

focus

Issue 43
November 2025

on community

Long Bay, Okura and Torbay



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They named me 'Molly', and I am an albatross

"I was saved by Doctor Neil from drowning after I broke my shoulder during a storm. We became firm friends."

"This is a true story that took place in the Chatham Islands in 1975, 800 km due east of Christchurch."

"I tell my story about the strange family who welcomed me into their home. There was Doctor Neil, my new dad, and someone he called 'Darling'. Then there was Kara and Geri. And there was Tula the dog, Sam the cat, and two lambs."

"My new dad was a young doctor, so he knew how to help my broken shoulder, and he tube fed me egg nogs until I was strong enough to eat fish. Then, Doctor Neil used to take me fishing off the wharf, or out in his small boat every afternoon."

"Doctor Neil gave my flying lessons! Imagine! A human teaching a bird to fly!"

...And, he was scared of heights!"

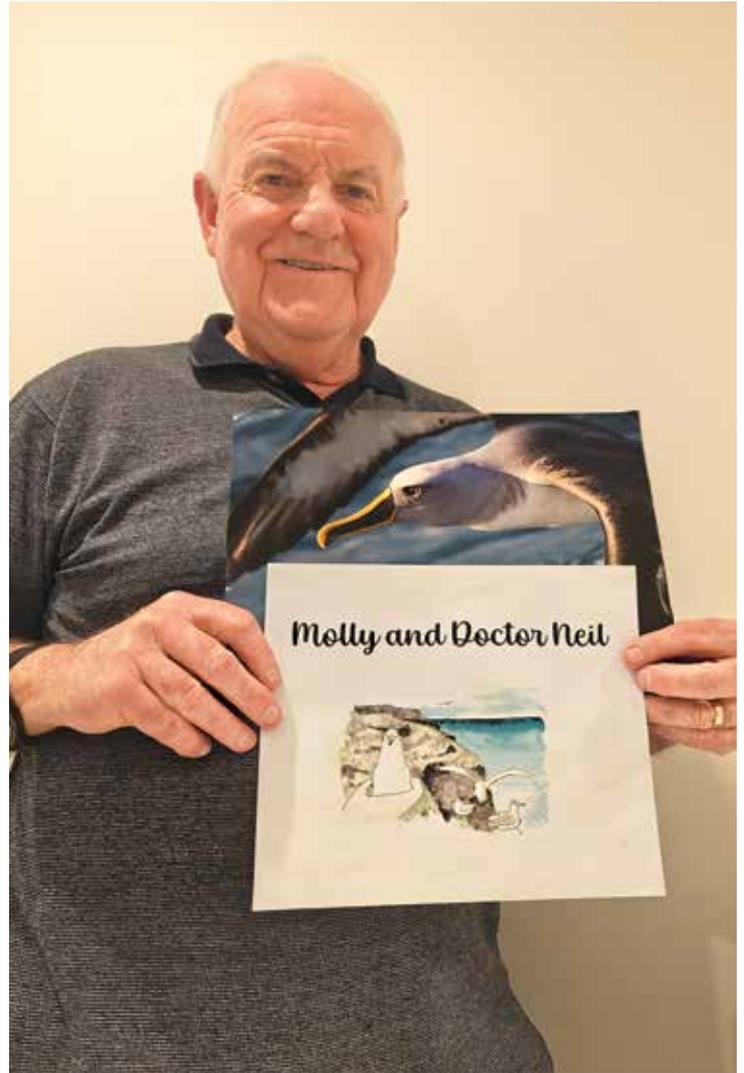
Now it is my turn, Molly...

I am Neil Hutchison, I was a young family doctor in 1975, and had the privilege of spending 2 years in the Chatham Islands as the only doctor for 630 people, and one South Georgia Island albatross. Molly tells us everything from her point of view, which makes for an interesting read. She was welcomed into our human world.

Remarkably, Molly showed us a number of "human" emotions and feelings, such as respect, patience, loyalty, love, affection and gratitude, and had a favourite game she played with Tula, our dog. There was no "wild animal" about her.

She joined our family for about 4 months, and I will let Molly tell you how that ended.

I was a doctor at Waiake Medical Centre for nearly 45 years. Our daughter, Kara, is the illustrator. She was 5 years old at that time. A lover of animals and nature, she is now a veterinary epidemiologist in the Waikato.



This book will be a favourite for children, parents, and schools.

To buy a copy, just phone/txt me, Neil, on 0274307979.

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Content of this magazine.

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

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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

It is so good to have the lighter nights now and the promise that summer is not too far away.

It has seemed a long time coming with the wet and miserable winter we have just had.

Did you see the new vet practice has opened at Long Bay? Next to the School Uniform Shop so very handy for residents. We wish them well.

The other item of news is that Chris, in Little Café, now is selling delicious ice creams. I tested a hazelnut and chocolate and it was like eating Ferrero Rocher ice cream - check it out!!

November is also Movember - the month where we think about men and prostate cancer.

Prostate cancer is the most common cancer in men in New Zealand, with around 4,000 new cases annually and nearly 700 deaths each year, according to Prostate NZ. Risk factors include older age, family history, and being Māori, who have a

higher death rate after diagnosis.

Early diagnosis leads to high survival rates (over 95% for localized prostate cancer), while late-stage diagnosis significantly lowers these rates, making testing important.

Men are notoriously bad at going to the doctor's when symptoms start to show and, sadly many leave what would have been a curable condition, until it is too late to do anything other than palliative care.

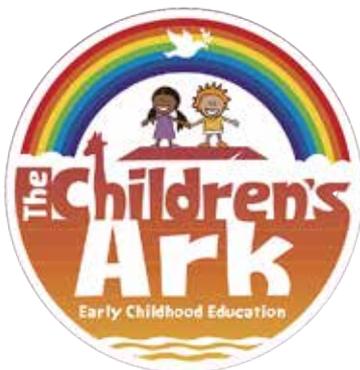
Husbands, father, brother and sons have all been lost to a curable cancer had it been diagnosed earlier.

If you know someone in your family that are starting to show symptoms then make the doctor's appointment for them, so they don't become one of the 700 who die each year from the disease.

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259



Children's Ark excelling in all areas

Children's Ark is very proud to announce that in its latest ERO report just published, we achieved "Excelling" in all areas. This is the highest category awarded by the ERO and to achieve this rating in all four areas is amazing. This was a testament to the hard work of all the staff, from Governance Committee, to Management, to Teachers, Administrator and Cooks. We are all committed to providing the best possible environment for the precious Tamariki in our care.

We believe in providing a fun learning environment, with sustainability being important,

you will therefore see predominantly natural resources, real grass and a garden feel to our outside areas. We promote Christian values and are owned by Long Bay Baptist Church who have supported Children's Ark for nearly 40 years, to provide a quality community based centre. Our dedicated team have over 120 years teaching between them.



Some of our Kakapo Room teachers



Our Gecko Room teachers

The Centre has just also celebrated 5 years as an ECE in its new, purpose-built facilities. We are particularly pleased with our extensive outdoor space which we continue to develop further.

Currently the Centre has some vacancies for 2 to 5 year olds and can take babies from April next year.

Call us on 09-473-0242 or e-mail admin@childrensark.co.nz to arrange a visit.

Check out our website www.childrensark.co.nz

Local Expertise | Local Knowledge | Results

Exploration and Discovery at Long Bay Primary School

Our Year 3 students have embarked on a new learning journey with their Term 4 unit of work all about explorers and exploration. Using the inquiry skills they have developed already this year they are looking into what it means to explore - from the early voyagers who crossed vast oceans to modern day explorers who do their part in uncovering the worlds of our world and beyond.

To launch their learning in a memorable way they visited the New Zealand Maritime Museum in Auckland's Viaduct Harbour. This trip helped to bring history to life as our students discovered how early Polynesian navigators used the stars, ocean currents and wind to make their way across the Pacific Ocean. They also learned about European explorers like Captain James Cook and how these voyages helped shape our country.



A highlight of the day was the trip on Ted Ashby, the museum's historic scow. Heading out on the harbour towards the bridge they had an idea what it would have been like long ago to sail the waters of the Hauraki Gulf, well before GPS and satellites made navigation easy.

Back at school, the learning continues as students investigate different kinds of explorers – from mountain climbers and astronauts to scientists and environmental adventurers – and reflect on what drives people to explore the unknown.

It's clear that the Year 3 explorers at Long Bay Primary have already caught the spirit of adventure – and their learning voyage has only just begun!



Top Awards Achiever for Torbay



Wendy's update

Spring has seen committed buyers re-enter the residential market in Auckland, with sales for the month of September being the highest in the month for four years. Buyers are seeing this as a time to act, before prices start to increase.

The average listings for Torbay/Waiake increased during September - owners who are pricing their property in line with current market conditions are still seeing strong demand from buyers.

Living, working and selling locally for a number of years I offer experience, knowledge and insights into different market trends to maximise your sale.

If you are THINKING OF SELLING give me a call for a chat about your options and the advantages of listing with myself and your local Barfoot & Thompson office,

Kind regards, Wendy

Torbay/Waiake September 2025

 <p>106</p> <p>PROPERTIES FOR SALE</p>	 <p>22</p> <p>PROPERTIES SOLD</p>
 <p>\$625,000</p> <p>LOWEST VALUE SALE</p>	 <p>\$1,578,000</p> <p>HIGHEST VALUE SALE</p>

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Long Bay Chinese Association thank Local Board for their support

Last year the Chinese Association at Long Bay received funding from Local Board to help them with the activities they wanted to provide.

The Long Bay Chinese Association provide many different activities each week, activities like taekwondo, dance, table tennis, choir, yoga and painting classes.

Thank you Local Board for your support.



