

focus

Issue 46
March 2026

on community

Long Bay, Okura and Torbay

A group of young boys in blue soccer uniforms are sitting on a green artificial turf field. They are gathered around a clear plastic tray filled with sliced oranges. Some boys are holding orange slices and eating them. In the foreground, a blue and white soccer cleat is visible. The background shows the legs of adults standing on the field.

**East Coast Soccer team enjoy
half time refreshments**

See page 3

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More than a club: a football family and a special fund

At East Coast Bays Football Club, football is only part of the story. With more than 100 teams, the club is a living, breathing community and welcomes players of every age, ability, and ambition. It's open to anyone who wants to belong, whether as a player or a volunteer.

At its heart, and not as well known, is something very special: the Wayne Edgeler Fund.

Created in memory of a much-loved member, this special fund is only five years old but it has quietly supported 37 families and 44 players, covering registration fees, and helping with uniforms – and providing an opportunity to play when cost would otherwise make it impossible. Nearly \$16,000 in fees and support has already been gifted to give kids a chance at playing a game they enjoy and being part of a club.

Club Operations Manager Duane Sommerville says cost of living pressures or a sudden change in circumstances can mean some kids miss out on the simple joy of playing a team sport.

“Our club refuses to accept that. If cost is a barrier, our club invites families to get in touch, because the Wayne Edgeler Fund exists for exactly this reason. It's about giving people access to the physical, social, and mental wellbeing that team sport brings.”



Another fundraising event is on the horizon this year, so join the club's Facebook page and watch this space. For those who want to support the fund or get involved, reach out to admin@ecbafc.co.nz.

Registrations to join a team at East Coast Bays for the 2026 season are now open. Register before 14 March and join a club that feels like a big family.

The club is extremely grateful to long-time partners Team Mitchell and Harcourts Cooper & Co, New World Albany, and New World Long Bay, their support helps keep this community strong.



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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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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

At the start of each month I google to see what special days there are during that month.

I found 17th was St Patrick's Day - a day when everyone seems to wear green and drink Guinness! I found 1st was International Children's Day and the 15th was International Women's Day. The 15th was also World Sleep Day but the one that caught my eye was 2nd March - walk to work day.

I walk to work every day - from my bedroom to the office and my computer - all of 20 steps. But it got me thinking how important walking is to us.

We know when we exercise it raises our endorphins, which is our "feel good" factor. So, it makes sense to walk.

Looking around Torbay and Long you can see walking groups, people walking together to encourage each other - and to share the coffee at the end of the walk!

But we don't need to join a group, just think twice about whether we really need to get into the car.

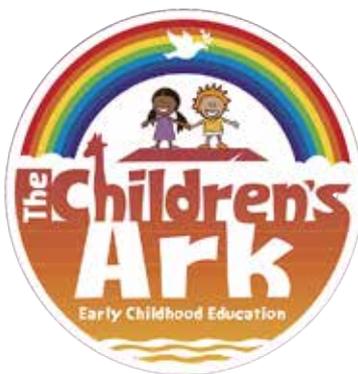
It is good to set a target that you will walk for at least 15 minutes a day. We have incredible walks available to us, Waiake beach, Long Bay beach and the reserve, over the hill to Granny's Bay or Browns Bay beach. If you check the Auckland Council website they also have many local walks listed (I did last year feature most of them) and the degree of ease to walk and the time it would take - all helpful information.

It really is a case of use it or lose it when it comes to fitness, so it is worth investing a little time each day to keep you mobile.

