

# focus

Issue 45  
February 2026

on community

Long Bay, Okura and Torbay



## Sir Peter Blake Regatta

See page 36

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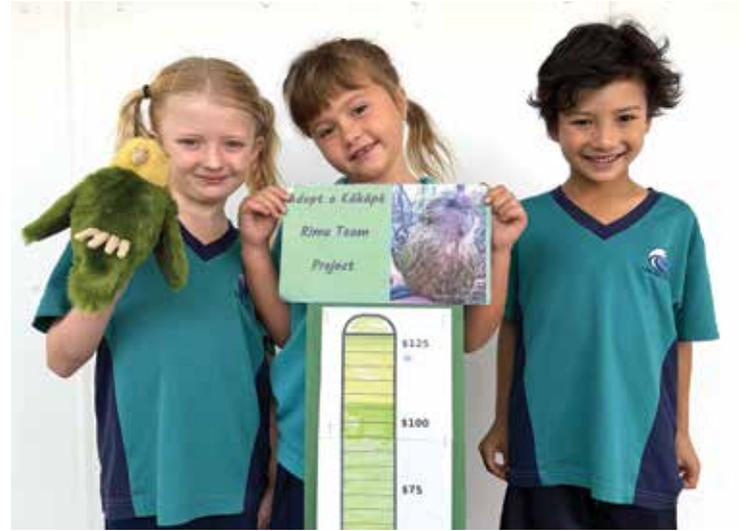
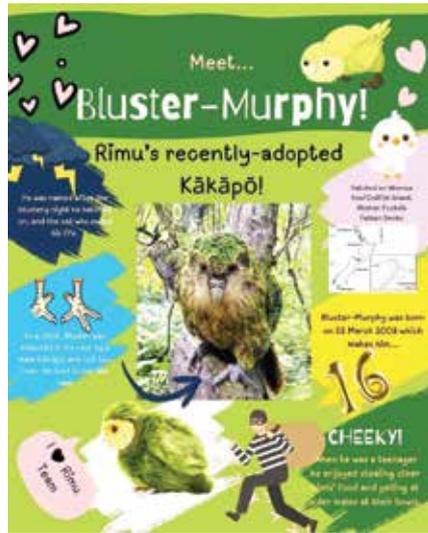
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# Learning in Action: Long Bay Primary “Walk the Talk” for Biodiversity

There is no doubt that ‘hands on’ type learning experiences help to reinforce what you are told, with what you see all linked together with what you do. Long Bay Primary Year 2 (Rimu) classes in Term 4 last year went one step better - they took action with their learning.

Deep into their unit of work about how ‘Biodiversity relies on maintaining the interdependent balance of organisms within systems.’ the



Bluster-Murphy Students



Adopt Bluster-Murphy

Rimu team decided to adopt a kākāpō. As a result Bluster-Murphy will be supported this year thanks to a generous benefactor who has contributed the money required for us to support him.

Rather than bring a gold coin to school we tried something different. The students were asked to do something at home to help and bring a photo to school of them doing it. The response was overwhelming. There was plenty of garden watering, vacuuming, bringing in the bins and even shelling peas (no doubt Bluster-Murphy’s favourite).

We will provide updates on how Bluster-Murphy gets on throughout the year in our school library.

It is one thing to talk about doing something - much more effective to do rather than to say. Well done Rimu - you are amazing!

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

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## editor's letter

I love the start of a new year.

It gives so much promise of things to come.

I love Christmas too, although I still struggle with a hot Christmas despite being here 21 years now. There is something nostalgic about coming home late afternoon and putting on all the tree lights and other decorations. We needed them to cheer us up in our dark, cold time.

Because of holidays we are able to have time to enjoy and to reflect.

For me it's a time of making plans, plans for this magazine and how we can engage more with the community, plans for work around the home and trips away to consider.

I am a list person. Every week I make a list of all I want to achieve in that week and each day I have a list too. It is so satisfying to cross off tasks done and things achieved.

In this month we have an advert for the NZ blood services. They have recently opened a place on Constellation Drive, so it is easier than ever to be able to give blood or plasma.

This is such a vital service and truly each donation is a life saver.

It is so easy to be able to do something that is so valuable with just an hour of our time.

If you have never given blood, or plasma, why not think about it - you never know whose life will be the better for it?

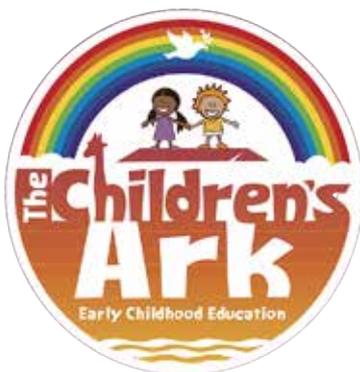
Also, one day you too may need this vital service if you are needing surgery, or have a bad accident, so it is banking for your future too.

Happy New Year!

**Carole McMinn,**  
*Editor*



editor@focusoncommunity.co.nz | 09 473 3259



# What a great year at Children's Ark

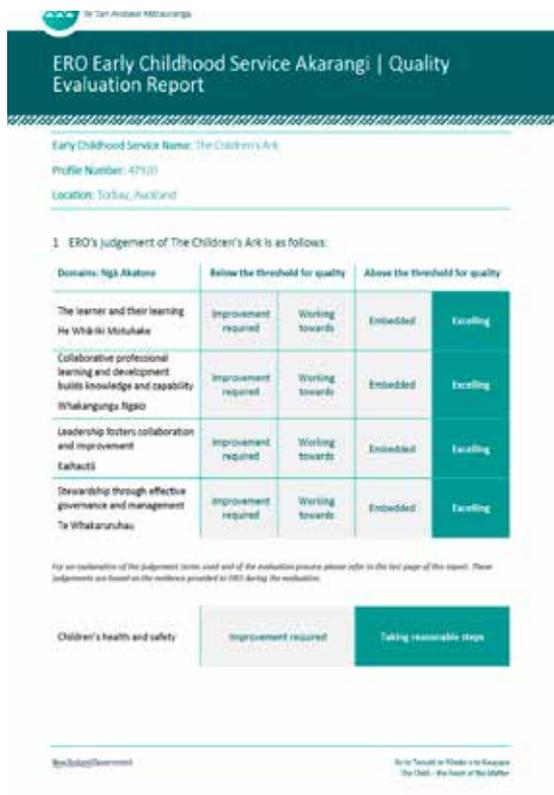
What a great year we have had at Children's Ark ECE, at Long Bay Baptist Church. We were delighted with our Education Review Office (ERO) Report, that awarded us "Excelling" in all areas. We continue to be constantly reviewing our practice, to provide the best possible environment for children.

Our experienced teachers (over 120 years experience between them) are working hard every day to provide stimulating learning experiences.

We are now taking enrolments for 2026. Our Bee Room (Under 2's) is full until June, but we can take enrolments for our waiting list. We have limited space in our 2 year olds room, and our 3-5 year olds room.

If you would like to book ahead and get a place sorted for your child ready to start in 2026, please get in touch on **09 473 0242.**

Or go to our website: [www.childrensark.co.nz](http://www.childrensark.co.nz)



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# Summer on the Shore: A Police Perspective and How the Public Can Stay Safe

Summer on Auckland’s North Shore is one of the busiest and most vibrant times of the year. From Browns Bay’s bustling beachfront to the familyfriendly bays stretching through Mairangi and into Long Bay, thousands of people flock to the coastline to enjoy the sunshine. But with the warmer weather comes a set of challenges that police see every year — and a set of simple steps the public can take to keep themselves and their communities safe.

## Rising Temperatures, Rising Tensions

The combination of heat, crowds, and long days can lead to avoidable incidents along the bays.

- Beachfront disputes often arise over parking, noise, or space on busy beaches.
- Alcoholrelated disorder remains a concern despite liquor bans, particularly in beachfront carparks and reserves.
- Nighttime gatherings can lead to noise complaints and antisocial behaviour as groups congregate in warm weather.

### What the public can do

- Respect liquor bans and avoid drinking in public spaces.
- Stay patient in crowded areas, especially when parking or queuing.
- Look out for others, especially vulnerable people or those in distress.

## Holiday Travel and Road Safety

Coastal roads such as Beach Road and East Coast Road become heavily congested during summer.

- Parking frustrations are common around Mairangi Bay and Browns Bay, where spaces fill quickly.
- Driver fatigue increases as families travel long distances.
- Impaired driving remains a major risk after summer gatherings.

### What the public can do

- Plan travel early to avoid peak congestion.
- Park legally and respectfully, keeping driveways and footpaths clear.
- Arrange a sober ride home before heading out.

Constable Simon Fox  
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 Browns Bay Community Officer  
 Auckland | New Zealand Police  
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## Wendy's update

As we move into the New Year, I wish you and your family a year of prosperity, joy and happiness.