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Operation Beryl

Last month, our North Shore communities team played a key role in *Operation Beryl*, a major multi-agency operation targeting Vietnamese organised crime groups responsible for large-scale cannabis cultivation across Auckland. I'm proud to say our team executed over 20 search warrants, contributing to the seizure of more than 10 tonnes of cannabis from 120 properties, an estimated street value of over \$50 million.

These grow houses were often hidden in plain sight, ordinary rental homes converted into dangerous indoor cultivation sites. Many had illegal power connections, posing serious fire risks to neighbours and emergency responders. Even more concerning, many of the individuals found inside were Vietnamese nationals being exploited, coerced into working under threat and debt bondage.

This operation exposed a well-organised criminal network using fake companies to facilitate visa fraud and exploit vulnerable people. Over 200 visa applications are now under investigation.

As we continue to dismantle these networks and other organised crime groups, we need your help. If you're a neighbour, landlord or property manager, please be vigilant and report suspicious behaviour. Warning signs include:

- Tenants paying in cash
- Refusing property inspections

- Blacked-out windows or covered vents
- Strong smells or visible condensation
- Unusual power usage or wiring
- Vehicles showing up at properties at all times of the night

If something doesn't feel right, trust your instincts. You can report suspicious activity directly to Police 105 or anonymously through Crime Stoppers on 0800 555 111 or via their website. Every tip helps us protect our communities and prevent further exploitation.

Operation Beryl was a powerful reminder of what we can achieve together. We've made a real impact and we'll keep pushing back against organised crime in our neighbourhoods.

Be Safe,
Sgt Chris Lindsay



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The rumours are true!

We are doing overnight school holiday experiences. This allows the kids to make more connections with each other and create more memorable moments. It also gives our team an opportunity to pack in more learning and development.

In the latest holidays, kids came from as far as Whangarei to stay giving an opportunity for local kids to be welcoming and show manaakitanga to their new friends.

The kids made their own pizzas, went looking for glowworms, had dusk swims, made smores over the fire and even did a squid dissection. The dissections were an adventure with squeals of apprehension largely giving in to embracing

the experience, especially with the squid ink part. We think there could be future surgeons and makeup artists in the group!

When looking at options for these Christmas and new year holidays, please keep us in mind, we'd love to support the kids learning, developing and making their own memorable moments. Who knows what the overnights could look like in summer, we are just as excited as your kids!

MERC

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Plan Your Europe 2026 Adventure with Shore Travel

As another year draws to a close, November is the perfect time to start dreaming, and booking, your 2026 European adventure. With earlybird airfares now available and a range of cruise and tour offers across Europe, Shore Travel can help you plan every detail of your journey for an unforgettable experience.

From the cobbled streets of Paris to the sun-soaked shores of the Mediterranean, Europe offers something for every traveller. Whether you're seeking the romance of a river cruise, the indulgence of a luxury voyage, or the excitement of exploring hidden villages on a guided tour, now is the time to secure the best value and availability.

At Shore Travel, we work with a hand-picked selection of trusted travel partners who specialise in showing you Europe in style. Backroads Touring offers intimate small-group journeys that take you beyond the typical tourist trail, while Globus delivers expertly guided tours through Europe's most iconic cities and landscapes. For those drawn to the water, Silversea Cruises brings refined luxury to the seas, and Trafalgar River Cruises invites you to relax as Europe's storybook towns drift gently by.

By booking now, you can take advantage of earlybird airfares and special 2026 offers, from savings on tours and cruises to cabin upgrades and bonus inclusions. More importantly,



planning ahead gives you access to the widest choice of dates, itineraries, and experiences before popular departures fill up.

The Shore Travel team are your Europe travel specialists. From airfares and accommodation to touring, cruising, and unique local experiences, we can design a seamless itinerary tailored perfectly to you.

So, if Europe is on your horizon for 2026, there's no better time than now to start planning. Visit our Milford office or give us a call, and let Shore Travel turn your European dream into a beautifully arranged reality.

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The Amazing Lions

It is amazing how many charities there are in New Zealand. But how many of these are not for profit? I mean do not pay the workers or expenses where every cent made goes to the charity? Not many but the Lions are one of them. Our local club, the East Coast bays Lions



operate with two accounts one administrative account in which members pay money into to run the club and one separate trust account dedicated for all transactions for the charities we support. The Lions foundation who motto is "We Serve" operates world-wide with clubs globally. New Zealand has over 300 clubs, 34 Leo's clubs (under 18) and 6 branches (mini clubs in formation attached to their parent club). There are over 49,000 Lions Clubs serving in more than 200 countries and geographic areas worldwide, with more than 1.4 million members. Saving Sight, for 30 million people, Teaching Life skills to 13 million people in 85 countries, improving health with measles vaccinations for more than 200 million children, giving disaster relief to 5 million people annually and providing 95 grants totalling more than \$3,000,000.

Our local club is not so grand but we do our bit and we have helped fund the Starship children's hospital (An ICU for the Starship Hospital), Heads up for Kids (an innovative youth program fund), Murrays Bay Intermediate "good citizen award", free firewood delivery, Outward bound NZ (course for young adults), Beach Clean-up, North Shore Brain Injured Children's Trust, Heart Saver, Heart for Kids, Diabetes NZ, Autism NZ, Fostering Kids, Child Cancer and breast Cancer (Pink Ribbon), Young Ambassador, Pacifica Eyesight Programme, Heart Foundation, Blind Foundation and Guide Dogs, Individual support for children in our area. Fiji and other Disaster Funds, Ukrainian refugees, the flood



victims of New Zealand and others. Essentially we support local charities and individual living in our community.

We raise money by sometimes doing mundane things like sausage sizzles, sponsored walks old coin collections, spectacles and bottle tops. In a vastly changing world, with differing demands on "free time" we are always on the lookout for new members. We are finding this quite difficult especially volunteers from the "younger generation". Perhaps you could help in a small way by joining your local Lions Club or we can help you if you have a deserving cause that we can support.

In either case please contact Chris Naylor, President, East Coast Bays Lions, email chris.naylor886@hotmail.com or text 0220473266. Please do not call during school time, (you can text) I am teaching then. East Coast Bays Lions is a registered charity which is entirely not for profit that is every cent goes towards "the cause".



Deliverers wanted

2 rounds have become available to deliver this magazine.

We pay \$13 per 100.

Interested?

Email

**editor@focusoncommunity.co.nz
or phone 09 473 3259**

A Torbay Team

"I really enjoyed *Uncommon Enemy* and have to say, as a 75 year old, it's a long time since a man kept me up until two o'clock in the morning."

The Torbay team of John and Bess Reynolds chuckled over this letter from a reader of John's dystopian novel. Their shared interest in writing and the arts first brought them together and since then they have jointly produced and directed musicals, short films and written books.

Bess's book *Silly Sebastian* tells the true story of their cat who never came inside, until one day... Beautifully illustrated with water colour paintings by Linda Wills it has proved very popular with younger children.



Over the years John's musicals, written with local composers Gary Daverne and Shade Smith have been widely staged and more recently he has published them as books for older children. They include *Robyn Hood Outlaw Princess*, *Starblaze* and *Valley of the Voodons*. Two years ago he published a crime novel titled *Low Flying*, set in New Zealand and the USSR. He is currently completing his autobiography titled *In With Both Feet*.

Bess and John are members of Browns Bay U3A and John has given entertaining and informative author talks to many social and community groups in the Auckland area. Born on the North Shore he has lived, worked and travelled in many countries including Poland and the USSR during the Cold War and Zimbabwe (formerly Rhodesia) during their civil war. He has drawn on these experiences to enhance his writing.

Bess retired from HOD Drama at Diocesan School for Girls during which time her students won many drama competitions. Since then, she has shared her love for drama with her grandchildren, five of whom live in Browns Bay.

If you'd like to contact either of them, or preview copies of their books or musicals, check out their website at: <https://tinyurl.com/yyyqe5oy>, email them at jbess@xtra.co.nz, or phone them on 021 430 500.



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Torbay Theatre News

Congratulations to all who made *HMS Pinafore*, with its full houses and appreciative audiences, such a success. The high calibre of the singing, acting, dancing and music, as well as the dedicated and creative set designers, builders and painters, and all the backstage crew, blew our minds once again. Now that it is over, we look towards the end of the year and the year to come.

First up is CLUB NIGHT on Saturday 1st of November at 7:30pm - always fun, and even more so in the Gate Theatre (our smaller, intimate theatre within the Community Hall). All welcome, either to watch or to perform short items (10 minutes maximum). If you'd like to offer any kind of item - comedy, music, theatre, improv, games, magic, or more - please email clubnight@torbaytheatre.com.

\$2 entry for all.

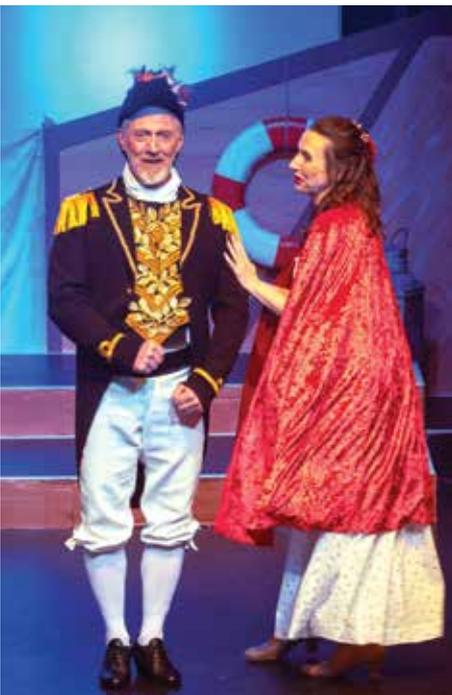
New this Spring is a choir based at Torbay Theatre, directed by Dragan Atanasov, who was Musical Director for *HMS Pinafore*, as well as for the delightful *Here's a How-De-Do* and *HHDD-Too*. He is a long-standing member of the NZ Opera chorus and has long been involved with Torbay Theatre. He has generously offered



The Crew of the HMS Pinafore with Dear Little Buttercup.



