
- Keep the person calm and safe.
- Note the time symptoms began—this is vital for emergency treatment.
- Even if symptoms resolve—seek urgent assessment; it might be a TIA (transient ischaemic attack), which is a warning sign of a full stroke.

Stroke Prevention: What You Can Do

- Monitor blood pressure—it's the number one modifiable risk factor.
- Manage high cholesterol, diabetes, and atrial fibrillation (AF).
- Tackle lifestyle factors:
 - ◊ Stop smoking
 - ◊ Eat a balanced, low-salt diet
 - ◊ Move regularly
 - ◊ Limit alcohol intake
- Many strokes are preventable—up to 75–90% could be avoided with healthy choices and management.

A Note on Community Impact & Equity

Māori and Pacific peoples not only face higher stroke risk but are more likely to suffer earlier and experience poorer outcomes because of systemic barriers. Awareness is lower in these communities; culturally grounded outreach and education are critical. Stroke awareness and prevention should be a community-wide effort: from schools and workplaces to churches and local health services.

In Summary

Strokes strike fast, often with devastating consequences. Recognising signs using **FAST** or **BE FAST** -and acting without delay - can save lives. Stroke is largely preventable. Healthy living and managing risk factors can go a long way. It's vital we reach all parts of our community, with inclusive, culturally respectful stroke education and support. Together, we can lower stroke risk, recognize the signs sooner, and protect the health of our whānau and neighbours.

Torbay Medical Centre: Here for You

At Torbay Medical Centre, our doctors offer comprehensive health checks, including blood pressure monitoring and stroke risk assessments. Our team can also provide personalised lifestyle guidance and arrange referrals to stroke recovery services when needed.

To book an appointment with your GP, phone 09 477 9000.

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

And there's a lot of them out there!

The International Day of Older Persons, is commemorated on 1 October each year, to raise public awareness about the opportunities and challenges facing ageing populations, and to mobilize the families, community groups and stakeholders to address the difficulties faced by older people.

"Old age is no fun- but it's better than the alternative" is a saying my Mum had when she was beset by problems.

The reality is that people are living longer, and this is something that society needs to think about- after all one day you will be old too!!

The average life expectancy for males in New Zealand is 80.1 years, according to Stats NZ. This figure is based on death rates in New Zealand between 2022 and 2024. The average life expectancy for females in New Zealand is 83.5 years.

This compares very favourably with the UK and the USA.

An aging population presents economic challenges like declining workforce growth, increased pressure on healthcare and social security systems.

Societal problems include increased demand for long-term



care, higher incidences of chronic illnesses, potential for greater social isolation and ageism.

Individuals also face risks such as financial insecurity, neglect, and difficulties adapting to new technologies or environments.

One incredible gift to seniors was the gold card (thank you Winston!). This was given to encourage older people not to stay at home but to get out and visit places. Recognising that cost was a problem for many the gold card ensures any senior can travel around

their neighbourhood for free.

How can we keep ourselves fit and healthy in our old age?

Keep your mind active- read, do crosswords and sudoku, listen to the daily news.

Go a walk every day, join a local balance classes.

Visit friends and family, engage with others, join a local club, and we have many. There is the Friendship club, the Garden club, U3A and various lunch clubs and coffee groups right here in Torbay and Longbay.

As the advert says you don't stop doing things because you get old- you get old because you stop doing things!

BTG THE BODY TONIC GROUP SMALL GROUP CLASSES

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- ▶ Release tight muscles; find solutions to reduce pain trigger points.
- ▶ Address musculoskeletal imbalances
- ▶ Get stronger, lose CM's, become more toned and fit.

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Lynne Scott - 0212043280

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(Reps. Registered)