The Christmas break gave me time to enjoy what our area offers; a fantastic community to live in, swimming at our stunning beaches and coves, enjoying the gardens in full bloom and the reserves for picnics. It's all here and it's all local! I want to take the time to thank those for their contributions to the community over the past years. Their kindness, time and efforts make Torbay and Waiake a wonderful place to live and is an integral part of creating our special community.

If your decision is to make a change this year with your real estate requirements give me a call for a chat,

*Kind regards, Wendy*

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# Sea Lice Season

Sea lice in New Zealand are not true lice but tiny jellyfish larvae, most commonly associated with species such as thimble jellyfish.

They are more frequently encountered during the warmer months, particularly in coastal waters around the upper North Island.

Sea lice become trapped under swimwear or in body hair and release stinging cells (nematocysts), causing an itchy, red, sometimes painful rash often referred to as sea bather's eruption.

Symptoms may worsen hours after swimming and can last several days.



Jellyfish larvae bites (sea lice or sea bather's eruption) usually improve within 2–7 days. In some people, itching or rash can persist for up to 1–2 weeks, especially without treatment or if scratched.

Treatment focuses on relieving itching and inflammation. Rinsing the skin with salt water (not fresh water) immediately after exposure can help prevent further stings.

Once symptoms develop, topical hydrocortisone cream, antihistamines, and cold compresses can reduce itching and swelling.

Avoid scratching, as this can lead to secondary infection. Promptly removing and washing swimwear in hot water also helps prevent ongoing irritation.

Some handy treatments in the Pharmacy are below.

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## SEA LICE SEASON

Some handy treatments in the Pharmacy are:

**SOOV Bite** is a fast-acting cooling gel that numbs pain and itch from bites and stings using a local anaesthetic (lignocaine), while its antiseptic ingredient helps reduce infection risk and calm irritation on the skin.



**Anthisan Cream 25g** works by delivering a topical antihistamine (mepyramine maleate) that blocks histamine receptors in the skin, which reduces the allergic-type reaction – this helps lessen itching, swelling and inflammation when applied directly to the affected area.

**DermAid 0.5% Cream 30g** works by delivering hydrocortisone, a mild topical corticosteroid that reduces inflammation, redness and itching at the site of skin irritation. When applied to bites, hydrocortisone suppresses the local immune response helping the skin feel calmer and less irritated.



**Opening Hours**

Monday to Friday  
Saturday

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

# The Love Grace Handbag Appeal

Empowering victims of domestic abuse in honour of Grace Millane

Violence against women is not ok. In memory of Grace Millane, the Love Grace charitable appeal was set up by her family to combine Grace's love for handbags with a legacy to end violence against women. In association with Women's Refuges, they are collecting handbags and filling them with useful items for women in need.

The appeal is entirely run by volunteers, with coordinators working with local businesses.

Grace's love for handbags inspired the appeal. These bags symbolise hope and a fresh start for women often forced to leave everything behind.



Tracey in UK Grocer has taken part for the last two year and was delighted with the response. She is a collection point again this year.

From February 14 to 8th March please bring your donations to the UK Grocer at 1 Bute Rd Browns Bay.

Please fill the bag with essentials like -toothpaste, toothbrush, shower gel, shampoo and conditioner and deodorant.

Then there are nice extras that can be added like wipes/ tissues, moisturiser, plasters soap, hand gel, lip balm, cotton buds, face cloth, torch, hairbrush, sanitary products

Please DO NOT include: sharp items, pain killers, razors, alcohol, money, food, contraceptives, opened / damaged products. Let's help these women feel good about themselves again.



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# Celebrating 55 years in business!

Curl and Comb has been situated in the same spot for 55 years and must surely be one of the oldest established businesses in the area.

Originally Heather wanted to be a PE Teacher, but her Mum decided she should be a hairdresser and so the die was cast.

Heather's mother had always wanted to be a hairdresser but had been unable, so lived her dream through her daughter.

Heather trained and then came to the premises 55 years ago.

Just before Christmas she sadly had a client die who had been with her through the 55 years and she has many faithful clients who have been coming to her for decades.

Heather has a beautiful, long standing, loyal clientele and great staff around her, which is why her business has been successful for five and one half decades.

I asked her who did her hair and she confessed that often she does her own if they are too busy for another staff member to do it for her!

Heather may be familiar to you through her appearing in one of the Eat adverts on TV.

Curl and Comb, Hebron Rd 478 5987.



## February is the Month of Love - and It's Time to Love You ♥

This February, we're celebrating love in its most important form: self-care. When you love your body, it truly thanks you in return. From nourishing wholefoods and natural supplements to gentle herbal support, small daily choices can make a big difference to how you feel.

Whether you're looking to support your heart, digestion, immunity, energy or overall wellbeing, our friendly team is here to help you choose what's right for your body.

Pop in this month and show yourself some love - because a healthier, happier you is worth celebrating.



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# Travel Trends 2026: What's Shaping Your Next Holiday?

## Shore Travel – Guiding you where the world is heading next

Global travel is shifting fast in 2026, and industry leader Amadeus has spotlighted the trends that will shape how we explore the world this year. From taking pets abroad to choosing hyper-personalised hotel rooms, one thing is clear: holidays are becoming more meaningful, more tailored, and more exciting than ever. Here's what Shore Travel customers can expect.

### 1. The Pawprint Economy

Pet travel has gone mainstream. With more than half of global households now owning pets, airlines, hotels, and packaged tours are stepping up to make travel easier for four-legged family members. Pet-forward airlines like BarkAir and SkyePets are introducing stress-free in-cabin travel, even long-haul between Australia and the US. Expect more pet-friendly hotels, clearer rules, and itineraries designed with paws in mind.



**Shore Travel tip:** SKYE PETS is Australia's only international in-cabin pet charter service, offering shared charter flights where pets travel side by side with their owners. Their expanding list of destinations includes Australia, New Zealand, the United Kingdom, Singapore, Dubai, and soon, the United States.

### 2. Travel Mixology – The Smart Way to Plan

Travellers are blending AI tools, online community tips, and trusted travel advisors. While tech can suggest destinations and compare deals in seconds, travellers still crave real insight, and reliable facts from agents with personal experience.

**Shore Travel tip:** Start online, then bring your ideas to us. We filter the noise, check the details, and turn inspiration into a seamless tailor-made itinerary.

### 3. Point-to-Point Precision

New aircraft technology is shrinking travel time and opening new destinations. Think Sydney to London nonstop, and long-haul narrow-body jets taking travellers directly to emerging cities without connections. Expect fewer layovers, more comfort, and smoother airport experiences as biometrics replace queues.

**Shore Travel tip:** Ask us about new routes and up-and-coming destinations, often better value and fewer crowds.



### 4. Travel with Meaning

Whether it's pop-culture pilgrimages (think filming locations and themed cruises), ultra-personalised hotel rooms, or futuristic "innovation tourism", travellers are choosing experiences that reflect their passions: TV shows, wellness, tech, even robotics.

**Wherever you're dreaming of next, Shore Travel can help you make the most of these 2026 trends, stress-free, on budget, and built around what matters to you.**



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# HIBISCUS and BAYS art studio trail

On 21st, 22nd and 23rd February Hibiscus and Bays are sponsoring an Art Trail and we have a local artist taking part.

Vivien Davimes will be demonstrating her Printmaking at her studio address 35 Ellangowan Road, Waiake, Auckland

[www.viviendavimes.com](http://www.viviendavimes.com)

Opening Days: 21, 22, 23 February 10 am – 4pm

For details of all artists featuring in the Hibiscus and Bays Art Studio Trail see [www.hibiscusandbaysartstudiotrail.com](http://www.hibiscusandbaysartstudiotrail.com)



# Monthly Quiz

Answers Page 38

[info@rotarybrownsbay.org](mailto:info@rotarybrownsbay.org)



1. On Feb 22 1902 the Wellington Cable car opened. Where does it operate?
2. A massive earthquake hit Hawkes Bay on Feb 3, in what year?
3. The TSS Earnslaw was launched on Feb 24 1912, where?
4. On Feb 7 1963 a bus filled with people driving home from the Waitangi Day celebrations crashed. Where?
5. Michael Jordan was born on Feb 17 1963. Who did he play for?
6. On Feb 13 1983 Lance Cairns shattered cricket records by hitting 6 sixes. What was the name of his bat?
7. Te Papa opened on Feb 14 1998. It came about as the merging of which two NZ institutions?
8. The Chinese Lunar New Year starts in Feb; this is the year of the...?



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“I contacted Coastal Bathrooms end of September for a quote.

From the first visit Hilton was totally professional. The very reasonable quote came through in two days and when we accepted, he booked us in for a November date. We chose all the fittings and tiles, which Hilton helped us to get discounts on, and the men came on the proposed date.

The men worked so cleanly and were very pleasant, each came exactly when they said they would and did a superb job. The Plumber sang most of the time when working with his lovely daughter, who is his apprentice! Obviously enjoys his work!

We are absolutely delighted with our new bathroom and would recommend the Coastal Bathrooms to anyone.”

*Carole McMinn*

# Rotary Browns Bay

We're gearing up for another busy year at Rotary Browns Bay as we continue to serve our community.