The cast takes a curtain call.



The Admiral who's never been to sea, and the Captain's daughter he wishes to wed.

his superb voice as a chorus member in our musicals, as well as taking main roles with us, such as the actual *Mikado*. He says the new choir will sing all kinds of music, and he invites anyone interested to join, with hopes for a small Christmas show at the end of this year, and possibly an item at Club Night, Saturday 1st November. Dragan will be contacting all those who signed up during the *HMS Pinafore* season, and if you have not yet, please Phone Dragan on 0210-271-0739 to get involved.

We are in discussion over all sorts of shows for next year: possibilities include a couple of musicals, a straight play,

regular improv, a rehearsed play reading, and a children's show, as well as our four regular club nights.

We congratulate long-term member Anne Rimmer on the publication of the book she has edited, *The Lights in my Life*, by Ray Walter, about his life as Lighthouse Keeper on Tiri and elsewhere in New Zealand (available from the Tiritiri Matangi on-line shop).

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

U3A Browns Bay has heard if all! Trams, Quails and Lifejackets

“I really enjoyed *Uncommon Enemy* and have to say, as a 75 year old, it’s a long time since a man kept me up until two o’clock in the morning.”

The Torbay team of John and Bess Reynolds chuckled over this letter from a reader of John’s dystopian novel. Their shared interest in writing and the arts first brought them together and since then they have jointly produced and directed musicals, short films and written books.

Bess’s book *Silly Sebastian* tells the true story of their cat who never came inside, until one day... Beautifully illustrated with water colour paintings by Linda Wills it has proved very popular with younger children.

“Always a Tram in Sight” was the title of James Duncan’s talk at our October Open meeting. He outlined the history of trams in Auckland from 1918 until discontinued in 1956. Trams provided public transport along Queen Street, with grand unions, double-track to double-track junctions, where trams could go to all directions from all directions. These were controlled by one man sitting in an elevated box, changing the points, remaining 100% active at all times and



eating and answering calls of nature without leaving it.

After WWI, to own a car was a rarity. People depended on trams. Looking down Queen Street, there was “always a tram in sight”. WWII however, saw many changes. Skilled labour was in short supply. Women were recruited as conductors and ‘motor-men’ and did a great job but the whole endeavour declined because no one could maintain the infra-structure and trams. In 1947 it was decided the solution was trolley buses – electric and diesel imported from the U.K. These were gradually installed, taking the place of trams by 1956.

Celebrating 50 years 1902 – 1952

“Early New Zealand History” group’s talk completed the meeting. Margaret spoke about Quail Island, a tiny speck



[81 ha] in the Akaroa harbour. Over the years, this island saw many uses: valued by Maori as a source of kai, farming, a training base for huskies and wild Manchurian ponies for Antarctic expeditions, a leper colony and finally a place for recreation under DOC.

Salvus life jackets, stuffed with kapok, were invented by Orpheus Beaumont, named after “HMS Orpheus” which foundered on the Manukau bar in 1863. From Jersey, Orpheus



was born shortly after this but given the name to celebrate the survival of an elder brother in this terrible accident.

You are warmly invited to our

Open Day

Come down and have a look around.
Date : Sunday 9th November 2025
Time : 10:30 am

24 Hour Service
 East Coast Bays (09) 479 5956
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www.forrests.co.nz

Forrest Funeral Services - Browns Bay



ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

School Property Investment and Weekly Email Updates

SCHOOL PROPERTY INVESTMENT

We are delivering on our promise to improve school infrastructure right across the country – investing \$413 million to make sure more Kiwi kids can learn in warm, safe, and dry classrooms.

Schools across New Zealand are now eligible for a top-up to their 2025 Property Maintenance Grant funding. This top-up amounts to either \$5,000 or 50% of their current allocation – whichever is greater. This investment will help keep classrooms well maintained and fit for learning.

On top of this, around 900 small, rural, and isolated schools will benefit from this funding. We're also bringing money forward for urgent repairs, so schools can get the work they need done sooner.

Every child deserves a great place to learn, and this investment means students right here in the East Coast Bays will benefit from improved learning environments that help them succeed.



ROSEDALE ROAD PEDESTRIAN CROSSING

After sending our petition to Auckland Transport about installing a pedestrian crossing on Rosedale Road, they have responded today. Sadly, they will not add a crossing to the funding allocation this year but have said they will consider adding it to the next financial year. Not the response we were hoping for!

The next step will be to present to the Local Board to ask them to allocate some of their funding. Once the Board is formed following the elections, my office will request a meeting to present the petition and case for why we need this crossing.

POLICE BEAT TEAM

My staff attended a meeting at the North Shore Police Station recently to hear about the new North Shore Police Beat Team.

I'm so pleased to be able to report that the Beat Team will be starting in just five weeks.

The team will be led by Sgt. Shane Bainbridge and will include two long-term staff and three new recruits who will rotate as other recruits come onboard. They will work in teams of two and will focus on the three main high-crime areas on the North Shore - Albany Mall, Glenfield Mall and Takapuna.

Having them on the ground, walking the malls, meeting shop owners and being accessible to the community will make a massive difference.

FRIDAY SCOOP

Every Friday I send an email out updating local on what's happening in both the East Coast Bays and Wellington.

If you would like to receive Friday Scoop, please sign up on my website: www.EricaStanfordMP.co.nz

An extra window will pop up on the site for you to enter your name and email.

Or you can simply email my office, and they will add you to the list!

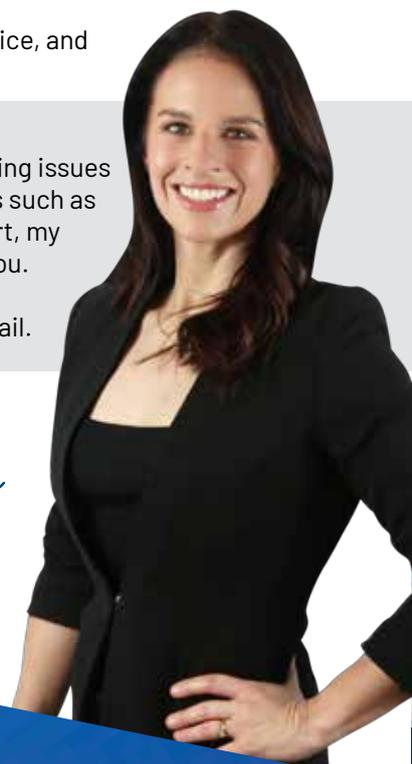
WE ARE HERE TO HELP

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,

Erica



@ ecboffice@parliament.govt.nz

(09) 478 0207

www.EricaStanfordMP.co.nz

1/8 Beach Front Lane, Browns Bay



Tommy and Bert Vaughan

Tommy Vaughan farmed the Eastern side of Long Bay while his brother, Bert farmed the Western side. Tommy used to allow campers to camp on his side.

He never married. He was a familiar sight in the district riding in the back of his Rolls Royce - which was driven by his friend.- his trilby hat on his head and a pipe in his mouth. Tom had engaged Percy Tasker to do the housework. Percy was also a very good cook (possibly a cook in the army during the first world war).

After his death in 1974 the Auckland Regional Council purchased the property, except for the Southern part that Tom had bequeathed to the Anglican Church for a retreat. The church sold of the Southern part for housing and then built the retreat, which operates there now.



The photos (1997) show the area where the Vaughan Retreat is now. When the walkway between MERC and the Retreat was put in by the Council our Society

asked for it to be called Oneroa Track, being the name for Long Bay.

In November we will begin opening the Vaughan Homestead on Saturday afternoons 2-4pm. As usual you can contact us if you want to visit at other times.

We are having working bees and would welcome help. Sunday 7th. December we will be having a Christmas open day for members and public. There will be more details next month and on our website. Let us know if you are wanting to come.

Remember you can hire the Homestead for small groups 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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For all those special treats you miss! Christmas stock coming in mid November!



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Fund raiser for Breast Cancer

On a Saturday in October the UK Grocer in Bute Rd Browns Bay had a morning of free bacon butties and Yorkshire tea and giving people the option to support the Breast Cancer Appeal. Almost \$700 was raised for the Sweet Louise Appeal.

Everyone had a great time, with the bacon butties and the Yorkshire tea being a great hit.



SWEET October

You're invited

Oct. 4th 2008
11am - 1pm

- Bacon roll
- Cup of Tea
- Cake / Biscuit

Come together FOR BREAST CANCER

Donate to a great Cause

Have fun & a matter!

SWEET Louise SUPPORT FOR INHERITABLE BREAST CANCER

www.sweetoctober.nz

Torbay Garden Club

Our annual Rose Show will be the focus of our November meeting, so it was appropriate that Di Duncan from the Auckland Rose Society spoke of the history of rose growing in New Zealand at our October meeting. The first roses were brought here by the early settlers in the 1800's, but in the 20th century there were two major developments in rose growing in New Zealand. The first was the establishment of trial gardens in New Plymouth where roses were evaluated over a period of three years for health, repeat flowering and performance. These gardens, open to both New Zealand and overseas growers, were the first in the world to trial roses growing outdoors. The second was the introduction of Plant Variety Rights, or PVR. It was Sam McGredy, regarded as the best rose breeder in the world, who advocated for this. PVR protects new rose varieties by granting the breeder exclusive rights to produce and sell them for up to 23 years.

Other prominent NZ rose breeders include Rob Sommerfield who has bred roses such as Blackberry Nip, Diamond Design, Lemon and Lime. Rob's focus is on health and perfume in his breeding. Bob Matthews has been operating in Whanganui since 1947. They have a quarantine facility enabling them to bring in roses bred overseas. Some of Bob's celebrated roses are Dublin Bay, Aotearoa, Anniversary and the now large 'My Rose' collection.