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|-------------|------------|------------|---------|
| CAULIFLOWER | KUMARA | BANANA | TOMATO |
| REDCURRANT | PEACH | RHUBARB | PARSNIP |
| KIWIFRUIT | BLACKBERRY | ORANGE | POTATO |
| CUCUMBER | CAPSICUM | STRAWBERRY | ONION |
| BEETROOT | PINEAPPLE | RASPBERRY | |
| BROCCOLI | SPINACH | GRAPEFRUIT | |
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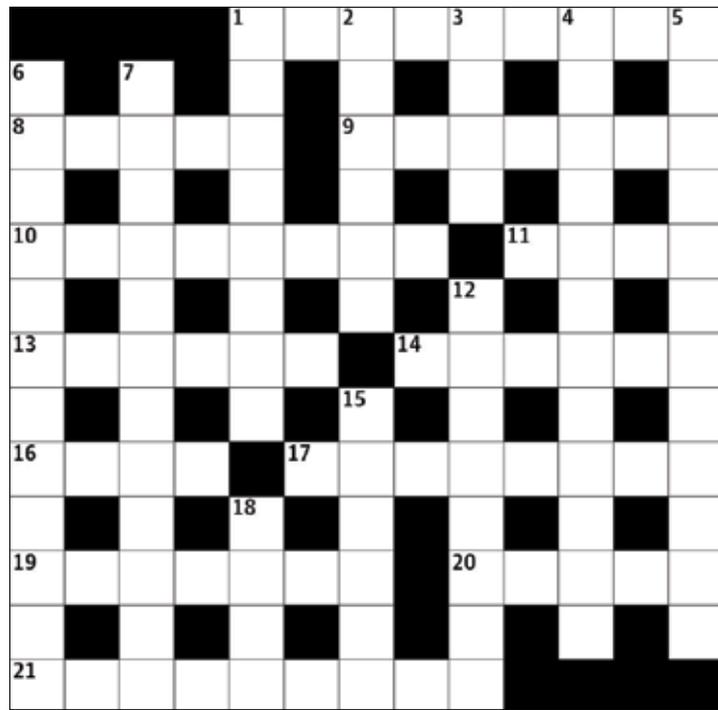
WORD PUZZLE

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

MNUROIF

19 good, 25 very good, 29+ excellent

CROSSWORD



Across

- 1 Used to hold documents together (5,4)
- 8 Feature of a jacket (5)
- 9 Round building or room (7)
- 10 Alice in Wonderland rodent (8)
- 11 Oven for firing pottery (4)
- 13 Gives right to enter (6)
- 14 Difficult to understand (6)
- 16 Tidy (4)
- 17 Emergency care facility (8)
- 19 Make ones body stronger (5-2)
- 20 Hold royal office (5)
- 21 Largest island in the world (9)

Down

- 1 Long sleeved woollen garment (8)
- 2 Verbal expression (6)
- 3 Cycle of duty (4)
- 4 Runway (7,5)
- 5 Without problems (5,7)
- 6 Leather case named after 19th century politician (9,3)
- 7 Expressing gratitude (12)
- 12 Spurred on, encouraged (8)
- 15 Fairground game (6)
- 18 Norse god (4)

SUDOKU

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

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BUKHARA

INDIAN EATERY AND BAR

OUR STORY

We are three friends — Nikhil, Deepak, and Jeetu — all hailing from the northern part of India, where food is more than just sustenance; it's tradition, celebration, and love.

Deepak and Jeetu come from the picturesque state of Uttarakhand, famously known as the Land of Chefs. In the hills of Uttarakhand, food brings families together — large family feasts, community cooking, and dinners that last for hours. Growing up in this culture naturally shaped them into semi-chefs from an early age.

At the age of 20, both Deepak and Jeetu decided to follow their passion professionally. They took separate journeys across India — from Mumbai, Punjab, Delhi, Madras, to the coastal regions of Goa — soaking in regional culinary styles. Their pursuit of excellence also led them abroad, gaining global experience in Sweden, Norway, and Germany, working in some of the finest dine-in restaurants.

In 2017, both arrived in New Zealand, where they continued to hone their craft in renowned Indian establishments such as Cassia, Kol, Tandoori Bar & Eatery, and Rickshaw.

It was here in New Zealand that they met Nikhil, who brings over 10 years of customer service experience and nearly 5 years in the hospitality industry. A shared love for food, culture, and community brought them together — and the dream of owning a restaurant was born.

WELCOME TO BUKHARA

At Bukhara, we bring the traditional art of Indian slow cooking to life. Our culinary philosophy is simple yet powerful:

- We grind our own raw spices to capture the full depth of aroma and flavour.
- We cook over charcoal to impart a natural smoky taste while ensuring the meat stays tender and juicy.
- Every dish is prepared from scratch, preserving authenticity and freshness.
- And above all — everything is made with love.

We honour timeless cooking techniques while infusing creativity into every plate.