First up is the barbeque at Summer Spectacular on Feb 28 in Browns Bay, one of our major fundraisers. We really appreciate the opportunity to be part of Browns Bay's major events; thanks to the Business Assn for inviting us.

Our fortnightly breakfast meetings continue at the Bays Club, on the first and third Tuesdays of the month at 7am. We do attract the most amazing speakers, which makes the early morning alarm call worthwhile.

One of the most fascinating speakers

last year was Julian Paton, heart surgeon and Landrover aficionado who has been driving his vintage Landrover all over the country raising funds to achieve his dream of developing the world's first living heart valve. Rheumatic Heart disease is rife in NZ. Every year 1400 children will develop RHD, which occurs in damp, overcrowded and unventilated homes; this valve will have a huge impact on the lives of these children, in many cases literally giving them a life.

Prof Paton's inspirational address has motivated the club to organise a quiz night to assist with his fundraising; this will be held on Saturday 28 March at Outram Hall. We'd love you to join us. Our quiz nights are always fun and this is a truly worthy cause. Contact organiser [rschroder1812@gmail.com](mailto:rschroder1812@gmail.com) if you would like to put a team together.

In June Rotary Browns Bay will be running the Rotary Youth Leadership live-in week-long programme at MERC at Long Bay and we are very much looking forward to being involved in this challenge for about 30



young leaders from the Pacific Islands and northern NZ.

Our 'Book Buddy' programme continues, with Shirley Smith's sewing group delivering more and more backpacks to low-decile schools.

Something for everyone at Rotary Browns Bay! We welcome new members; all you need is a desire to serve your community and make a difference to other people's lives.

Email [dereksmithnz@gmail.com](mailto:dereksmithnz@gmail.com) if you'd like to check us out and see if Rotary is for you.



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# U3A Browns Bay at the end of a successful year

Our final meeting of the year featured a morning of entertainment from the Shore City Stompers.

A lively bracket of numbers, introduced by "Hello Dolly" continued with "Just of Song at Twilight" featuring Pat on his wonderful guitar went on to involved us all with Christmas carols that we could sing.

Our Chairperson and Convenor of Special Interest Groups, then presented a little gift to the members who fulfil important roles unofficially and to convenors of each Special Interest Group. Special Interest Groups are lifeblood of our



organisation where the real friendships are formed and the real learning goes on. The role of the Convenor of each group,

although not terribly onerous, is key to how we operate.

We finished with a delicious, self-catered lunch, many best wishes for Christmas and much looking forward to 2026, a stimulating year to come.



## A Little Planning Today Brings Peace Tomorrow.





# Erica's Editorial

Hon. Erica Stanford

MP for East Coast Bays | Minister of Education | Minister of Immigration

## Happy New Year!

### WELCOME TO 2026

By the time you read this, we will already be into February, and I'm sure you know by now that this year is an Election year. As I'm writing this, we don't know the Election date yet, but it may well have been announced since.

The team and I had a wonderful break with rest mainly on the agenda. We are excited to be back and ready to help the electorate.

Last year it was a privilege to help someone with disability payments, and another with a school bus shelter. My office even helped get approval from ACC for a much-needed surgery that was originally declined.

So, if you are having issues with IRD, MSD, ACC, Auckland Transport or any of the other government departments, and don't feel like you are getting anywhere, please reach out.



### MATHS PRACTICE TOOL

Just before Christmas I announced a maths practice tool on the Parent Portal for years 3-8, aligned to the curriculum.

In just four weeks, 13,800 users across the country have accessed the tool to help their children at home with maths.

We've added the latest bundle of content which you can access here:

[www.education.govt.nz/parents-and-caregivers/schools-year-0-13/parent-portal](http://www.education.govt.nz/parents-and-caregivers/schools-year-0-13/parent-portal)

### FRIDAY SCOOP

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

If you would like to receive Friday Scoop, please email my Electorate Office and my team will add you to the database.

Email: [ecboffice@parliament.govt.nz](mailto:ecboffice@parliament.govt.nz)



2026 is going to be a fantastic year!

Take care,  
*Erica*

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National

# February at East Coast Bays Library: Learning, Culture, Community

The Raumati Reads Party is on Sunday 1 February from 1 to 3pm. Friends and families can enjoy a movie, popcorn, bubbles and party games. Children under 14 must be accompanied by a parent or guardian.

From 9 February, our regular children's programmes return:

Korean Rhyme and Storytime on Mondays from 10am to 10.30am resumes, alongside Babies and Bubbles on Tuesdays from 10am to 10.30am and 11.30am to 12pm, and Terrific Tots on Thursdays 10am to 10.30am. Children's Chinese Language Class will run on Sundays from 10.3am to 11.30am. Mandarin and Arabic storytimes are not running at this time.

Lunar New Year celebrations are Chinese Paper Cutting with Krystal Xie on Saturday 14 February from 10.30am to 11.30am introducing the



stories behind this traditional art form and followed by hands-on art creation. Lunar New Year Terrific Tots on Thursday 19 February from 10am to 10.30am features a reading of Missing, about celebrating Lunar New Year far from home, read by the author.

Then Lunar New Year Mandarin Storytime and Red Envelope Making on Friday 20 February from 10am to 11am.

For older tamariki and teens:

Book Nook (Book Club) returns on Monday 9 February from 2.30pm - 3.30pm

Code Club Launchpad on Tuesday 10 February from 3.30pm to 4.30pm introduces coding for ages 7-12, followed by weekly Code Club on Tuesdays from 3.30pm to 4.30pm from 17 February. Registration is required.

We celebrate diversity with Badge Making on Thursday 12 February from 5pm to 6pm,

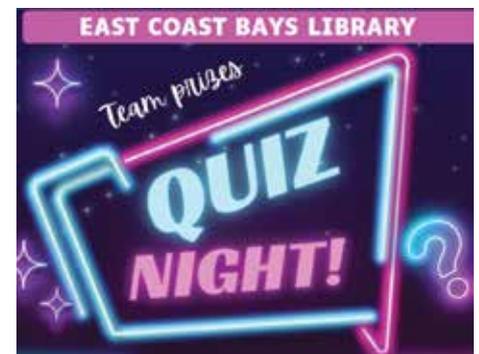
as part of the Auckland Pride Festival. Eamonn the Bat Author Talk with Molly Arbuthnott on Sunday 15 February from 2pm to 3pm includes a creative session for tamariki! Digital Health and Telehealth in Mandarin on Friday 27 February from 10am to 11.30am offers practical guidance.

Quiz Night is on Thursday 26 February from 5.30pm to 6.30pm with bookings via Humanitix.com.

Groups continue to meet while the Heart of the Bays centre is closed, with Crazy Quilters from 10am to 1pm on Saturday 28 February and Sunflower Social Art Club weekly on Mondays from 10am to 12pm.

Seaweek will be from 28 February to 8 March, with children's activities in the planning.

We look forward to welcoming our community throughout February for learning, creativity and connection.



## LIVE LOCAL. LIST LOCAL.

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*Let's get you sold in 2026!*

# Preserving history since 1982

Torbay Historical Society was formed in October 1982 when a meeting was held in the St. Mary by the Sea building which had been moved to Relko Crescent. We opened a museum in the building. Tragically, vandals set fire to the museum in 1988 leaving it beyond restoration.

In 1991 we made submissions to the Auckland Regional Council to save the Vaughan Homestead (Long Bay Regional Park) which was under threat of demolition. With the help of locals and with our Project Manager, Ron Edgar, restoration was begun in 1993. The building was opened as a going concern August 1996. The building is still owned by the Council but our Society has a lease to operate it.

It has been used for many activities run by the Society



and by hirers. It is an ideal venue for small groups. The views from the verandah and many of the rooms are quite spectacular. At our Christmas event we had the 'Vocal Verve' choir to entertain. (see photos).

We welcome new helpers – Come and join us and learn about the History of the area and help us with the garden and the artefacts. Our book 'and then came the bridge' is available for \$35 bought from the Browns Bay library or contact us.

A reminder that you can become a member as a supporter (Single \$15 Double \$25. You will receive free admission to the Homestead and be invited to members' get-togethers. Phone us or go into our website for a copy of the Membership Form or to enquire about hiring the Homestead.



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

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Partner



**Emma Boad**  
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**Natasha Allen**  
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Call our Albany office on 09 9856900 to arrange a confidential appointment or visit [denhambramwell.co.nz](http://denhambramwell.co.nz) to learn more.

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# Torbay Garden Club

Our final garden trip of 2024 coincided with the hottest November temperature ever recorded. This did not deter our enjoyment of the 'Garden on the Hill', a flower farm in West Auckland, the result of the hard work of Yvonne Baker, an enthusiastic horticulturist. On arrival we were treated to a finger food morning tea in the shade of the barn while Yvonne told us of her extensive career in horticulture. Born in the UK, she graduated with a horticultural degree and spent time at the RHS garden Wisley, where she added extensively to her knowledge. Yvonne came to NZ 20 years ago and worked in garden centres before employment with Dr Keith Hammett, who encouraged her to breed new types of sweet pea. On a guided walk through her flower farm, Yvonne extolled the merits of a lovely selection of flower types and her wide range of sweet pea colours and forms. After the tour we retreated to the shade of the barn where seed packets were available for purchase and members were delighted to buy these treasures not available elsewhere.