Our speaker has a beautiful rose garden herself, growing many in pots. When asked how she keeps them in good health, she said she repots them every 3rd year, sometimes root pruning. She recommends a fertiliser high in potash to promote good flowering and colour. Check the NPK (nitrogen, phosphorous and potassium) rating on the packet and it should be approximately 9.4.12.

We are delighted to have welcomed several new members recently, if you would like to join us, please visit our website torbaygardenclub.co.nz.



In the garden in November:

Plant beans, tomatoes, chillies, capsicum, courgettes, cucumber and kumara shoots now. Plant a herb garden in pots if short on space. Feed and mulch vegetables. Dianthus, dahlias, salvias, zinnias, snapdragons and verbenas are available to plant now in pots or gardens. Late spring is the last chance to get a good lawn geminating before the heat of summer.

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Sausages - everyone's favourite

Scotch Eggs

Hard-boiled eggs wrapped in sausage meat, then crumbed and deep fried – perfect for a snack or main meal. I managed to buy an “individual” deep fat fryer from Kmart (none in stock at the moment) and this is ideal for frying a single scotch egg.



Ingredients

vegetable oil for deep frying
400g sausage meat
salt and pepper
4 hard-boiled eggs
1 egg, beaten
1 cup fine, crisp breadcrumbs

Method

1. Heat the vegetable oil in saucepan or deep-fryer.
2. Shell the hard boiled eggs and divide the sausage meat mixture evenly into four. With wet hands, mould the sausage meat mixture around each egg.
3. Roll in the beaten egg, then in the breadcrumbs.
4. Deep-fry in hot oil for 8 minutes or until golden. Drain on paper towels.
5. Cut in half lengthwise and serve hot or cold.
6. Simple, easy and delicious.

Sausage Plait

Serve hot or cold it's delicious either way.

Ingredients

oil for greasing
400g pork sausage meat
1 red pepper
1 large egg
1 grated apple
2 tbsp tomato purée
flour for dusting
250g ready-made puff pastry



Method

1. Heat oven to 200°C/180°C fan. Grease a baking tray with oil.
2. Place sausage meat into a bowl.
3. Microwave red pepper until soft. Cut into small pieces.
4. Break the egg into the cup, beat with a fork, and save 2 tbsp for glazing.
5. Add the pepper and remaining egg to the sausage meat with the apple and purée. Mix well.
6. Sprinkle flour on the surface. Roll out the pastry into a square shape.
7. Put the filling down the middle of the pastry in a sausage shape – leave a gap at top and bottom.
8. Cut the pastry at a slight diagonal, on either side of the filling, into 1.5cm strips, the same number each side.
9. Tuck the top and bottom edges of the pastry over the filling. Starting at the top, lay the pastry strips over the filling, taking one from each side, to cross like a plait. Now brush the top all over with the last of the egg.
10. Bake for 35-40 mins or until golden. Serve hot or cold.

Sausage pasta bake

Ingredients

375g dried pasta, any shape will do.
2 tsp olive oil
500g beef sausages sliced into 10 mm slices
100g tomato paste
2 x 410g cans tomatoes (with basil and garlic)
2 onions and 10 mushrooms sliced..
2/3 cup loosely packed fresh basil leaves, torn

Method

1. Cook pasta in a large saucepan of boiling salted water, following packet directions, until just tender. Drain.
2. Heat oil in a large, deep frying pan over medium-high heat. Cook sausages for 5 to 6 minutes or until just cooked through. Remove from pan and fry onions. When they are soft add the mushrooms and stir around.

3. Add tomato paste. Stir to combine. Stir in tomato. Bring to a simmer. Remove from heat. Add sausages and basil. Stir to combine.



4. Add pasta to sausage mixture. Season with salt and pepper. Toss well to combine. Spoon mixture into an ovenproof dish.
5. Serve sprinkled with extra basil.

This is a great meal for a hungry family when time is short. Guaranteed a winner!

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NO.1 for a reason

Repeat business is one of the key pillars of our sustained success, and we measure this by the happiness and satisfaction of our clients. We always feel privileged to be part of the significant life milestones that accompany their property sales and purchases.

Last year, 80% of our business came from repeat and referral clients – a powerful reminder that trust and relationships are at the heart of everything we do. We feel truly blessed and deeply grateful to our loyal clients who continue to support us and recommend our services to their friends and family. Your confidence in us inspires our ongoing commitment to delivering exceptional results and experiences every single time.

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



Hooked on community spirit and healthy competition

The Mairangi Bay Fishing Club was buzzing on 10 October, as anglers of all ages came together for the Shimano Ice Breaker prizegiving. The event pulled a lively crowd from across the community, with a rise in female anglers and plenty of young fishers jumping into the action.

Twenty prizes were handed out across 11 categories, and kids as young as four were recognised for their fishing talents. Winners walked away with more than bragging rights, thanks to Shimano, they also scored some shiny rod-and-reel combos.

With the Ice Breaker wrapped, the MBFC team is already gearing up for the big one: The Shimano Mairangi Bay Classic. It's the biggest local fishing event of the year, happening on 29 November 2025. This one-day competition kicks off with an early morning shotgun start from Mairangi Bay Beach and plenty of action on the water. Later in the afternoon it's all about the official celebration and prizegiving – with lots of banter and big fish stories.

Like everything MBFC puts on, the Classic is family friendly and open to all. Anyone in the community is invited to join MBFC and register their boat for the Shimano Mairangi Bay Classic.

Find all the details at mairangibayfishingclub.co.nz



Ryan Fox and his daughters (2025 Shimano Icebreaker prizewinners) pictured with Shaun Quincey.

Tides November 2025 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Sat 01			03:24	2.4m	09:46	0.8m	16:06	2.6m	22:23	0.7m
Sun 02			04:27	2.5m	10:49	0.7m	17:02	2.7m	23:19	0.6m
Mon 03			05:29	2.7m	11:47	0.6m	17:56	2.8m		
Tue 04	00:14	0.4m	06:27	2.8m	12:41	0.5m	18:49	3.0m		
Wed 05	01:07	0.3m	07:22	3.0m	13:33	0.3m	19:42	3.1m		
Thu 06	01:59	0.1m	08:14	3.2m	14:24	0.2m	20:34	3.1m		
Fri 07	02:50	0.0m	09:05	3.3m	15:15	0.2m	21:27	3.2m		
Sat 08	03:40	0.0m	09:56	3.3m	16:07	0.2m	22:20	3.1m		
Sun 09	04:31	0.0m	10:47	3.2m	17:01	0.3m	23:14	3.0m		
Mon 10	05:22	0.1m	11:40	3.1m	17:57	0.4m				
Tue 11			00:08	2.9m	06:14	0.3m	12:35	3.0m	18:55	0.5m
Wed 12			01:03	2.8m	07:10	0.5m	13:32	2.9m	19:56	0.6m
Thu 13			02:01	2.7m	08:10	0.6m	14:31	2.8m	20:57	0.7m
Fri 14			03:00	2.6m	09:14	0.7m	15:30	2.7m	21:56	0.7m
Sat 15			04:02	2.5m	10:17	0.8m	16:27	2.7m	22:52	0.7m
Sun 16			05:01	2.5m	11:16	0.8m	17:20	2.6m	23:44	0.7m
Mon 17			05:57	2.6m	12:07	0.8m	18:09	2.6m		
Tue 18	00:32	0.6m	06:47	2.6m	12:53	0.7m	18:55	2.6m		
Wed 19	01:17	0.6m	07:33	2.7m	13:35	0.7m	19:39	2.7m		
Thu 20	01:58	0.6m	08:14	2.8m	14:15	0.7m	20:20	2.7m		
Fri 21	02:37	0.5m	08:53	2.8m	14:54	0.7m	21:00	2.7m		
Sat 22	03:14	0.5m	09:31	2.8m	15:33	0.7m	21:40	2.6m		
Sun 23	03:50	0.5m	10:08	2.8m	16:12	0.7m	22:19	2.6m		
Mon 24	04:27	0.5m	10:46	2.8m	16:53	0.7m	22:58	2.6m		
Tue 25	05:05	0.6m	11:25	2.7m	17:35	0.7m	23:39	2.6m		
Wed 26	05:44	0.6m	12:07	2.7m	18:20	0.7m				
Thu 27			00:21	2.6m	06:27	0.7m	12:52	2.7m	19:08	0.7m
Fri 28			01:07	2.5m	07:15	0.7m	13:41	2.7m	19:58	0.7m
Sat 29			01:57	2.5m	08:09	0.8m	14:33	2.7m	20:51	0.7m
Sun 30			02:53	2.5m	09:10	0.8m	15:28	2.7m	21:47	0.6m

Times adjusted for Daylight Saving.



Boats lining up for the shotgun start at last year's Shimano Mairangi Bay Classic. The 2025 event casts off on 29 November.

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I had a fantastic experience working with Ming and her team — Harry, Rainey, and Holly. From start to finish, they were professional, knowledgeable, and incredibly supportive throughout the entire selling process. Ming and her family live in the Long Bay community. She treats this community as her home and genuinely cares for everyone in it. Her team's slogan — “Not just selling houses, helping people find homes” — is not just a phrase; they truly live by it. They consistently ran well-organised open homes and arranged private viewings for buyers early in the morning, midday, and even in the evening to accommodate buyer's busy schedules. Communication was always clear, responses were prompt, and the advice they provided helped me achieve an excellent result. Their dedication and attention to detail made the whole process smooth and stress-free. I would highly recommend Ming and her team to anyone looking to sell their property — she is not just an agent, but a truly outstanding real estate advisor who leads the journey with care and collaboration.