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259



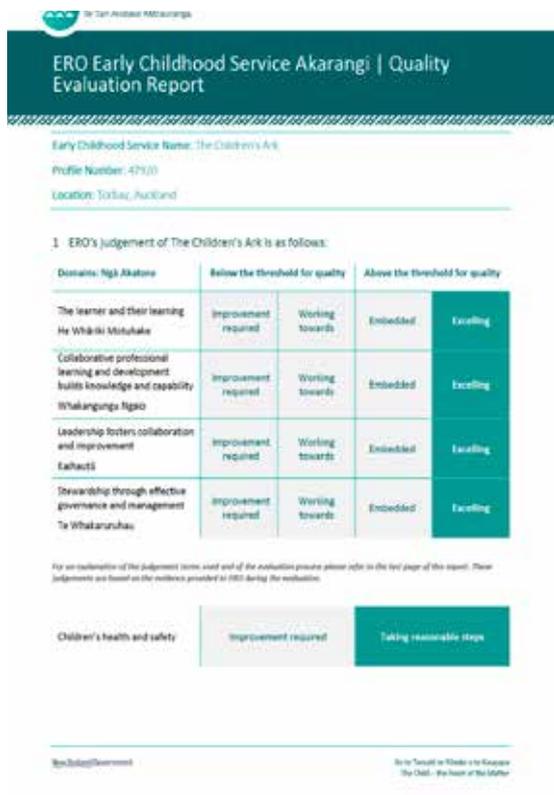
What a great year at Children's Ark

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



North Shore Community Team

Torbay, Long Bay and Ōkura are unique coastal communities known for their beaches, open spaces and strong neighbourhood spirit. I'm fortunate to work in an area where residents genuinely care about one another and take pride in keeping our suburbs safe. Crime levels remain relatively low but we do see occasional opportunistic offending—often preventable. Crime prevention works best when we all play a part.

Home Security

Most residential burglaries occur when an offender spots an easy opportunity. It doesn't require major upgrades—small improvements can make the biggest difference.

Always lock doors and windows. Use quality deadbolts and ensure older door frames are reinforced. Outdoor lighting around access points, driveways and paths helps deter unwanted visitors and improves visibility. Keep valuables like laptops, keys and handbags out of sight from windows and sliding doors. If your property has multiple access points—as many Long Bay and Torbay homes do—consider adding basic cameras or an alarm. Even visible cameras alone act as a strong deterrent.

Vehicle Safety

Vehicle break-ins are one of the most common preventable offences across Auckland, particularly around beaches and reserves. Always lock your vehicle and remove anything visible from inside. Bags, jackets, cables and tools may not seem valuable, but offenders often assume they contain something worth taking. When visiting Long Bay Regional Park, Waiake or other busy carparks, choose well-lit areas whenever possible. Early reporting of suspicious behaviour helps Police respond effectively.

Community Connections

Knowing your neighbours helps everyone recognise when something doesn't look right. Neighbourhood Support groups are active across Torbay, Long Bay and Ōkura and are an excellent way to share information, build resilience and look out for one another. If you're heading away, ask someone you trust to collect parcels, bring in bins or keep an eye on your property.

Staying Safe Outdoors

Our coastal tracks, reserves and beaches are well loved and well used. Stick to well-lit routes after dark, keep your phone secure and be aware of your surroundings. If you're heading into quieter areas like the Ōkura estuary tracks, let someone know your plans.

Reporting Crime

For emergencies or incidents happening now, call **111**. For nonurgent matters, use **105** or visit **105.police.govt.nz**. Crime Stoppers (0800 555 111) accepts anonymous information.

Together, through simple steps and strong community ties, we can keep our Bays safe.

By Constable Simon Fox



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Wendy's update

According to the latest Barfoot and Thompson sales the Auckland housing market made a strong start for 2026 – 824 homes sold in January, an exceptional result for a month that is usually quiet – a positive trend to begin the year with.

The strong start to the year brings renewed confidence and opportunities – open homes are busy in our area with people looking for that special place offering relaxed coastal charm and a strong sense of community.

Living locally for more than 40 years I offer strong local knowledge that makes a difference – if you are thinking about your options of buying, selling or investing this year, I would be delighted to hear from you

Kind regards, Wendy

Torbay/Waiake February 2025

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In With Both Feet: A Passport Full of Memories by John Reynolds

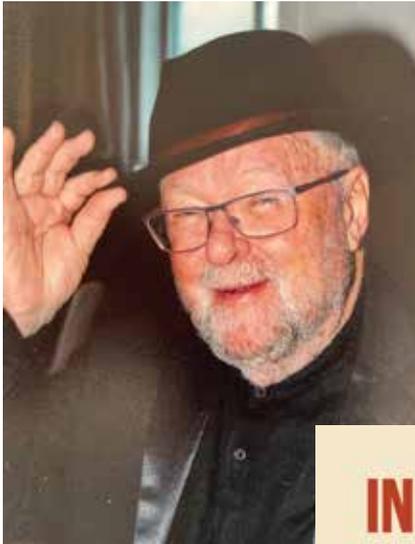
A fascinating memoir of a New Zealander, a road map to one man's personal life, work and reflections, told with humour and heart