Our food has been embraced with open arms, and some of our most loved dishes include Bukhara chicken ghee roast, kadhai chicken, saffron chicken tikka, Lamb Madras, Lamb Rogan Josh, palak paneer etc.

Each dish carries a story. A memory.
A connection to home.



Come experience the exotic flavours of India at BUKHARA - WHERE TRADITION LIVES ON YOUR TONGUE!

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Future-Proofing Your Family Trust For The Next Generation.



Anne and Simon had set up their trust when they owned a business twenty years ago. It had stood them in good stead over that time, providing the asset protection that they had wanted, being business owners, and had provided some tax flexibility.

The trust now owned significant assets including four commercial buildings, their family home and a relatively substantial share portfolio which was made up of the sale proceeds when they sold their business. Anne and Simon's good friend, Dave, had been the independent trustee for many years. Dave was now wanting to retire as a trustee. He and his wife were spending more time overseas and he wasn't as available as he had been before to sign documents, and he had also heard horror stories of trustee liability and difficulties with beneficiaries.

Anne and Simon's long-term lawyer was getting close to retirement and when they went to him to talk about Dave retiring as a trustee, he said he was doing less trust work as it had become a bit complicated and he suggested going to see a lawyer who specialised in trust matters. He gave them a recommendation, and they made an appointment.

Initially the trust lawyer canvassed with them whether they wanted to keep the trust. She said that as the main driver of the trust had been creditor protection when they owned the business, they could look at simplifying their affairs. Anne and Simon agreed that simple was good, but they also liked the way the trust neatly ringfenced their assets. Especially as they were wary of the partner of one of their daughters, Molly. On more than one occasion he implied that Anne and Simon had significant funds, and he and Molly could do with more financial help. This raised concerns around the influence he had on Molly.

This was a key reason they wanted to keep the trust, even should they both pass away. They thought that the assets were significant enough to provide an income

to their daughters, Molly and Liv, and that the capital could be passed on to their grandchildren or even great grandchildren. They talked this through with the lawyer, so she understood their concerns. The lawyer explained that sometimes when children were bound together in a trust once their parents had died, it could create some tension between them, especially if they had differing needs. In this case, Liv was more financially secure than Molly and might be happy to have some income, but it was likely that Molly would need money to pay off some debt.

The lawyer said that another option would be to say in their memorandum of wishes that upon their deaths, their trust would be resettled onto two new trusts, one for Molly and one for Liv. They could give guidance as to how the trusts were to be established and who would be trustees and who would be beneficiaries. This would be a way of continuing the protection for their girls without binding them together in a potentially less flexible way.

Anne and Simon really liked this idea and went a step further, asking the lawyer to prepare the trust deeds for the girls now. They thought then if they decided to distribute any funds to them in the meantime, the trusts would be ready and be able to be used immediately.

The new lawyer was also able to come on as a trustee, replacing Dave. She said that they would have regular meetings which would mean that they would keep assessing the role of the trust and make sure that their wishes and wills were up to date. Anne and Simon were grateful for the practical, specialist advice they received.



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



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The Red Tent East Coast Bays

This is a sacred space for us to
connect, heal, and grow.

We meet monthly in circle at Heart
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Rothsay Room. In addition to our
regular monthly circles, you'll also
find occasional special events -
ranging from intimate workshops to
seasonal celebrations.

These gatherings offer a sacred space
to slow down and reconnect - with
yourself, your community, and the
wisdom we share as women. Come
to enjoy laughter, love, support, and
deep conversation among like-
minded friends. Whether you feel
called to share openly or prefer to
simply soak in the sanctuary of the
space, you are welcomed exactly as
you are.

This is a co-created space, where
the experiences, stories, and gifts of
every woman are valued. We will also
welcome guest speakers who bring
their unique offerings to enrich our
time together.

Red Tent is a living, evolving

community that supports women through
every stage of life. From adolescence
to motherhood and into the wisdom
of the senior years, we honour the full
spectrum of womanhood through holistic
education, connection, and care.

Red Tent is about building one another
up. It's about authentic connection,
healing, and the simple but powerful act
of showing up - together. Every woman
deserves access to spaces where she can
feel heard, accepted, and empowered. By
bringing women together across all walks
of life, we strengthen not only ourselves,
but the relationships, families, and
communities we're part of.

We'd love to welcome you to a gathering
soon - come as you are, there's a place for
you here.