In December we celebrated the end of our year with a festive finger food lunch in the hall. A glass of 'bubbles' got proceedings off to a good start and after two interesting quizzes testing our horticultural and general knowledge, our annual prizegiving rounded off a most successful year for our club. We begin 2026 with our annual picnic on February 11 at Long Bay site 3. If you would like to join us, please visit our website [torbaygardenclub.co.nz](http://torbaygardenclub.co.nz)



## In the garden in February

Sow seeds of annuals and perennials for winter and early spring flowering. Plant spring flowering bulbs except tulips which are best left until April. Feed perennials to build up the crowns for next season. Dead-head roses, perennials and annuals to promote more flowers. This is an excellent time for taking cuttings of most plants; non-flowering shoots are best. Cut back straggly plants as a second growth phase begins soon. Prune hardy evergreens and hedges and long shoots of climbers. Continue mulching and water plants deeply once or twice a week. Plant lettuce and herbs, beetroot, all brassicas, leeks and spring onions. Fungal spores thrive in warm, wet, sheltered conditions, so prune off bottom leaves of tomatoes and dahlias to improve airflow.



# Slow cooker recipes that really work

A slow cooker has always been a great way to cook cheaper cuts of meat slowly over several hours but I have discovered some new things that work very well in a slow cooker.



## Creamy rice pudding

This recipe is great for those colder evenings but is also good served cold with fresh fruit on a hot summer night.

8 cups full cream milk  
1 tablespoon butter  
1 cup of short grain rice.  
 $\frac{3}{4}$  cup brown sugar  
 $\frac{1}{2}$  teaspoon salt.  
1 teaspoon vanilla essence.  
Pinch nutmeg



### Method

Place all the ingredients in a slow cooker and then sprinkle the nutmeg over the top and cook for 2  $\frac{1}{2}$  hours on high. Do not overcook as it uses up all the liquid and it looks like porridge.

This makes enough for about 8 servings so can be put into plastic storage boxes and left in the fridge for another day- keeps up to a week.



## Cooking meats

Because all the meats can differ in size keep a check on the cooking time as it may need longer, or shorter, to cook.

**Brisket of beef** is a really good meat to slow cook. Put the brisket into the slow cooker and add  $\frac{1}{2}$  cup water and cook on low for 4 hours.

The meat just falls apart, and you are left with a great base for gravy with the liquid.

**Pork leg or shoulder** joint is delicious done in the slow cooker. Just pop it in with  $\frac{1}{4}$  cup water and cook for 4 hours on low. The meat falls apart when cooked this way and doesn't dry out as it often does in the oven.

**Chicken** slow cooks beautifully and remains moist and juicy. Wash the bird off under the tap and stuff with a sage and onion stuffing. Place in slow cooker and cook for 3 hours on high.

## More or less anything else!

Really anything you can cook in an oven can be cooked in a slow cooker.

Try lasagne- takes 4 hours on high or pop on before leaving for work for 8 hours on low then it is ready to eat when you come home-or fruit crumble- takes 2 hours on high. Soups do particularly well in slow cookers and is



easy to keep warm by dropping the heat down.

I have even baked bread, very successfully. Line the slow cooker with greaseproof and cook for 2 hours on high.

Lift out and tap the bottom to ensure the hollow sound is there and you are done!

Marmalade can be cooked in a slow cooker and it saves standing and the constant stirring.



# Get Your New Year's Resolutions Back on Track—Starting Now

By February, the glow of New Year's resolutions often fades. Life gets busy, unexpected expenses pop up, and that fresh-start motivation begins to feel out of reach, especially when finances are part of the challenge. But falling behind on your money goals doesn't mean you've failed. In fact, this is the perfect time to reset, refocus, and rebuild a plan that works.

Whether your goal is to consolidate debt, upgrade your car, renovate your home, or finally put in that dream pool, financial clarity can be the difference between "maybe someday" and making it happen this year. And you don't have to do it alone.

Many people are carrying the weight of high-interest debt, juggling credit cards, or feeling stuck because their finances seem too overwhelming to reorganize. But the truth is, small financial adjustments paired with the right guidance can create major momentum. Debt consolidation is a great example: rolling multiple debts into one manageable repayment can reduce stress, streamline your budget, and even save you money in the long run. The same goes for smartly structured loans that help you achieve lifestyle goals without derailing future plans.

Think of February as "New Year's Resolution 2.0." It's not about starting over; it's about recalibrating with



better information and better support. With the right finance partner, your goals become more than aspirations, they become achievable steps.

If you want 2025 to be the year you take control of your money instead of letting it control you, we're here to help. Our team specialises in building personalised financial solutions designed to simplify your life and empower your choices.

Your goals are still within reach, let's make them happen together.

Contact us today to bring your financial

resolutions back to life and start moving confidently toward the year you imagined.

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# Fences and Neighbours

One of the main issues dealt with by the volunteer interviewers at the Browns Bay CAB last year was fences and neighbours. Below are some of the questions that were asked.

## What are your rights and obligations when fencing a boundary?

The Fencing Act sets out your rights and obligations (see [www.legislation.govt.nz](http://www.legislation.govt.nz)).

## Can I ask a neighbour to contribute to the cost of a new fence?

If you want to build a fence on a common boundary with your neighbour, or upgrade an existing one, you can expect the neighbour to contribute half the cost of an “adequate” fence. Discuss your plans before you begin. To avoid misunderstandings, it is best to record the agreement in writing and provide both parties with a signed copy.

## What if my neighbour doesn't want a new fence at all?

They should serve you with a cross-notice. They can object to your proposal if they believe the existing fence is adequate or your proposal excessive. They can object to being asked to pay if they do not own the property. The cross-notice must be served on you in person or sent by registered mail.

## Resolving a dispute

There are three possible courses of action to resolve a dispute:

1. Mediation and arbitration – A mediator helps the two sides in a dispute to negotiate a solution. Contact the Arbitrators' and Mediators' Institute of New Zealand for assistance or look in Yellow Pages under Dispute Resolution.
2. Disputes Tribunal – The Disputes Tribunal can hear claims where the amount does not exceed \$60,000. The CAB can provide guidance on this process.
3. District Court – Claims made in the District Court will almost certainly require the help of a lawyer and can be expensive.

CAB has a brochure titled “Fences & Neighbours”, which expands on the issues above. Free it can be obtained from CAB. You can also discuss the issue further with one of the friendly interviewers.



# And the winner is!

In the December issue of Focus on Community in December, Barfoot & Thompson ran a colouring competition. There were three gift voucher prizes, but Manager Tony found it impossible to find three and ended up with four.

Here are the winners and their artworks were displayed right up to Auckland Anniversary Weekend.



Maite aged 9 and her Mum



Manny aged 7



Olivia 13 and Brooklyn aged 9 with Tony Cedarwall B&T manager



Penelope (7) and Elizabeth (5)

# SELL WITH THE BEST

**108** ★★★★★ FIVE STAR REVIEWS



*Coming Soon*  
**LONG BAY 2026**

## Music in the Park - Long Bay

Where: Ashley Reserve, Ashley Avenue, Long Bay, Auckland  
When: Saturday 21 February 2026 | 3pm-6pm  
Line-up: Automatic80's, Hands Off, Rumpus Machine  
Genres: Pop, Rock  
Accessibility: Limited mobility parking, smoke-free, alcohol-free



The Hibiscus and Bays Local Board brings Music in Parks to Long Bay for a great day of free pop and rock music. Bring the family, grab a bite from the Food Truck Collective, and get ready to dance to Automatic80s, Hands Off, and Rumpus Machine.

Team Ming will be there on the day with a gazebo set up as a shady spot to sit and unwind, along with face painting and fun games for the kids. It's a chance for families to connect, let the children play, and enjoy the atmosphere together.

## Free Kayaking - Long Bay Beach

Where: Long Bay Beach, Long Bay, Auckland  
When: Saturday 2 May 2026 | 10am-1:30pm



Make a Splash with MERC and thanks to Hibiscus and Bays Local Board! Registrations open 2 weeks before the event – spots fill fast, so don't miss out!

Ready to dip your paddle into something new? Join the awesome crew from the Sir Peter Blake Marine Education and Recreation Centre (MERC) for an unforgettable kayaking adventure!

## Year of the Horse

The Year of the Horse brings with it the energy of the Red Fire Horse, symbolizing speed, luck, strength of character, and bright changes. The Year of the Horse occurs every 12 years, with recent years including 2014 and 2002, and the next one being this year.



*Ming Liu*

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# A coastal community that welcomes everyone

Local community clubs are more than just places to meet. They're where connections are built, stories are shared, and a real sense of belonging takes shape. Whether you're new to the area or have lived locally for years, getting involved in a local community club can make a meaningful difference in your life.