About the book

John Reynolds, a 22-year-old Kiwi with a teaching diploma, began his overseas travels in 1964, which gave him a lifelong passion for travel and new experiences. He taught in various countries, played piano in London pubs, escaped arrest in East Berlin, and attended the Easter Uprising commemoration in Ireland. He experienced apartheid in South Africa, was threatened with a rifle on the Zambezi River and escaped from an angry female elephant in Zimbabwe. In Canada he hosted a weekly radio show and conducted a high school band at Montreal's World's Fair.

John turned these experiences into a lifelong journey, writing books, screenplays, radio scripts, musicals and films. His genuine interest in people and the insights from his own journeys were key to the narratives.

In With Both Feet is the road map to John's personal life and work, a gallery of clear-sighted reflections and amusing anecdotes whose generosity and humour will inform and amuse a wide range of readers.

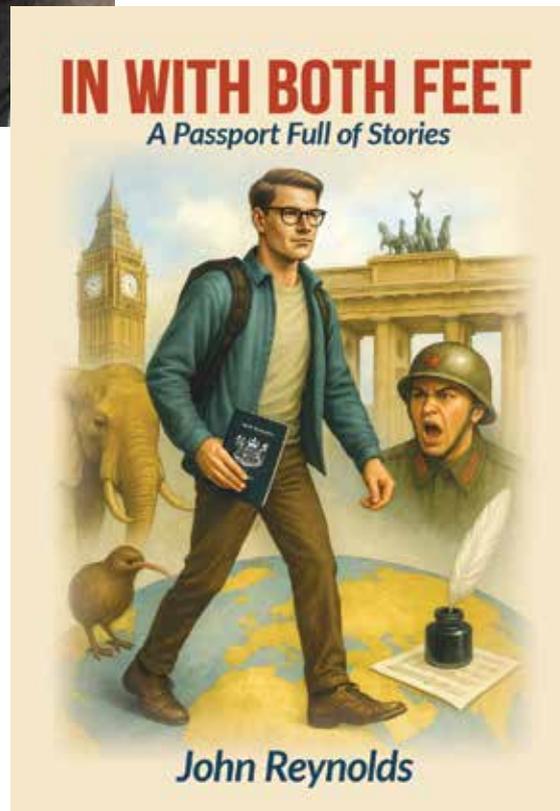


About the Author

John Reynolds is a New Zealand-born academic and freelance writer of screenplays, novels and musicals. He qualified as a teacher and spent a number of years teaching overseas.

John now focuses on his writing. He has also narrated audiobooks for Blind and Low Vision NZ. John has co-authored six full-length musicals with local composers Gary Daverne, Shade Smith and Mal Smith: *Robyn Hood*, *Outlaw Princess*, *Starblaze*, *Valley of the Voodons*, *Windust*, *Sink the Warrior* and *Pirates and Petticoats*.

John has written five novels and *Uncommon Enemy* and *Low Flying*, he has narrated as audiobooks. His autobiography, is titled *In With Both Feet: A Passport Full of Memoires*. He is currently completing a new novel, *After You've Gone*, that tells the story of a Kiwi female ambulance driver transporting wounded soldiers from the western front in World War One. All novels are available on Amazon. John and his wife, Bess, live in Torbay, near their five grandchildren.



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Max Health Celebrating 1 Year with Lisa

At Max Health we pride ourselves on supporting our community's health - one conversation at a time.

There's a need for trusted spaces where people feel heard, supported, and guided, especially relating to their health. At Max Health we support the wellbeing of our local community through qualified care, honest advice, and genuine connection. Lisa has lived in Mairangi/Murray's Bay for 11 years and is passionate about connecting with the community.

We are more than a shop for supplements. We are a health hub, staffed by qualified health practitioners trained in naturopathy, herbal medicine, nutrition, homeopathy and natural health. You're accessing knowledge, experience, and personalised support.