Our next circle themed Be Seen, Be Held
will include a Sound Bath Meditation by
Shahad and we would love to welcome
you. Tickets are limited to keep the
circle intimate. Available here: [https://
events.humanitix.com/be-seen-be-held-
healing-circle](https://events.humanitix.com/be-seen-be-held-healing-circle).

I have created a Facebook page

Red Tent East Coast Bays
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Fiona Tate 0226739638
fionatatefacilitator@gmail.com
<https://events.humanitix.com/be-seen-be-held-healing-circle>
The Red Tent is a place for women to connect, pause and remember. We want to help women free themselves from the isolation of today's modern world.

[https://www.facebook.com/
RedTentEastCoastBays](https://www.facebook.com/RedTentEastCoastBays) which will
keep you informed of upcoming
events.

For any questions please email Fiona
fionatatefacilitator@gmail.com or
call 0226739638.

Waiake to Mairangi Bay



Waiake to Mairangi Bay

You will need to take careful note of the time of low tide, as there are several points where you can be cut off by the rising water.

It is possible to walk almost all the way on the shoreline, but Auckland Council does not recommend this route. Rocks may be very slippery and unstable underfoot. Because high sandstone cliffs are subject to sudden rockfalls, please keep at least 10m out from the cliffs.

Torbay to Browns Bay

Walk along the Waiake beachfront at Torbay, go up Beach Road for a short while and turn left into Sharon Road. At the end of Sharon Road, follow the Lotus Walk down to Manly Esplanade and Browns Bay Beach.

Browns Bay to Rothesay Bay

At the southern end of Browns Bay Beach follow the concrete path to the footbridge, which leads round onto the North Shore City Cliff Top Walkway, up the steps to Beechwood Road, past Dan Jones Bluff and down to Rothesay Bay.

Rothesay Bay to Murrays Bay

Coming out of the Cliff Top Walkway at Rothesay Bay, follow the path across the footbridge, through the reserve,



and up into Rothesay Bay Road. From there turn left into Churchill Road, and just before the road curves right, head down Gumdiggers Trail and onto the Cliff Top Walkway, to emerge on Murrays Bay Reserve.

Murrays Bay to Mairangi Bay

From the reserve at the northern end of Murrays Bay, walk along the beachfront and then up the steps to the Cliff Top Walkway at the southern end of the beach. This leads up and over to come out on Mairangi Bay beachfront.

www.Greataucklandwalks.co.nz



Know Your Rights Seminar

Last month the Long Bay Chinese Association held a "Know your rights" seminar.

Held in their own premises, above Jetts Gym in Te Oneroa Rd, Long Bay.

The Seminar was led by Browns Bay Citizens Advice Bureau's manager Leila Wu and was attended by 47 people.

Grants from Foundation North enables the Long Bay Chinese Association to have it's own dedicated space for which they are truly thankful.



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Wanly Tsang & Team

Puzzle Answers



Word Puzzle

fin, fir, firm, for, form, forum, four, fro, from, fun, fur, info, inform, ion, iron, minor, morn, mourn, muon, noir, nor, norm, our, rim, ruin, rum, run, uniform, urn

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



Do You Have spare time ?

Why not use it to help at Silverdale
Pioneer Village & Museum ?

We are in need of more volunteers to
keep our Village alive and well.

There are lots of ways you can help

- Gardening
- Maintenance of the historic houses
- Meet and Greet our Visitors
- Work behind the scenes with the Admin. Team

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

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15 Wainui Road, Silverdale

www.silverdalepioneervillage.com



or let us know you are interested and we will get back to you

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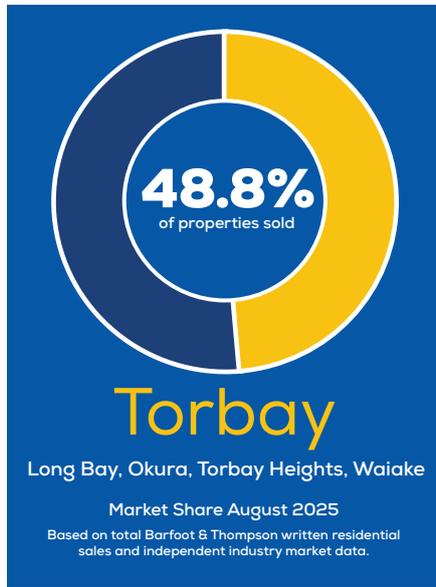
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