## 1. Stronger social connections

Community clubs bring people together around shared interests. Regular catch-ups, events, and activities create natural opportunities to form friendships and feel part of something bigger.

## 2. Giving back to your local area

Clubs often contribute directly to their communities through events, initiatives, and shared knowledge. Being involved means playing a role in keeping your local area vibrant and connected.

## 3. Emotional support

Having a place to go where you're welcomed and valued supports your mental health. It builds confidence, provides encouragement, and creates a sense of belonging that's hard to replicate elsewhere.

## 4. Shared passions, shared experiences

Meeting others who share your interests adds depth and enjoyment, whether you're learning new skills or trading stories and advice.

At the Mairangi Bay Fishing Club, community always comes first. This is a proudly familyinclusive club for anyone with an interest in fishing, from first casts to seasoned anglers. By joining our events and coming along to the regular club



nights you can share knowledge, enjoy good company, and feel right at home.

Memberships are now open at [www.mairangibayfishingclub.co.nz](http://www.mairangibayfishingclub.co.nz)

## Tides February 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Sun 01	01:01	0.4m	07:20	3.0m	13:34	0.6m	19:45	2.9m		
Mon 02	01:58	0.4m	08:14	3.1m	14:29	0.5m	20:41	3.0m		
Tue 03	02:49	0.3m	09:05	3.2m	15:22	0.4m	21:33	3.0m		
Wed 04	03:38	0.3m	09:53	3.2m	16:11	0.4m	22:20	3.0m		
Thu 05	04:23	0.3m	10:39	3.1m	16:57	0.4m	23:05	3.0m		
Fri 06	05:07	0.4m	11:24	3.1m	17:40	0.5m	23:48	2.9m		
Sat 07	05:51	0.5m	12:06	3.0m	18:22	0.5m				
Sun 08			00:31	2.8m	06:35	0.7m	12:48	2.8m	19:04	0.6m
Mon 09			01:14	2.7m	07:21	0.8m	13:31	2.7m	19:47	0.7m
Tue 10			02:01	2.6m	08:10	0.9m	14:15	2.6m	20:34	0.8m
Wed 11			02:53	2.5m	09:05	1.0m	15:03	2.5m	21:27	0.9m
Thu 12			03:52	2.5m	10:04	1.1m	15:57	2.4m	22:26	1.0m
Fri 13			04:53	2.5m	11:01	1.1m	16:55	2.4m	23:27	0.9m
Sat 14			05:50	2.5m	11:56	1.0m	17:55	2.4m		
Sun 15	00:22	0.9m	06:41	2.6m	12:46	1.0m	18:51	2.5m		
Mon 16	01:11	0.8m	07:27	2.7m	13:33	0.8m	19:41	2.6m		
Tue 17	01:55	0.7m	08:10	2.8m	14:18	0.7m	20:26	2.7m		
Wed 18	02:36	0.6m	08:51	2.9m	15:01	0.6m	21:09	2.9m		
Thu 19	03:17	0.5m	09:32	3.0m	15:44	0.5m	21:52	3.0m		
Fri 20	03:58	0.4m	10:14	3.1m	16:27	0.4m	22:34	3.0m		
Sat 21	04:40	0.4m	10:57	3.1m	17:10	0.4m	23:17	3.0m		
Sun 22	05:24	0.4m	11:42	3.1m	17:55	0.4m				
Mon 23			00:02	3.0m	06:11	0.5m	12:29	3.0m	18:41	0.4m
Tue 24			00:51	3.0m	07:03	0.6m	13:19	2.9m	19:32	0.5m
Wed 25			01:45	2.9m	08:01	0.7m	14:13	2.8m	20:28	0.6m
Thu 26			02:46	2.8m	09:05	0.8m	15:13	2.8m	21:31	0.6m
Fri 27			03:54	2.8m	10:13	0.8m	16:19	2.7m	22:39	0.7m
Sat 28			05:02	2.8m	11:19	0.8m	17:27	2.7m	23:46	0.6m

Times adjusted for Daylight Saving.

### Safety in the water this summer

- Choose Safe Locations.** Swim in areas patrolled by lifeguards.
- Understand Water Conditions.** Be aware water can be colder than it appears and can lead to shock.
- Avoid Alcohol.** It impairs your judgement.
- Stay Within Reach of the Beach.** When swimming with children ensure someone is supervising.
- Know Emergency Procedures.** Know how to call for help.
- Be Cautious of Currents.** Do not swim against it, stay calm and float until you can be free.
- Educate Children.** Teach them how to float and to swim and what to do if they find themselves in trouble. Never swim alone.
- Recognise Safety Signs.** Know what the flags mean.

By following these guidelines, you can help ensure a safe and enjoyable summer around water. Always prioritize safety and be prepared for unexpected situations.



# Music IN PARKS

## Music in Parks - Long Bay

Ashley Reserve, Ashley Avenue, Long Bay, Auckland

Saturday 21 February 2026

3pm-6pm

Free event.

**Line-up:** Automatic80's, Hands Off, Rumpus Machine

**Genres:** Pop, Rock

**Accessibility:** Limited mobility parking, smoke-free, alcohol-free

The Hibiscus and Bays Local Board brings Music in Parks to Long Bay for a great day of free pop and rock music. Bring the whānau, grab a bite from the Food Truck Collective, and get ready to dance to Automatic80s, Hands Off, and Rumpus Machine.



Experience a world-class show with **Automatic80s**, delivering the smash hits of the unforgettable 1980s. Their performance will transport you back to those heady, youthful times with classics from Human League, Duran Duran, and Blondie.

Joining them are **Hands Off**, a band of experienced musicians offering an inspiring range of music spanning the 60s to the present day, with hits across classic rock, pop, funk, and dancefloor anthems. Opening the line-up is the youthful and award-winning **Rumpus Machine**, who pride themselves on performing top-quality covers of epic classic rock songs – and their own original rock tunes.

# Old Year, New Year for Torbay Theatre

We finished 2025 in fine style, with a Christmas Carol concert by the newly-formed Torbay Theatre Choir, directed by Dragan Atanasov.

Added to a dozen or so traditional well-known and well-loved Christmas carols were various items to break up the music: Rob Caithness did some sit-down stand-up, Nick Combs sang a very Christmassy song (*The Man with the Bag*), Stephen Kirkby played two piano pieces (Daquin's *The Cuckoo* and Beethoven's *Moonlight Sonata*), and the Pope (Tony Nettleton) and Michelangelo (Peter Segrove) squabbled over some minor details to be included in *The Last Supper* – such as whether 48 Disciples filled it out nicely, or if the kangaroo were appropriate .... Tony's Papal mitre was labelled "First Yorkshire Pope" and "And Committed Anglican" for a bit of close-up humour (*Why Michelangelo didn't Paint "The Last Supper"*).

The Gate Theatre was made splendidly festive by our devoted Wednesday Backstage Club.

The Theatre committee ended the year with a pot-luck dinner hosted by Anne Rimmer, finished off by a splendid array of desserts. Now we



*Dragan Atanasov, both conducting and singing with the choir.*



*The committee celebrating Christmas with a fine spread (and a short meeting!).*



*The Pope and Michelangelo (Tony Nettleton and Peter Segrove) squabbling over details of The Last Supper.*



*The new Torbay Choir in full voice.*

look forward to the new year's selection of plays, concerts and musicals, starting with our first Club Night of the year in March.

Anyone interested in joining the choir, please contact Dragan on 0210-271-0739, and to join the theatre or offer your services on-stage or backstage, see below.

We hope you have had a restful and /or exciting Christmas and festive season, and we hope to see you in the New Year.

**For more details, or to join:**

[www.torbaytheatre.com](http://www.torbaytheatre.com)

See also: Facebook/Insta, or ph 0210-294-0630

35 Watea Rd, Torbay



Long Bay

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# A Month of Connection, Culture and Creativity at Albany Village Library

Over the holidays Albany Village Library was buzzing with creativity as tamariki enjoyed pot painting and growing, quilling paper workshops, an entomologist talk, and opportunities to learn, create and explore.

The month begins with a Pride event on Saturday 1 February, 2:00–3:00 pm, with a Blackout Poetry Workshop. Participants can explore self-expression and identity through poetry.

Tuesday 4 February, 1:00–3:00 pm, Digital Seniors returns offering older adults a friendly, supportive space to build confidence using digital technology.

Healthy Mother Healthy Future, a coffee group style session run by Asian Health Services at Te Whatu Ora takes place on Monday 10 February, 10:00–11:00 am. For Chinese mothers who are pregnant or have children aged 0–1, this session explores demand for an ongoing group.

A chance to build practical skills with a Smartphone Photography Course by Literacy Aotearoa. This six-week course focuses on using smartphones for photography. Registration is required [info.c2@literacy.org.nz](mailto:info.c2@literacy.org.nz).