We take the time to truly understand your concerns, health history, lifestyle, and personal goals. Whether you're managing an acute or chronic condition, navigating hormonal changes, strengthening your immune system, or simply wanting to age well and feel your best. Our guidance is tailored, practical, and designed to fit real life. For more complex health concerns, comprehensive consultations are available.



Lisa Peel

Safety comes first when making any recommendation alongside how it fits into your wider health picture. For those taking medications or managing complex health needs, this careful, informed approach is vital.

Every product is chosen with intention, considering quality, evidence, traditional use, and safety. We stock brands we trust and regularly use in practice, ensuring you have access to reliable options.

Relationships matter. We see ourselves as part of your wider healthcare support network, walking alongside you through different seasons of life.

Our mission is simple: to support the health of our community with integrity, compassion, and professional care.

Because when our community is well, we all thrive.



Candy English

To celebrate the first anniversary, we are pleased to offer 10% off every purchase throughout March and if you have a gold card ask for an additional 5% off.



We're Turning One - And It's Time to Celebrate!

This March marks the first anniversary of Lisa's ownership of Max Health, and we couldn't have done it without the incredible support of our community. Over the past year, it has been our privilege to provide trusted advice, quality supplements, and personalised wellness support to help you feel your best.

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AmaWaterways: 23 Years of River Cruising Excellence

Now in its 23rd year, AmaWaterways continues to redefine river cruising with a refreshed brand and 29 ships sailing across four continents.

Known for its high-touch service and immersive experiences, the company remains an industry leader, driven by a passion for heartfelt hospitality, cultural connection and creating spaces where guests feel genuinely cared for.

With ongoing fleet expansion, AmaWaterways is setting new benchmarks for immersive river cruising in Europe and beyond.



Its growth reflects strong confidence in emerging destinations, including Colombia, where the introduction of a second ship signals belief in the region's future as a world-class river cruise destination.

Accommodating just 64 guests, AmaMelodia has been thoughtfully designed to maximise comfort while showcasing Colombia's lush landscapes and vibrant riverfront towns. Guests enjoy locally inspired Latin American cuisine alongside Western favourites, lively onboard entertainment, and relaxation in the Sun Deck whirlpool as the ship glides along one of South America's most storied waterways. Shore excursions offer authentic cultural connection, from a private Barranquilla Carnival performance to an exclusive jazz concert in Mompox and a visit to historic Palenque.

AmaWaterways is also expanding its Africa Collection in 2026 with four new itineraries combining a three-night Chobe



River cruise aboard the intimate 24-passenger Zambezi Queen with immersive land programs featuring Victoria Falls, Kenya, Namibia, Zanzibar and the Skeleton Coast.

To experience the very best of AmaWaterways, book with Shore Travel – The Cruise Specialists, whose expertise and personalised service ensure your river cruise journey is seamless from planning to embarkation.

AmaWaterways

Cruise Savings Offer

Save up to \$4,800 per stateroom on select 14-night river cruises, and \$4,000 per stateroom on select 7-night river cruises in 2026 and 2027. Available through Europe, Asia, Egypt, Colombia and Africa select sailings.

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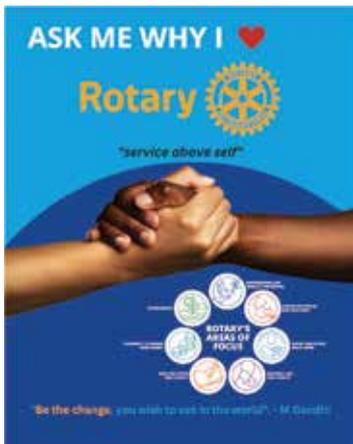
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Rotary Browns Bay

Rotary is an international organisation with 1,200,000 members in every corner of the world. Established in 1924, the object of Rotary was 'to encourage and foster the ideal of service as a basis of worthy enterprise and in particular to encourage and foster the development of acquaintance as an opportunity for service'.



These days Rotary is much more...

we still maintain high ethical standards in business and professions and recognise the ability of individual Rotarian's occupations as an opportunity to serve society, but it is no longer an organisation based on occupations.

Rotarians serve the community in many ways, in seven areas:

- The Environment
- Maternal and child health
- Basic education and literacy
- Disease prevention and treatment
- Peace and conflict prevention
- Economic and community development
- Water and sanitation.