Peter (Vendor) Sold on 10 Oct 2025



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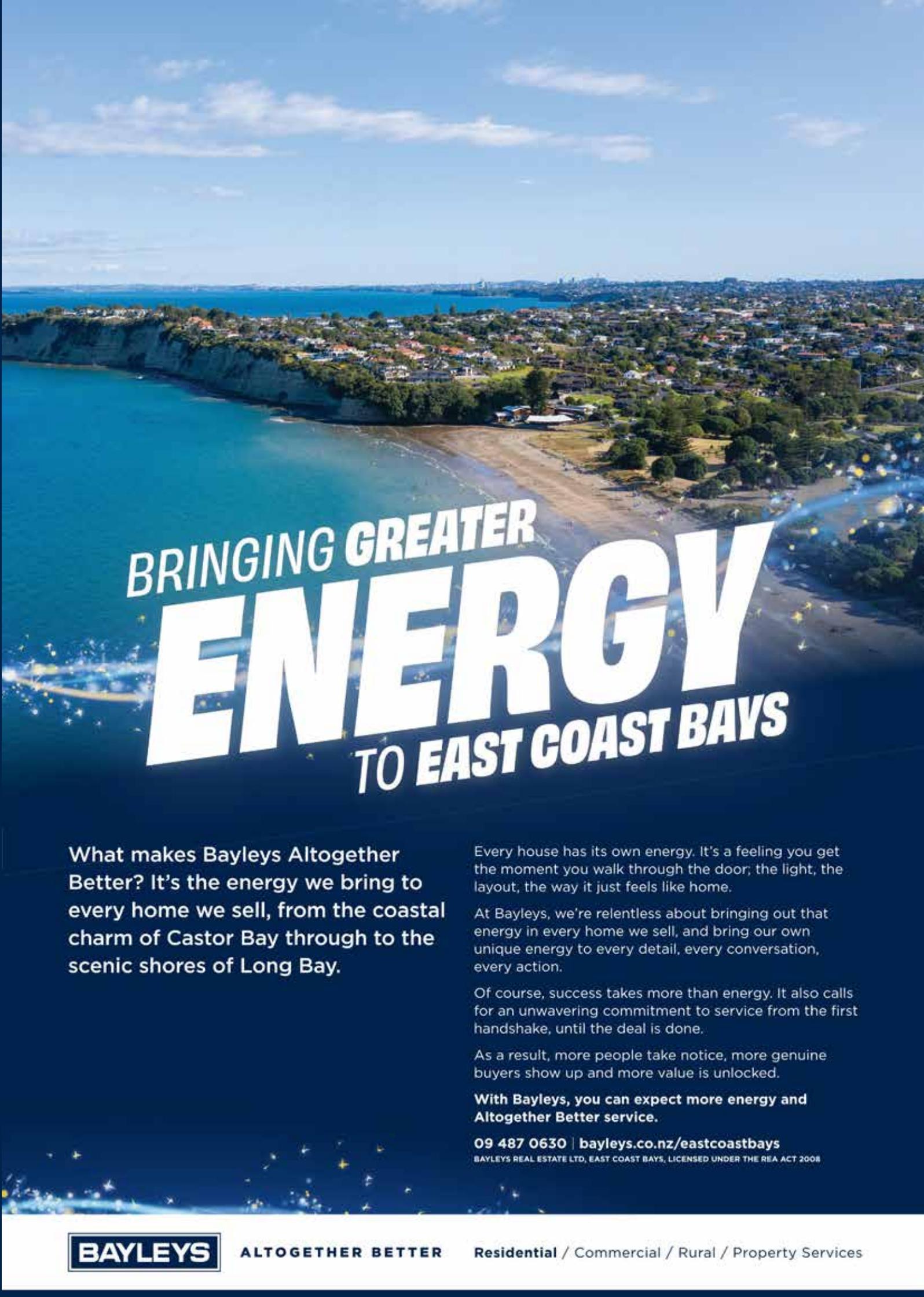
MING LIU - LONG BAY EXTRAORDINAIRE!

My Family and I have been working with Ming for just over 12 months to find the perfect home in Long Bay. We started looking casually and quickly found that Ming was extremely knowledgeable about the area and the market. Moreover, Ming took the time to get to know our little family, including the kids, learning our needs and helping us understand the Long Bay Market. It took some time before we found the property we loved and Ming was professional and patient throughout the entire journey. Once we'd made an offer, we started the journey of selling our own home. We were coming from another area of Auckland and despite not being the listing agent, Ming continued to support us with advice and clear communication throughout the entire process. The purchase of our new home would not have been possible without Ming's hard work. We will be moving into our new home soon. Although we have no plans to sell this home, should we ever decide to sell, we would call Ming without a second guess. Thank you Ming and Team for all your professionalism, hard work and great advice. Ming and her team work to find you a home, not just to sell you a house.

Derrick & Nadine (Buyer) Sold on 24 Sep 2025

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New Sailors Find Their Sea Legs at Torbay Sailing Club

A fresh group of young sailors, ages 9 - 13 years old, recently completed their Holiday Programme at Torbay Sailing Club over the school holiday break. The four-day program was about learning to sail as well as building water confidence as they become part of the maritime community.

The course kicked off with safety briefings - essential for anyone going on the water, fundamental concepts of sailing and the process of rigging the boats. Soon enough, the team moved to the water for their first taste of sailing in Optis, with a focus on getting the kids comfortable with all the new environments they are in.

As the week progressed, we saw confidence bloom as more confident sailors even took to navigating a racecourse!



The final day we rigged up a diverse fleet including Optis, Fevas, and Splash dinghies, the sailors rotated through different types of boats. This hands-on rotation proved incredibly effective, the sailors got to experience all different classes of sailing dinghy. We were thrilled to see 'at this point nearly every single sailor could confidently sail to the conditions!' our amazing head coach commented. What an incredible result!

Continued on p28



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Long Bay Halo - Vaughans Stream Team Update

At the Vaughans Stream Team working bee on Sunday 21st September we rolled up our sleeves and tackled some pesky invaders to help restore the Vaughans Stream corridor. Here's what we did:

- Targeted pampas grass (that tall, feather flowered cutty grass that loves to take over!) and made sure we didn't disturb similar looking native Toetoe.
- Removed gorse, the prickly shrub that's a bit too friendly with our native plants.
- Worked together enjoying great company and community spirit.
- Took another step toward a healthier, greener Vaughans Stream ecosystem.

A big thanks to all the keen volunteers who joined - that pampas grass is



tough to take down! Our next targets will definitely be easier, and we're looking forward to next year's planting season.

Next working bee: 10am, Sunday 16th November, meet opposite Dynamic Physio. Let's keep the momentum growing!

Keen to join? Our group is on WhatsApp, visit: <https://longbay.nz/vst>. An initiative by Long Bay Residents' Association and Restore Hibiscus and Bays.

Follow us on Facebook: Long Bay Community



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

Meet opposite Dynamic Physio

- ✓ **Sunday 16th November**
- ✓ **Sunday 21st December**
- ✓ **Sunday 18th January**



Facebook Event
longbay.nz/vst2025



RESTORATION WORK

Friendship Group Activities

Isn't it lovely to see the sun and know the summer is approaching, it somehow, lifts the spirits. Not to say we won't be complaining in the months ahead that it is "too hot".

It is wonderful to see our club growing in numbers and the delight of people meeting each other on common ground. You could enjoy connecting with new friends by coming along to our monthly meetings held every 2nd Thursday of a month at 10 am in the Torbay Community Hall. We would love to meet you and introduce you to some of our activities during the month.

Recently we had some extraordinary speakers. Liz Yeats, our President spoke on "the history of Psychology", Not many knew her incredible background to the subject.

In August, Graeme Thom spoke on the origins of fire. Graeme is a former Fire Commander in Australia, and author of the book "Forged by Fire". He explained understanding fire history not only teaches us about survival, but about leadership, responsibility and progress.



Graeme Thom with club members.

Our last excursion was to Ryders in Avondale, where we enjoyed a fabulous roast lunch with scrumptious roast potatoes while enjoying a lovely old movie. Janine Taylor, our convenor of excursions, has something exciting and interesting each month where we can enjoy an outing, without having to organise it ourselves- "Taylor" made for us.

We continue to have Craft, Mahjong, Scrabble, Coffee mornings and Rummikub where anyone from the club can join in and learn. We are not competitive and love teaching people new skills.

To find out more about our friendly club, please contact, Liz Yeats on 0274 754 423.

Look forward to meeting you.



Fun at Ryders museum



Catherine Liu & Team

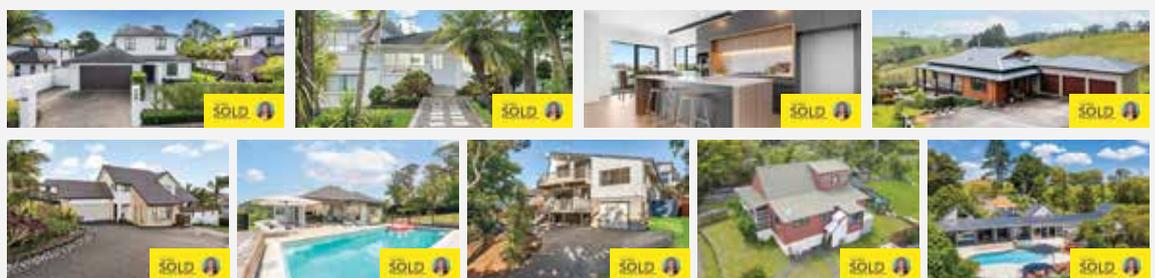
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Continued from p25



This Holiday Programme is a testament to our mission as a club: providing a safe, supportive environment where people of all ages can develop a lifelong love for the water, gain water confidence and practical skills.

It's more than just a sailing programme – it's an initiation into our sailing family bonded with our shared experience, skill development, and the pure joy of catching the wind just right.