Lunar New Year celebrations on Friday 21 February, with Albany Village Library hosting the opening performance for the Albany Asian New Year Festival from 9:30–11:00 am, presented by the Albany Chinese Association. Festivities continue at 11:00 am at Albany Community Hub, with story times and crafts.

Pride Month continues Saturday 22 February, 2:00 pm, with Love Letters, a group reading of historic love letters.

Regular children's programs in February include:

- Japanese Story Time from 9 February
- Mandarin Story Time from 12 February
- Wriggle and Rhyme from 11 February
- Jiggle and Wriggle from 13 February
- Code Club from 14 February
- Chess Club from 14 February
- Bilingual French Story Time from 28 March

Albany Village Library looks forward to welcoming you throughout February.



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## SLEEP WELL IN 2026

### WHY REST MATTERS MORE THAN YOU THINK

#### Why Rest Matters More Than You Think

As we welcome the first weeks of 2026, many of us are thinking about fresh starts and healthier habits. One of the most powerful—and often overlooked—foundations of good health is sleep. Quality sleep is not a luxury; it is essential for both physical and mental wellbeing at every stage of life.

During sleep, the body carries out vital repair work. Muscles recover, tissues heal, and the immune system strengthens. The brain also uses this time to process information, support memory, and regulate emotions.

When sleep is poor or regularly cut short, we are more likely to experience low mood, difficulty concentrating, increased stress, and a higher risk of long-term conditions such as heart disease, diabetes, and obesity.

Adults generally need around 7–9 hours of sleep each night, though individual needs vary. Children and teenagers need even more to support growth and learning. Unfortunately, busy schedules, screen use, and stress mean many people fall short without realising the impact it has on daily life.

#### Simple Tips for Better Sleep

The good news is that small, consistent changes can make a big difference:

- Keep a regular routine. Going to bed and waking up at the same time each day (including weekends) helps your body clock stay in sync.
- Create a wind-down routine. Gentle activities such as reading, stretching, or listening to calm music signal to your body that it's time to rest.
- Limit screen time before bed. Phones, tablets, and TVs emit blue light, which can interfere with the natural sleep hormone melatonin. Try switching off screens at least an hour before bedtime.
- Watch caffeine and alcohol. Caffeine can linger in the body for several hours, while alcohol may disrupt sleep quality later in the night.
- Make your bedroom sleep-friendly. A quiet, dark, and cool environment supports deeper, more restful sleep.
- Stay active during the day. Regular physical activity can improve sleep, though vigorous exercise is best avoided late in the evening.

If sleep problems persist for several weeks or are affecting your daily life, it's important to seek advice.

Torbay Medical Centre is always here to help you explore possible causes and find practical solutions.

This year, consider making sleep a priority—your mind and body will thank you for it.

## SLEEP WELL IN 2026

### Healthy Sleep Hygiene

BEFORE BEDTIME	 Avoid caffeine, nicotine and alcohol before bedtime	 Avoid heavy meals within two hours of bedtime	 Avoid energetic exercise within three hours of bedtime
GETTING READY TO SLEEP	 Develop a bedtime ritual so that your body knows you are getting ready to go to sleep	 Reduce extreme light, temperature, and noise in your bedroom	 Include an hour of quiet time before bed such as reading, watching TV or listening to music
SLEEP TIME	 Keep your sleep regular – same bedtime, same rise time. Aim for 8 hours of sleep each night.	 Bedrooms are <b>ONLY</b> for sleep and sex <i>How many screens do you have in your bedroom?</i>	 If you can't sleep after 20 minutes, get up and do something boring until you feel tired, then try again.

Remember everyone has nights where they can't sleep. The more you worry, the worse this worry can become.  
If you are concerned about your sleep contact your family doctor.



**Sleep Disordered Breathing Unit**  
Respiratory Services



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

# The Origins of Pancake Day

The origins of Pancake Day or Shrove Tuesday as it was originally called began over 1000 years ago. Shrove Tuesday serves a dual purpose of allowing Christians to repent of any sins they might have committed before the start of Lent on the next day, Ash Wednesday, and giving them the opportunity to engage in a last round of merriment before the start of the sombre Lenten season. This is characterized by making a Lenten sacrifice, fasting, praying and engaging in various spiritual disciplines, such as marking a Lenten calendar, fasting, abstaining from luxuries, and reading a daily devotional. The Lenten fast traditionally emphasizes eating simpler, vegetarian food, and refraining from food that would give undue pleasure; as such, Christians historically abstained from meat, eggs and dairy products during the 40-day fasting season of Lent—a practice that continues in Eastern Christianity and among Western Christian congregations practicing the Daniel Fast. Pancakes are associated with Shrove Tuesday, the day preceding Lent, because they are a way to use up rich foods such as eggs, milk, and sugar, before the fasting season of the 40 days of Lent. In some Christian countries, especially those where the day is called Mardi Gras or a translation thereof, it is a carnival day, the last day of “fat eating” or “gorging” before the fasting period of Lent. This year we will celebrate it on 17th February. Pancakes are really easy to make and delicious served with lemon and sugar. They can be eaten any time of the year, not just Shrove Tuesday!



Image by Freepik



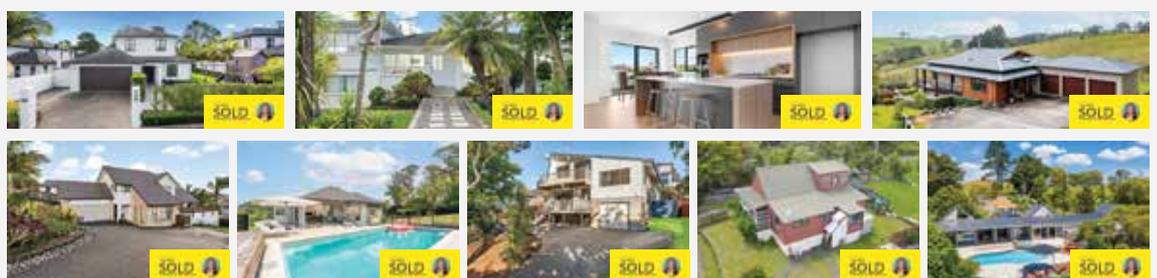
**Catherine Liu**  
 & Team ☎ 021 0200 6788

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# Quizzes

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## BOYS NAMES

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

- |             |        |         |         |
|-------------|--------|---------|---------|
| ALEXANDER   | PETER  | JOSHUA  | DAVID   |
| BENJAMIN    | SAMUEL | LOGAN   | GAVIN   |
| CHRISTOPHER | THOMAS | MICHAEL | JAMES   |
| EDWARD      | ANDREW | ROBERT  | KENNETH |
| HARRY       | CALEB  | STEVEN  | MARTIN  |
| JOSEPH      | DANIEL | TIMOTHY | PATRICK |
| KEVIN       | ETHAN  | ANTHONY | RYAN    |
| MATTHEW     | JACK   | CHARLES | STEWART |
|             |        |         | WILLIAM |

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

**WAITANGI**

25 good, 31 very good, 37+ excellent

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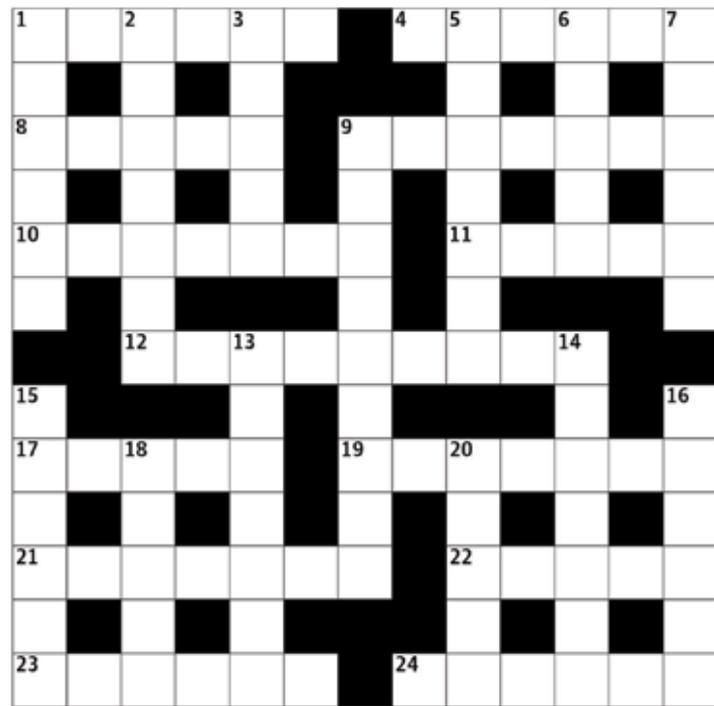
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## CROSSWORD