Rotary Browns Bay is a team of 27 people all committed to

the ideals of Rotary. We come from all walks of life, with many and varied interests, but with an underlying belief in serving our community.

If you would like to find out more about Rotary, you are welcome to join us for breakfast at 7am at the Bays Club on the first and third Tuesdays of the month. Email secretary@rotarybrownsbay.org.nz for more information

Monthly Quiz

Answers Page 38

info@rotarybrownsbay.org



1. When is Easter celebrated
2. What have Easter eggs got to do with Easter
3. Where does the famous American Easter Egg Roll event take place?
4. Why is the colour yellow associated with Easter?
5. What is the earliest date Easter can be celebrated
6. And the latest
7. What is Easter called in the Bible?
8. What was the Good Friday Agreement?



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Seaweek is upon us!

This year's theme is Ocean literacy principle #6: The ocean and humans are inextricably interconnected. This principle is all about how the ocean sustains life on earth and how we must find ways to live that sustain the ocean. We rely on the ocean for more than you might think, food, oxygen, recreation, transport, energy, inspiration and much more.

We kicked off Seaweek right here at MERC with SeaMERC Day! We celebrated with a day of ocean-filled activities from paddling to exploring the beach and rocky shore, plus ocean science workshops, games and more! Seaweek events will be happening across Auckland and New Zealand throughout the month of March including the Albany, East Coast Bays, and Whangaparāoa libraries as well as a Discover Takapuna Reef.

MERC are hosting a multi-sport event on the 7th of March to celebrate 30 years of the Long Bay



Marine Reserve 1995-2025. There will be a kids and adult team event with a swim, paddle and run to celebrate the marine reserve as a community. There will also be a BBQ to finish the day.

Get involved with Seaweek 2026 and join us in celebrating our connection to the ocean!



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From Heart Words to Big Adventures

The 2026 school year at Long Bay Primary has started with all cylinders firing. Our classrooms are buzzing, students are well-settled, and that unmistakable back-to-school energy is felt across every playground and classroom.

We continue to work hard on our structured literacy programme (now entering the fifth year). Our goal is simple but ambitious: ensuring every student can read, write, and spell to the highest possible standard. With our teaching staff fully trained under the expert guidance of Liz Kane Literacy, we are confident that our students have the best possible toolkit for success.

A particular highlight has been our buddy reading sessions, where the school comes alive with the sound of students sharing stories. Here is what some of our learners are most excited about:

- **Mason:** "I am working on my 'heart words.' After the work I did last year, I'm so excited to be starting on Level 7.2!"
- **Penelope:** "I love taking Max, our class mascot, home. I get to write all about his adventures while he stays with me."



- **Ada:** "I love learning how to read by sounding out. It helps me with my spelling too—I'm getting really good at my sounds!"

Whether they are at school, at home, or out in the community, Long Bay Primary students are truly reading, writing, and spelling up a storm.

Tomorrow deserves your thoughtfulness today

Pre-plan your funeral today





Erica's Editorial

Hon. Erica Stanford

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

BACK TO SCHOOL

As your children head back to school for the 2026 year, they will be better prepared than they have ever been.

Parents, you deserve to know how your children are progressing at school. That's why we're rolling out a nationally consistent approach to reporting student progress, with regular assessments and clearer more detailed reporting in reading, writing and maths for primary and intermediate students.



We are also expanding support for students who need extra help. This year, more than 100,000 Year 1-8 students across 474 schools will benefit from learning support coordinators ready to help students who need it. Literacy intervention teachers will be placed in 1,248 schools, and maths intervention teachers in 812 schools, to help children who need more support.

These changes are delivering results. Our focus on teaching the basics brilliantly has seen 56% of new entrants now meeting or exceeding expectations in phonics, up from 36%. Also, 79% of teachers report improved student focus on schoolwork since the mobile phone ban.

We have put ambition and achievement back at the heart of our education system, so Kiwi children are set up for success.

DRIVERS LICENCE CHANGES

Changes are coming to the drivers licencing system with most taking effect from 25 January 2027. These changes provide practical, common-sense improvements while still ensuring road safety is front and centre.

Under the current system, the total cost of getting a Class 1 car license is \$362.50. It will be \$282.50 under the new system, a saving of \$80.