Join us on the water this October or December for our Adult, Youth, and Junior Learn to Sail courses

Interested in starting your own sailing journey or getting involved? Visit us at <https://www.torbaysailing.club/> to explore upcoming courses and membership options.

Movember and prostate cancer awareness month is upon us

MOVEMBER

Whilst prostate cancer is a serious issue, at Max Health we take all Men's health seriously.

Did you know.....?

More than 2 in 5 male deaths occur prematurely (before the age of 75)

Premature deaths are not just linked to prostate cancer

but other cancers, heart disease, diabetes, depression, suicide and more. Many of these premature deaths are preventable if you know the signs to look for and seek treatment and support.

If you are concerned about your health (or a male you know) please come and talk to our qualified practitioners in store. We are all about raising awareness and are here to support our community.



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November at Yoga Sanctuary – So Much Happening, So Much to Enjoy

There's a wonderful energy in the air this November at Yoga Sanctuary, and it's the perfect time to make the most of it. Whether trying yoga for the first time, returning to your mat, or deepening your existing practice, there's truly something for everyone this month.

If yoga was on your 2025 wish list, there's no better moment to begin, with a full schedule of inspiring classes, workshops, and some exciting studio news.

First, we're thrilled to announce the launch of our new Yoga Sanctuary App!

Now you can easily check class timetables, reserve your spot, and stay up to date with everything



happening at the studio, all at your fingertips. Simply search Yoga Sanctuary NZ in your App Store, download, and enjoy a smoother way to manage your practice.

Spring is also bringing fresh opportunities to move and connect. For the early risers, Nicole Allan introduces a new 6.30am Slow Flow class on Fridays, beginning 7 November, the perfect way to start your day grounded and energised. If you're new to yoga, Beginners Yoga with Ange at 12.30pm Thursdays will guide you gently through the foundations. For those looking to challenge themselves, Power Yoga and Vinyasa Level 2 with Selina are ideal for taking your practice to the next level.

Of course, our much-loved All Levels Vinyasa and deeply restorative Yin classes continue with the trusted Yoga Sanctuary teaching team - offering a balance of strength, stillness, and soul.

This month also features some special opportunities for deep rest and connection:

The final Relax & Restore evening



for 2025 with Ange on Friday 14 November.

The Bao Mai Evening with Laura on Friday 21 November – a beautifully curated Yin and Nidra class for women exploring the sacred heart-womb connection through movement and meditation.

The return of Yoga Nidra with Nicole Gurau on Saturday 22 November, a soothing afternoon of guided rest and renewal.

Make November your month to reconnect, recharge, and rediscover your sanctuary.



Yoga Sanctuary

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Torbay & Long Bay Medical Centres

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LET'S TALK ABOUT PROSTATE CANCER

Prostate cancer is the most common cancer in Kiwi men. It affects the prostate – a small gland near the bladder that helps make semen.

Who is at risk?

Any man can get prostate cancer, but some are at higher risk:

- Men over 50
- Men with a father or brother who had prostate cancer
- Māori men (more likely to get it and more likely to die from it)

What are the signs?

In the early stages, there may be no symptoms. That's why it's important to talk to your GP about testing.

Some signs to watch out for:

- Trouble peeing (starting or stopping)
- A weak stream
- Peeing more often, especially at night
- Pain when peeing
- Blood in urine or semen

These symptoms can also be caused by other things, so it's best to get them checked.

What about the test?

There's no single test for prostate cancer, but your GP might:

- Talk with you about your risk
- Do a blood test (called PSA test)
- Do a physical exam (called a DRE)

If needed, they'll refer you to a specialist for more tests.

Should I get tested?

That depends on your age, family history, and how you feel about the risks and benefits of testing.

- Know your risk
- Talk to your doctor
- Encourage the men in your life to get checked
- Don't wait for symptoms

We recommend:

- All men over 50 talk to their GP about testing
- All men over 40 with a family history talk to their GP

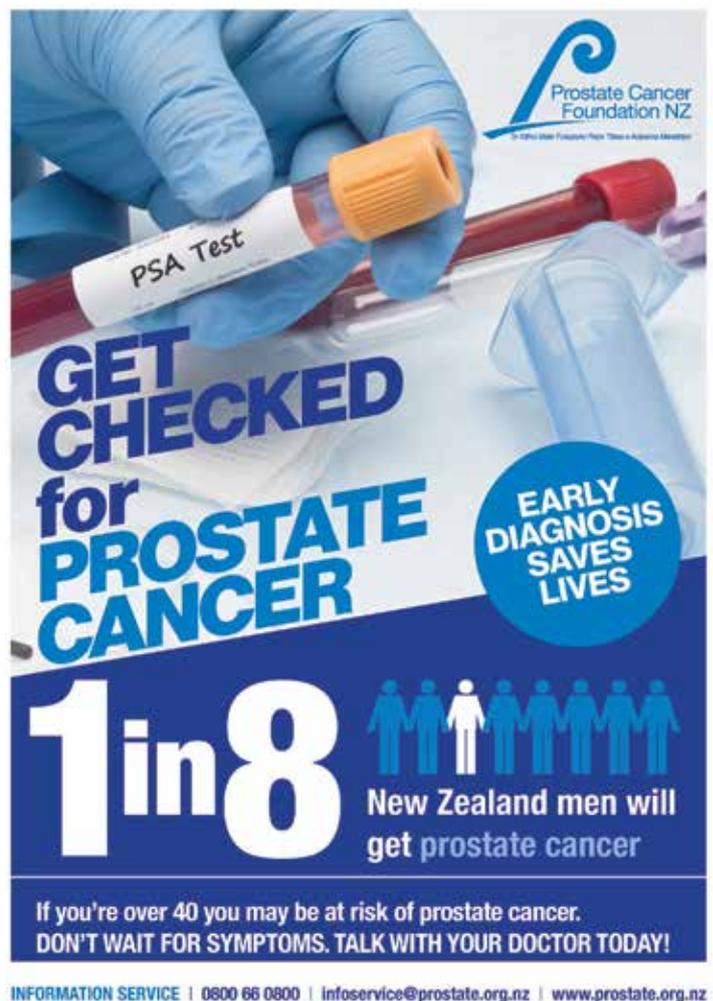
What if it is cancer?

The good news is: if found early, prostate cancer is often treatable. Treatment options depend on the stage of cancer and your overall health. Many men live long, healthy lives after treatment.

What can you do now?

We're here to help.

At Torbay Medical Centre, our team is always ready to talk about your health. If you're unsure about prostate cancer or testing, book a time to chat with your GP. Your health matters. Early action saves lives!



The poster features a hand in a blue glove holding a test tube labeled 'PSA Test'. The background is white with blue and red accents. The Prostate Cancer Foundation NZ logo is in the top right. The main text reads 'GET CHECKED for PROSTATE CANCER' in large, bold letters. A blue circular badge says 'EARLY DIAGNOSIS SAVES LIVES'. Below this, a graphic shows 8 stylized human figures, with one highlighted in white, representing '1 in 8'. The text below the graphic states 'New Zealand men will get prostate cancer'. At the bottom, it says 'If you're over 40 you may be at risk of prostate cancer. DON'T WAIT FOR SYMPTOMS. TALK WITH YOUR DOCTOR TODAY!' and provides contact information: 'INFORMATION SERVICE | 0800 66 0800 | infoservice@prostate.org.nz | www.prostate.org.nz'.

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

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Ever wonder what those young people are up to nowadays?

Well, for one very specific group of young people in the Bays, it's quite a lot -- quite a lot of trying to get other young people to get up to stuff as well!

Bays Youth Council (BYC), otherwise known as Bays Youth Voice, is an amazing group of Rangatahi aged 11 to 25, who aim to support youth development and participation in our community!

Having formed a new team just a few months ago, BYC has been hard at work with a multitude of engaging events; a 'meet-the-candidates' event for North Shore to engage with local politicians, wonderful bands and chalk art outside Browns Bay's own Phoenix Plaza, and an opportunity for youth to make jewelry out of recycled beach litter!

Who knows what will come next for this ambitious group!



BTG THE BODY TONIC GROUP SMALL GROUP CLASSES

COMMITMENT | CONSISTENCY | CONNECTION OF MIND-TO-BODY
FOCUS ON YOUR HEALTH & WELLNESS!

Be shown corrective techniques. Build up at a pace suited to your needs!

Enjoy low impact exercises = positive results!

Relaxed environment. All ages and levels.

▶ Work with free body weight, toning balls, sticks, the barre, hand weights, balance boards, yoga blocks, Swiss Balls, resistance bands, light balls, steps, kettle bell, Bosu ball.

▶ Improve balance, flexibility, posture and range of motion.

▶ Release tight muscles; find solutions to reduce pain trigger points.

▶ Address musculoskeletal imbalances

▶ Get stronger, lose CM's, become more toned and fit.

Lynne is certified - The Biomechanics Method Corrective Exercise Specialist.