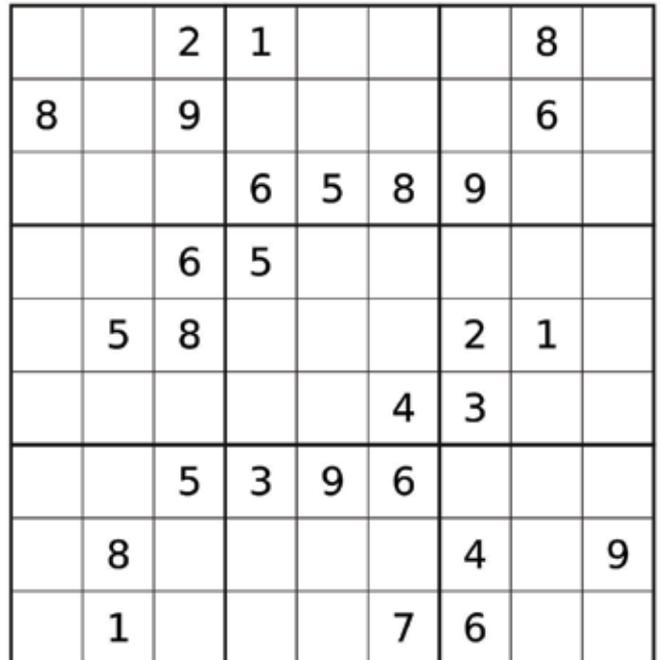
**Across**

- 1 Hot drink (6)
- 4 Fundraising event (6)
- 8 Edge or border (5)
- 9 Certain to succeed (4,3)
- 10 Pilot (7)
- 11 Purchaser (5)
- 12 Having no consideration for others (9)
- 17 Staple food (5)
- 19 Become extremely angry (2,5)
- 21 Difficult to understand (7)
- 22 Destined to happen (5)
- 23 Wit irony or sarcasm (6)
- 24 With justice (6)

**Down**

- 1 Warning (6)
- 2 Put in furniture (7)
- 3 Throw out (5)
- 5 Easy to talk to (7)
- 6 Home to monks or nuns (5)
- 7 Come back (6)
- 9 Helping to achieve a plan (9)
- 13 Examiner of accounts (7)
- 14 Move away in different directions (7)
- 15 Historical counting frame (6)
- 16 Very dangerous (6)
- 18 Land of the Pyramids (5)
- 20 Capital of Bulgaria (5)

## SUDOKU



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# Feel Good in Your Body

February at Yoga Sanctuary is all about feeling strong, confident and empowered, not through force or pressure, but through connection. In a world that constantly tells us to push harder, move faster, and “do better,” yoga offers a radically different invitation: Listen to your body. Trust your instincts. Move with intention. Strength, in yoga, is so much more than physical power. It’s the courage to show up on the mat, even when you feel tired. It’s making space to breathe when life feels overwhelming.

And it’s choosing movement that supports your wellbeing, not someone else’s expectations. This month, we explore what it means to build strength safely and sustainably. Our Vinyasa and Pilates Mat classes are designed to help you develop stability, resilience and confidence – whether you’re brand new to yoga or deep into your practice.



These classes meet you where you are, offering variations for every body, every level, and every kind of day. Functional Yoga isn’t about perfect poses or pushing beyond your limits. It’s about presence, awareness, and discovering what strength feels like from the inside out. When the breath leads the movement, the body follows with intelligence, not force. And the magic? The strength you build on the mat doesn’t stay there. It moves into the way you walk through your day, standing taller, breathing deeper, responding rather than reacting. A strong body supports a calm mind, and that balance stays with you long after class ends. So this February, let your yoga practice remind you of something important: You already have the strength you need.

All that’s left is to uncover it. Feel strong. Feel capable. We’ll meet you on the mat.



## Yoga Sanctuary

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Flexible weekly or monthly membership options with no minimum term or lock-ins\*  
Check our website for details & find your flow

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



# Torbay Friendship Club – Where the fun begins and the friendships last

Another bumper year has passed with the members having been treated to all kinds of exciting excursions, speakers and wonderful friendships. We ended our year with a delicious lunch at McHugh's at Cheltenham Beach. What a stunning venue overlooking the beach. The food and service were excellent and the company was even better. We were able to have 19 lucky ticket draws for hampers and prizes all due to the wonderful support by all of our members donating items. Thank you to you all.

It was fun putting the hampers together and even more satisfying to see the smiles on the faces of the winners.

The last meeting of the year was in the form of cappella carol singing by everyone and led by Nicky Laird, one of our lovely ladies, a Christmas hat parade and a talk by Vanessa McBain on her trip around the Mediterranean coast.



## Looking for a good, reliable house cleaner?

My name is Stacey Davenport.

I have 16 years experience:

I can offer weekly, fortnightly or monthly cleans, one off cleans, office cleans, move in/out house clean, rental cleans.



These include:

- Dusting throughout the house.
- Full clean of bathrooms, including sink drains and shower/bath drains.
- Full clean of your kitchen, including sink drains. Small kitchen appliances, and the front of your fridge and ovens.

Spring cleans, also will include the above but with a deep clean of ovens and behind large furniture. Also windows, bathroom and kitchen ceilings and marks on walls.

Office cleans are similar to a regular house clean.

- Spring clean rates: start at \$250.00.
- Office rates: start at \$80.00
- House rates: start at \$100.00

**Availability: Monday, Tuesday, Friday mornings.**

**Contact me: [cleanforyoubays@gmail.com](mailto:cleanforyoubays@gmail.com) or phone 021 234 9973**

The hat parade was hilarious, judged by a show of hands for each hat. The winner, John Wagland, wore a turkey (not a real one, of course) and everyone loved it. What a laugh we all had.

We cannot wait for February 2026, when our meeting commence, and we can once again start meeting with old friends and welcoming new members, who, at present, are just friends we do not know.

During our recess, there have been a number of members who continue to catch up over tea or have a birthday lunch together or play rummikub, so the friendships started at the club evolve into remarkable and lasting togetherness.

Looking forward to your enquiries. Our first meeting will be on the 12 February 2026 at the Torbay Community Hall.

For more information please contact Liz Yeats on 0274754423 who would love to take your call.



# My Story

I first met Lynne about 8 years ago and did personal training with her for a few years. I then had my mum pass away and along with family issues to contend with I stopped. Returning is the best thing I ever did. I missed it and my body and mind needed the exercises and expertise.

Lynne understands my body and what I need specific to me and how I can work around any aches and pains that arise. But mostly how I de-stress.

My flexibility has increased, my stress diminishes and I can have an hour to focus on me and my needs - it is 'me time', I can just focus on me, which is very necessary in today's busy life.

The best thing about going back to Lynne, was she knows so much about women's needs and the pelvic floor and core. I was told I would never be able to have children, and I am 48 years old. But I fell pregnant unbeknown to me.

I called Lynne and said, I am about to give birth in three day's time so I won't see you on Monday. I remember telling Lynne, I will be back. I was in a state of shock and the happiest I have ever been

I returned to Lynne 3 months later and we started to work on strengthening my pelvic floor muscle, she worked gently around my core, as I had a C-Section that got infected. I am now back to doing full workouts and stretches, I am not sore anymore and have gained my energy back. I love



coming to my personal training sessions. I look so forward to it.

Lynne is very understanding, as at times with no baby-sitters to help, I have been able to bring my beautiful baby girl to my workouts. Lynne will always go over and beyond if she can so I can understand why others train with Lynne, not just for her expertise and knowledge but the fact that she cares.

Stacey

## BTG THE BODY TONIC GROUP SMALL GROUP CLASSES

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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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# Midlife Challenges: *Lessons From The Sandwich Years.*

*Megan didn't have a very good end to 2025. She and her husband Tim had been going through a rocky patch for the past two years and had made the difficult decision to separate just before Christmas. They told their children, now in their early twenties. They were naturally upset, as they had no idea how unhappy the marriage had been. Afterwards, Megan felt a sense of relief that the marriage was over but was equally upset when she heard through a mutual friend that Tim was already seeing another woman.*

Megan thought that she and Tim would be able to work through the details of the separation of their assets amicably without too much need for lawyers. But immediately Tim insisted on keeping the family holiday home and started coming with ridiculously low offers for it. Megan didn't mind him buying her out of the home (it felt tainted after she heard he had taken his new girlfriend there) but she wanted to be treated fairly. She felt it was time to see the lawyer her friend had recommended to her.

At the same time, Megan's Aunty Marg was unwell. Aunty Marg had never married or had children. She had always been Megan's "cool aunty" and they were really close. Megan had noticed that Aunty Marg was getting more eccentric as she aged, but what she hadn't noticed was her eccentricity was early signs of dementia. When Aunty Marg called her to see if she could bring the wee children round to see her after they were picked up from pre-school, Megan knew something was wrong given her kids were old enough to have kids of their own. Megan went round to see Aunty Marg. The house was a tip and Aunty Marg looked like she hadn't showered for days.

Megan took Aunty Marg to the doctor, who ran a series of tests. He said Marg should see a geriatrician, but it was clear she no longer had capacity and wasn't in a position to look after herself in her own home. He recommended she go into care. He asked if Marg had powers of attorney in place. Megan didn't know, so she looked into Aunty Marg's legal affairs.