The second practical test is being removed, reducing costs and making it easier to progress to a full license provided drivers demonstrate safe driving behaviour while on their restricted.

To replace the removal of the second practical test, there will be a 12-month learner period for under 25s, with the option to reduce to six months through recording practice hours or undertaking an approved practical course.

All learner and restricted drivers, regardless of age, will now be subject to a zero-alcohol limit.

For more information go to www.nzta.govt.nz and search 'Changes to getting a car licence'.

NEED HELP?

Navigating government departments can be difficult. From ACC and MSD to IRD and AT, each department has their own systems and requirements.

If you're having issues or not getting what you need, contact my office and my team will do what they can to help.

Take care,
Erica

@ ecboffice@parliament.govt.nz www.EricaStanfordMP.co.nz

(09) 478 0207 1/8 Beach Front Lane, Browns Bay

National

Torbay Historical Society Inc.

Remember Long Bay Regional Park at the beginning of this century. These photos show some of the features now gone.

Some excerpts from the North Shore Times 2000 and 2001.

'A land developer's pitch to sell 25 prime coastal sites worth millions of dollars to 'well-heeled beach bums' flies in the face of plans to enlarge adjacent popular public parkland. Auckland based Landco has called tenders to buy large undeveloped sections beside Long Bay Regional Park.' 'The Regional council is particularly keen to annex a flat area between the park's road and farmland which Landco lease to 25 bach owners.'

The modest baches of one or two bedrooms were a fixture on the North Shore beach when it became a regional park in 1965. They were shifted on to a flat enclave of private farm land bordering the park.

The Long Bay Okura Great Park Society petitioned for the Council to purchase land, for a great Park. They thought of naming the park 'Sir Peter Blake' However the cattle on the hills have been replaced by housing. The Council gradually moved all buildings on the beach side.



You can find out more about the finding of the presence of Maori in the area, by visiting the Vaughan Homestead to read the finding of archaeologists, before the forming of the Glenvar Ridge Road.

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. 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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Waiake Home Purchaser | Oct 2025



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Torbay Garden Club

January threw almost every weather condition possible at us: relentless rain, high winds and even a brief but violent hailstorm that caused damage in some gardens. It has been tough on gardeners navigating these conditions.

Torbay Garden Club reconvened in early February with our annual picnic at Long Bay Park. On a day when Auckland reached the country's top temperature of 29 degrees, we gathered under the welcome shelter of our site with a gentle breeze blowing through. A pleasant, friendly gathering allowed us to catch up with everyone's activities over the summer break. We enjoyed a shared lunch, then exhibited the specimens we had brought from our gardens. Dahlias were very much to the fore as they are the highlight of the current season. Dinnerplate, decorative, waterlily, cactus, pompom, novelty, were all on display in every colour imaginable other than the elusive blue. There were also some colourful sweet peas, some snail vine flowers with a delicious perfume and an unusual two-toned ivy geranium which a member had struck from a cutting. This was first dipped in honey before immersing in a potting mix/sand preparation, a method with which he claims to have great success.

Our garden club trips begin early this year with a February visit to our judge, Graham Milne's begonia garden. Graham has grown and hybridized these plants for many years and has an extensive collection which we are looking forward to viewing.



Our first official meeting this year will be our AGM on Wednesday 4th March in the Torbay Community Centre at 1pm. If you enjoy gardening, or don't have a garden but simply love flowers, are new to the area and would love to mix with a friendly group of people, please email torbaygardenclub@gmail.com, we would love to welcome you.



March in the garden:

Plant seeds or sow direct, alyssum, cornflower, cineraria, honeywort, larkspur, scabiosa, sweet pea, viola. Now is an excellent time to plant spring bulbs including freesias, daffodils, and hyacinths. Keep deadheading annuals and perennials to prolong flowering. Stagger planting of winter vegetables including beetroot, parsnip and carrots directly into garden and sow lettuce, kale, broccoli, cabbage, parsley in seedling trays. Sow an autumn crop of coriander in the garden as it resents root disturbance and tends to bolt. Autumn is the best, time to plant citrus, shape hedges and renovate or plant new lawns. Repot indoor plants before it gets too cold.