Lynne Scott - 0212043280

Movement Specialist & Fitness Trainer

(Reps. Registered)

Pelvic Floor & Core Certified

Sports Advanced & Remedial Massage Certified

Author

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Quizzes

sponsored by



SEAS OF THE WORLD

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

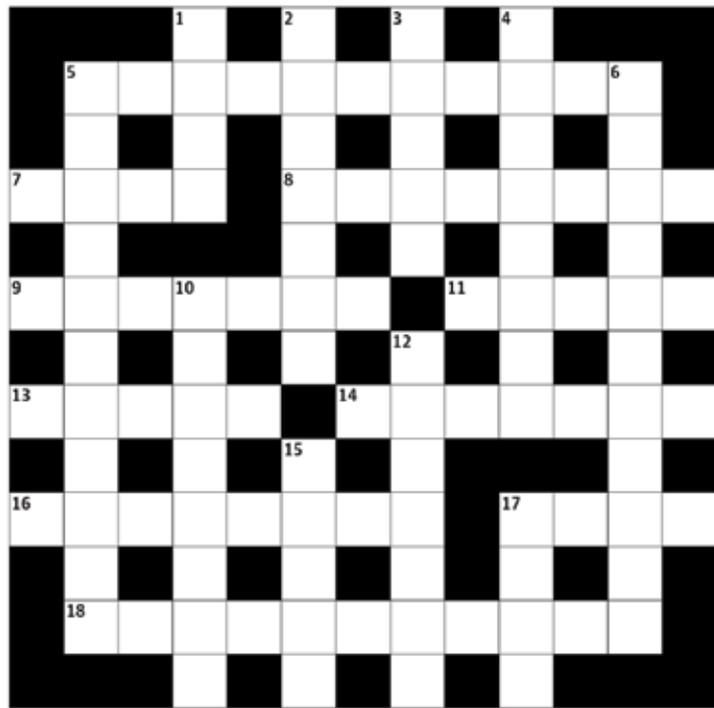
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| MEDITERRANEAN | SOUTHCHINA | CARIBBEAN |
| BALEARIC | ADRIATIC | WEDDELL |
| CASPIAN | SARGASSO | ARABIAN |
| BARENTS | TASMAN | ANDAMAN |
| SOLOMON | BERING | BALTIC |
| IONIAN | NORTH | TIMOR |
| YELLOW | AEGEAN | CORAL |
| BLACK | IRISH | RED |

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

TYUSEDA

35 good, 44 very good, 50+ excellent

CROSSWORD



Across

- 5 Hand tool (11)
- 7 Eager to know (4)
- 8 One who behaves unusually (8)
- 9 Selections of maps (7)
- 11 Not so many (5)
- 13 Milky coffee (5)
- 14 Cut of beef (7)
- 16 Fictional land of tiny people (8)
- 17 Rush away (4)
- 18 Large vessel for transporting oil (11)

Down

- 1 Pull along the ground (4)
- 2 Overwhelmed (7)
- 3 Courageous (5)
- 4 Abroad (8)
- 5 Ninth sign of the zodiac (11)
- 6 First US billionaire (11)
- 10 Deer-like African animal (8)
- 12 South African plants (7)
- 15 Additional to requirements (5)
- 17 Cook in oven (4)

SUDOKU

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

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BARFOOT & THOMPSON
PROPERTY MANAGEMENT

November at East Coast Bays Library: Learn, Create, Explore

November at East Coast Bays Library is packed with activities for all ages.

NEW EXTENDED OPENING HOURS FROM 10 NOVEMBER!!

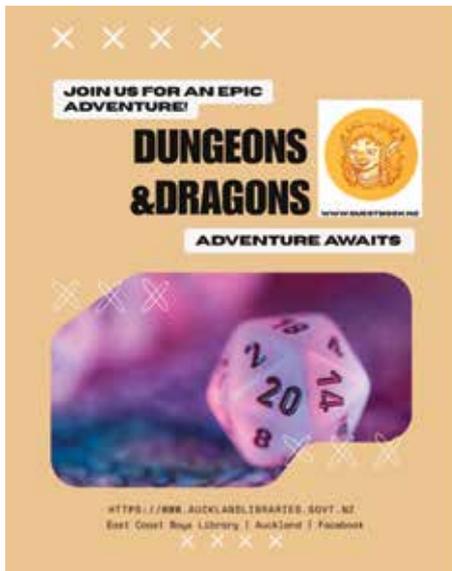
New times will be:

Monday, Tuesday, Wednesday, Friday
9.00am - 5.30pm

Thursday 9.00am - 7.00pm

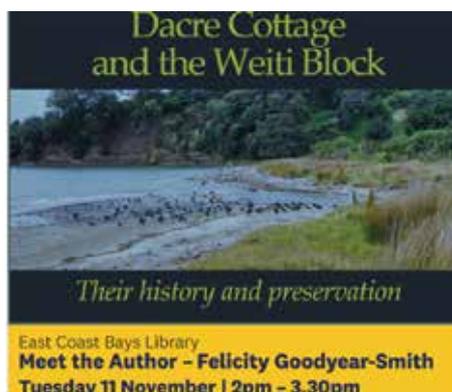
Saturday and Sunday 9.00am - 5.00pm

We start with Dungeons and Dragons on Saturday 1st and Sunday 2nd, 11.30am-1.30pm and 2pm-4pm. New and experienced players aged 14-19 are welcome to roll the dice and explore imaginative worlds. Bookings required via Humanatix.com



Bilingual Storytimes continue weekly at 10am, with Korean on Mondays, Arabic on Wednesdays, and Fridays Mandarin Storytime- a fun way for children to enjoy stories while exploring new languages.

On Saturday 8th November 10am - 12pm Mandarin speaking families can enjoy a Spring Gardening Talk presented by professional



permaculturalist, Ben Zhang.

On Tuesday 11th November 2pm - 3.30pm an Author Talk from Felicity Goodyear-Smith, discussing Dacre Cottage and the Weiti Block: Their History and Preservation.



Join the Compost Collective's Love Food Hate Waste Microgreens Workshop all about growing microgreens and sprouts on Sunday 16th November 1pm - 2.30pm. Register at: compostcollective.org.nz/events



Quiz lovers can join Quiz Night #2 on Thursday 20th November, 5.30pm-6.30pm. Fun, competition, and laughter. Book your spot at Humanitix.com

Friday 21st November 2pm - 3pm with Brain Charge for Seniors. A lively session of brain-boggling word games.

Saturday 22nd November 10.30am - 12pm, explore your roots with our Family History Talk providing an overview of the most important family history databases. Limited spaces are available. Register with Garry Phillips introgenealogy@genealogy.org.nz



Another Author Talk: Sunday 23rd November 2pm - 3.30pm, meet Browns Bay resident and award-nominated author Zirk Van Den Berg. Zirk has written ten novels, a short story collection, and a memoir. Come to hear about his writing journey, choosing to write, what to write, and how to go about writing a novel. Please email Zirk to join him: zirkvdb@gmail.com



On Friday 28th November 11.00am-12pm, learn how to make your own Bokashi bucket composting system at a hands-on workshop with the Compost Collective. Register at: compostcollective.org.nz/event.

For more details, pop into the library, follow us on Facebook, or visit aucklandlibraries.govt.nz. To receive the monthly events brochure by email, contact ecblibraryevents@aucklandcouncil.govt.nz.

When Capacity Declines, *Why An EPA Matters.*



John lived alone and was starting to show signs that his mental capacity was deteriorating. John's son, David and his wife, Claire, were mostly responsible for John's care. David had an older sister, Jane, who was a financial advisor, and while she did visit John, it was infrequent as they did not have a close relationship.

David and Claire could see John's health declining and were concerned that it was getting to the point where he could no longer look after himself. When they had popped in over the weekend with some groceries for him, the element had been switched on the stove top and there was a tea towel dangerously close by. Claire was concerned that John might set the house on fire. David and Claire decided to start looking at some rest homes. They took John to see his GP to get him assessed. The doctor said that he was concerned that John was at the point where his capacity had diminished to the extent that he couldn't make decisions regarding his own care. He recommended that John go and see a geriatrician to have his capacity formally assessed.

After looking at a few rest homes, David and Claire also realised that John would need to have in place enduring powers of attorney to be able to move into care. They contacted John's lawyer who said he hadn't seen John for years, and while he had

a very old will, he had never put in place powers of attorney. If the geriatrician assessed him as having capacity to put in place EPAs, then the lawyer could prepare those. If not, then David would need to make an application to the court to be appointed John's welfare guardian and property manager. The lawyer warned that this could be a lengthy process, with the courts currently being busy and the costs involved would be significant.

The geriatrician's report categorically said that John had no capacity to be making decisions regarding his care, and that he could no longer manage his financial affairs. David went back to the lawyer and asked him to prepare the application to the court. The lawyer advised that the court would also appoint a lawyer for John. That lawyer would go and visit John to see how much he understood about David being appointed to manage his affairs.

In the meantime, David thought he better let Jane know what was going on. Jane responded, saying that she thought she would be a better person to look after John's financial affairs as she was a financial advisor. David explained that as he had been helping John for many years with his finances, he was probably a better person as he already had a good understanding of how things worked. Jane went to see her own lawyer and put an application in, opposing David's appointment and saying while he was fine to be John's welfare guardian, she thought she should be the property manager.

How much simpler it would have been if John had put in place enduring powers of attorney while he still had capacity. The cost of doing so is insignificant in comparison to a court application, especially where an application may be opposed. It would also have meant that John could have appointed who he wanted to have manage his affairs, without the risk that a judge might think that one sibling or the other was better to manage his financial affairs.

Everyone should have enduring powers of attorney, regardless of age and stage of life.

It is one of the most important legal documents to have.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Do You Have An *Enduring Power Of Attorney?*

The protection of assets that we have all worked so hard to acquire is an important consideration for most people.

If you have a will, but not assigned anyone to act as your Enduring Power of Attorney, you could inadvertently be putting your assets at risk.

An Enduring Power of Attorney will look after both your property and personal care and welfare should you become incapacitated to make your own decisions while you're still alive.

If you have not put in place an Enduring Power of Attorney, contact our Trusts and Wealth Protection Team for specialist advice.

Springtime at Albany Village Library: School Holiday Highlights

Spring school holidays brought a burst of creativity, curiosity, and community spirit to Albany Village Library. Over two fun-filled weeks, tamariki and rangatahi explored everything from storytelling and science to coding and crafts, with something exciting happening nearly every day.

Our programme included a teen writing workshop, drawing and labubu light clay class, rubber band cars, fridge magnet



making, Rubik's cube and Creepers, and a solar system and astronauts session. We also celebrated the Moon Festival with a special Japanese storytime and craft morning and took to the skies with our airplane and helicopter workshop. The ever-popular light clay class returned, and our young thinkers tested their skills in our chess competition.