It turned out that Aunty Marg had a very old will, with no enduring powers of attorney. When Megan went to the lawyer about her separation, she also asked the lawyer about how she could be appointed as an attorney for Aunty Marg. The lawyer explained that she would need to make an application to the court to be appointed. This process would be costly and time-consuming, but it was necessary to allow someone to act on Marg's behalf and secure the appropriate care. Megan was the obvious person to make the application.

After her meeting with the lawyer, Megan reflected on where she was in life. She'd heard the term "sandwich years", and it perfectly described her situation: sandwiched between the needs of elderly relatives and her young adult children, while dealing with her own personal challenges that had come with middle age.

Megan came to the realisation that she needed to take more proactive steps now, by keeping her legal affairs in order, to protect herself and the people she cared about. Life in the "sandwich years" was challenging, but with careful planning and the right support, Megan would be ready to face it.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

# Sandwiched Between *Two Generations.*

Many in midlife find themselves caught in the “sandwich generation”, supporting ageing parents while also helping adult children. It’s a stage of life that brings emotional and financial pressures, often compounded by complex legal issues.

Proactive planning and clear legal advice can make all the difference. Whether it’s updating a will, putting agreements in place, or restructuring assets after a separation, it is possible to navigate your sandwich years with greater clarity and security.

Contact our Trusts and Wealth Protection Team for expert advice today.

# Sir Peter Blake Regatta

One weekend every December, the quiet waters of Waiake Beach transform to host the biggest youth sailing regatta in the Southern Hemisphere.

The annual Sir Peter Blake Regatta continues the legacy of New Zealand's greatest sailor, Sir Peter Blake.

In its 23rd year, "The Blake Regatta" is more than a competition; it is a rite of passage for every young sailor, with over 350 young sailors from 32 clubs (some traveling from Singapore and New Caledonia). From the nervous eight-year-olds in the Optimist Green Fleet to the youth athletes in the 29er and IQFOiL classes, the weekend was a masterclass in resilience, reminding us all, that the future of New Zealand sailing is in very capable hands.

Lion New Zealand, Sir Peter Blake's iconic Whitbread maxi, arrived on Day Two, serving as a bridge between the legends of the past and the Olympians of tomorrow.



While it is about winning, the TSC ethos remained front and centre: fun and fair play. For first-timers the Green and White Opti fleets navigated around flamingos and unicorns instead of buoys.

Over 150 volunteers—TSC members, parents, and locals handled the logistics, with over 80 support and safety boats on the water and a huge land operation serving up 1,200 sausages and 40kg of bacon to keep the hungry fleet fuelled.

A huge thank you to the community for supporting us during the regatta and road closure, especially local shop owners—we are incredibly grateful for your patience and commitment to our community.

This year's honours list showcased incredible talent:

**Sir Peter Blake Memorial Trophy:** Awarded to Nelsen Meacham and Louis Quere (29er class) for combined dominance and competitive spirit.

**Peter Montgomery Trophy:** Awarded to Graham Fleury for his selfless contribution to the sport.

**David Barnes Trophy:** Awarded to Eddie Corcoran for showing immense determination and courage on the water.

We are a club built on family, community, and a shared love for the sea. Whether you're a seasoned sailor or a local family looking to get your kids on the water, there's a place for you at Torbay Sailing Club.

For more info go to our website <http://www.torbaysailing.club>

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### 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

**Electrician** – Retro Electrical for all your electrical needs. Phone Carl Mesman 02102357548 or email [retroelectrical.Ltd@gmail.com](mailto:retroelectrical.Ltd@gmail.com).

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

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

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## Quarterly Community Cleanup

A big thanks to all the wonderful locals who joined our Long Bay Community Cleanup on Saturday, 13th December!

Together, four teams cleaned up areas around Long Bay filling multiple large bags and clearing out some more usual finds: including balloons, gloves, and large plastic sheets and piping – now safely out of our rain gardens. The crew connected afterwards with a coffee at Kinfolk.

We'd love to see you at our events next year: join us on the following Saturdays in 2026, meet outside New World, 9.30am – a great way to give back to the community:

21st March

20th June

19th September

19th December

Want to stay in the loop? Join our Long Bay Community Cleanup WhatsApp group here:

<https://longbay.nz/cleanup>



VAUGHAN STREAM, LONG BAY  
THIRD SUNDAY OF EVERY MONTH  
10AM - 12PM  
Meet opposite Dynamic Physio

✓ Sunday 15<sup>th</sup> February  
✓ Sunday 15<sup>th</sup> March  
✓ Sunday 19<sup>th</sup> April



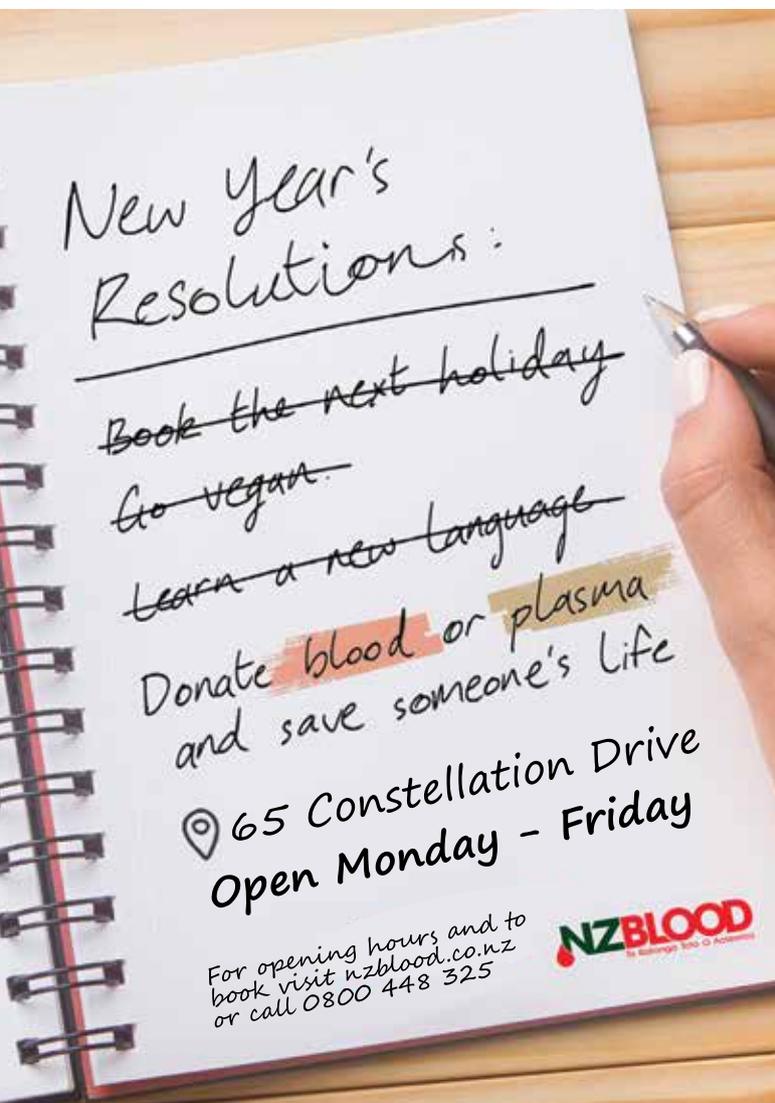



Facebook Event  
[longbay.nz/vst2026](https://www.facebook.com/longbay.nz/vst2026)

RESTORATION WORK

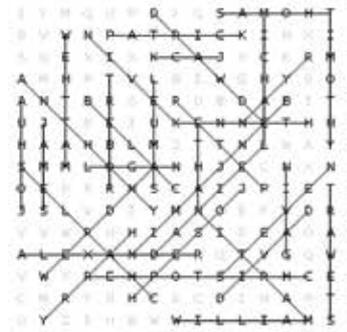
# In the Pink

Decorating ideas for your home. (Not just for Barbie fans!)



## Puzzle Answers

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



### Word Puzzle

again, ait, ant, anti, await, awaiting, awn, gain, gait, gat, giant, gin, git, gnat, gnaw, nag, nit, tag, taiga, tan, tin, ting, twain, twang, twig, twin, wag, wain, wait, Waitangi, waiting, wan, want, wig, win, wing, wit

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

### Quiz Answers

- From Lambton Quay to Kelburn
- 1931
- On Lake Wakatipu on the Brynderwys
- Chicago Bulls
- Excalibur
- The National Museum of New Zealand and the National Art Gallery.
- Horse

# A New Beginning

A Great Time to *Explore*  
*Your Options*



## Thinking about a fresh start for the year ahead?

New buyers are entering the market as the year gets underway, and with families settled back into routine, February offers a unique window where homes can stand out. For those considering a change, early-year buyer demand can create strong opportunities. A new year often brings new goals, changing needs, and fresh perspectives. If an upgrade has been on your mind, 2026 could be the year to explore what's possible.

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

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Yang Lin  
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Mayur Nimje  
022 364 5005



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Chelsea Chen  
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Craig Zhu  
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