One of the most exciting activities was the Cobot Game Designing Workshop, where curious minds met clever machines. Tamariki got the chance to design their own mini games from scratch, using coding concepts and a fleet of adorable robots to bring their ideas to life. The room was filled with excitement as games took shape, robots zipped across tables, and imaginations ran wild. It was a brilliant blend of tech, teamwork, and pure joy.

The Chess Competition brought out some serious strategy and friendly rivalry. Players of all ages leaned in, calculated their moves, and showed off impressive focus and sportsmanship. The atmosphere was electric, with cheers, quiet intensity, and proud moments as tamariki challenged themselves and each other. Whether it was a checkmate or a close call, every match was a win for confidence and community.

We loved seeing Albany's young minds in action and sharing so many joyful moments with our community. Whether it was a quiet moment of concentration over a chessboard, a burst of laughter during storytime, or a proud smile showing off their handmade fridge magnet, every day brought something special. These holidays reminded us how powerful libraries can be, not just as places for books, but as spaces for creativity, connection, and discovery.

We're always planning something new, so if you haven't visited in a while, come and see what's happening. There's a place here for everyone, and we'd love to welcome you in.



Silverdale Pioneer Village is gearing up for Christmas

At the Silverdale Pioneer Village we love Christmas. All the houses will be decorated for a traditional Christmas throughout the month of December.

Join us for:

Hibiscus Coast Concert Band's end of year concert under our magnificent oak tree.

11am Saturday 6 December

Devonshire Tea in the Parsonage - Our shop with lovely, handcrafted gifts will be open. A chance to do your Christmas shopping.

Christmas Carol Service in the historic Wesleyan chapel. Services have been held here since 1860.

Sunday 21st December at 7pm.

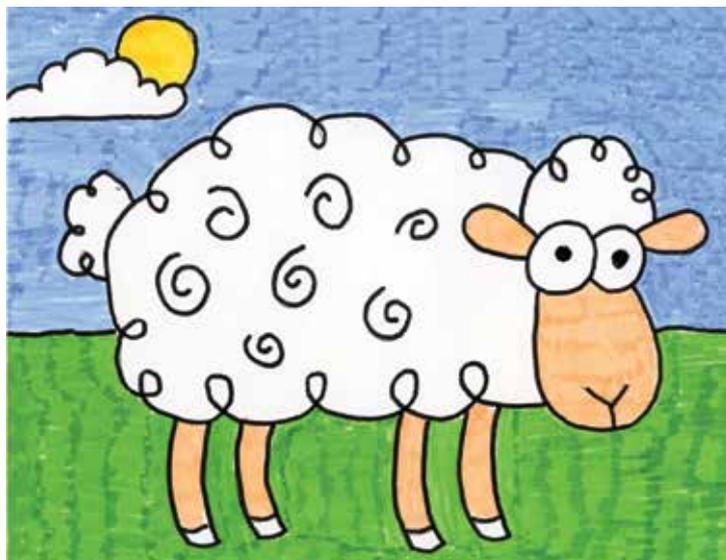
Join us for a cup of tea or coffee in the Parsonage before the service.

Visit us at 15 Wainui Road Silverdale and relax in the gardens, catch up with family and friends and ease into the holidays.



Ever wonder why?

- Why the sun lightens our hair, but darkens our skin?
- Why women cannot put on mascara with their mouths closed?
- Why you never see the headline "Psychic wins lottery"?
- Why abbreviated is such a long word?
- Why is the time of day with the slowest traffic called rush hour?



- Why isn't there mouse flavoured cat food?
- Why do they sterilise the needles for lethal injections?
- Why don't sheep shrink when it rains?
- Why are they called apartments when they are all stuck together?
- If flying is so safe why do they call it the terminal?
- Why is the man who invests all your money called a broker?
- If the black box they use in airplanes is indestructible why don't they make the planes from it?

Understanding Your KiwiSaver: Common Questions Answered

In the past few weeks, there have been a number of enquiries to the CAB about the KiwiSaver Scheme. Following are some questions we received, followed by our response.

When can I get my KiwiSaver?

- When you turn 65 years of age, you will be entitled to withdraw money from your KiwiSaver funds, this is called a retirement withdrawal.
- After turning 65, you can access your KiwiSaver funds whenever you need to, and depending on your situation, you can choose to:
 - withdraw all of your funds, or
 - keep some or all of your money invested in KiwiSaver.

Can I use my KiwiSaver savings to buy my first home?

To be able to withdraw your KiwiSaver funds early to buy your first home, all of the following must be true:

- you have been contributing to KiwiSaver for at least three years
- you are using the money to buy a home or land in New Zealand to be your main home
- you have not made a first-home withdrawal before
- you have not owned a home or land before (in some circumstances you may qualify if you have owned a home before).

You cannot use the funds to buy an investment property or to use as a holiday home.

Other early withdrawal options

The following are the situations where you may be allowed to make an early withdrawal of your KiwiSaver funds. However, there are specific conditions attached to each of these

- Moving permanently overseas
- If you are experiencing significant financial hardship
- If you or a family member are seriously ill or injured
- If you have a life-shortening congenital condition
- If your relationship ends

You can contact your KiwiSaver provider or visit their website to find out how to apply for a withdrawal.

Every provider has their own application form and process.

If you wish to find out more about KiwiSaver, please contact one of the volunteers at the CAB Browns Bay.

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



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.jdpropertieservices.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.

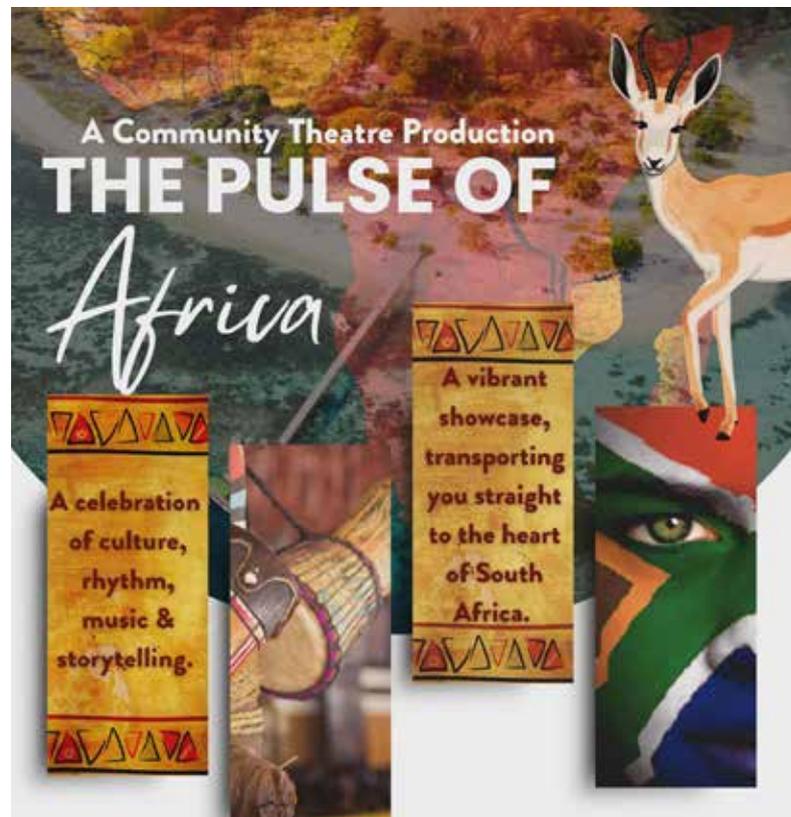
Puzzle Answers



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

Word Puzzle

ads, ate, aye, ayes, date, dates, day, days, due, dues, duet, duets, dust, dusty, duty, dye, dyes, east, easy, eat, eats, sad, sat, sate, sated, saute, sauted, say, sea, seat, set, stay, stayed, stead, steady, stud, study, sty, stye, sue, sued, suet, tad, tea, teas, Tuesday, use, used, yea, yeas, yeast, yes, yet



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Come sing along to well-known & much-loved songs from the South African music archive, brought to life by an incredibly talented team of local creatives who's soulful singing will leave you dancing in your seats.

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November
Weds 19th – Sat 22nd, 2025 – 7PM

Long Bay College Auditorium
Sun 23rd 2pm Matinee

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on community
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With over 20 years of dedicated experience and a proven track record of success, Wanly has earned her reputation as the North Shore's go-to real estate expert. Her clients rely on her exceptional negotiation skills, innovative marketing strategies, and personalised service. Whether you're buying or selling, Wanly's deep local knowledge and commitment to every client ensure your property journey is smooth, successful, and stress-free. When it comes to your most important investment, trust the agent who delivers results, time and time again.

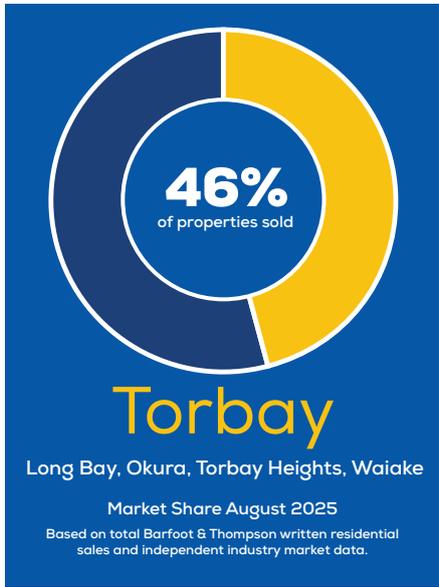
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Ray Qu
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Vivian Wang
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Karin de Leeuw
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Wendy Radcliffe
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Torbay/Long Bay Property Management



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Craig Zhu
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Jody Hetaraka
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Dorean Posimani
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Torbay/Long Bay Branch Manager

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