Muffins - one basic mixture - endless possibilities

Ingredients

900 gms SR Flour
pinch of salt
900 gms brown or white sugar
900 gms butter melted
6 eggs
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon baking soda

Method

1. Preheat the oven to 200°C. Grease a standard 12-hole muffin tin or put in paper cups
2. Sift together the flour and salt and stir in the sugar.

3. Mix together the melted butter and the egg and dissolve the soda in the milk.
4. Tip both wet mixtures into the dry ingredients and mix quickly with a round-bladed table knife. Don't over mix, just stir until everything is almost combined.
5. When you have added your flavour of choice divide into tin and bake for 12 to 15 minutes until risen and golden. Cool on a wire rack.
6. Note: You can make one basic mix and divide into four adding four different flavourings for a good mixture of muffins.
7. Eat and enjoy!



Passionfruit muffins

I use a bottle of Delmaine Passion Fruit Topping (available from all supermarkets)

For a full batch put $\frac{1}{2}$ bottle into mixture and bake. When baked leave to cool and then make a butter icing of 200 gms butter and 8 tablespoons icing sugar. Add some of the remaining topping- don't let it get sloppy and then ice the top of the muffin.



Coffee Walnut

Dissolve a heaped tablespoon instant coffee in 1 tablespoon boiling water. Roughly chop 60 grams walnuts. Place a walnut on top of each one. Stir into the mix and bake.



Cranberry and Orange

Left over cranberry sauce from Christmas? Ideal to use here with the zest and juice of an orange. Mix well and bake.



Double Chocolate

1 tablespoon of drinking chocolate or cocoa dissolved in 1 tablespoon boiling water.

Chop roughly 100 grams of cooking chocolate block and stir into mixture. Place a piece of chocolate on top of each one. Bake.

Torbay Theatre News

**ANNUAL GENERAL MEETING WEDNESDAY 18th March
7:30pm**

We formally give notice that our AGM will be held in the clubrooms (Gate Theatre) at Torbay Community Hall, 35 Watea Road, Torbay, on Wednesday 18th March at 7:30pm. All members are encouraged to attend, to hear how the last year has gone and to vote in the new committee – perhaps even to join the committee!

TRY SOMETHING NEW / GET BACK TO WHAT YOU LOVE

We have such a wealth of theatre talent in our community. Do you want to bring yours to Torbay Theatre? Have you always wanted to be on stage but not known how to go about it? Recently retired with time on your hands? A student needing a break from your studies? Love building things and looking for a creative outlet? Keen on lighting and sound technology and looking for a way to learn and put your skills to use? Skilled in accounting or admin? We have shows big and small coming up this year and, as well as performers, we need people to build the sets, make the props and costumes, assist our lighting and sound director, keep the books straight, design the posters and keep up our presence on social media. You are welcome at Torbay Theatre, with or without prior experience. Our old hands can show you the ropes, and our friendly group of all ages will soon feel like home.

CLUB NIGHT THIS MONTH: SATURDAY 14th MARCH 7:30pm

Torbay Hall. BYO - juice and simple snacks provided. Come enjoy a variety of short items of all kinds! And/



David Adkins does Rowan Atkinson's "Welcome to Hell."



Courtney Gray and Jayden Swanepoel bring us a bit of Broadway with "Loathsome" from Wicked.

or provide one yourself! Club Night is our members entertaining each other, with quality (lightly) rehearsed acts of all kinds in a fun atmosphere. A typical Club Night (there is no typical Club Night!) might include teenagers doing Monty Python, professional opera singers, an extract from a play, a poem, tasters from our current musical, Irish jig, teen guitarist, tap dancers, wartime songs, comic monologues, stand-up, and Torbay Theatre Choir. The only rule is: ten minutes maximum. A very good way to see some of what we do, talk to us and feel the happy vibe. All welcome.

To get involved, please contact Dragan on clubnight@torbaytheatre.com

To join the choir: Dragan 0210-271-0739 .

For more details, or to join:

www.torbaytheatre.com

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

35 Watea Rd, Torbay



Young and less young teaming up as Torbay Theatre led the re-paint of the Community Hall.

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3 Maxwellton Drive, Mairangi Bay

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- Solid brick and cedar construction for peace of mind
- Stunning sea views and a recently renovated interior
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- Triple garaging plus extensive off-street parking

FOR SALE



1/459 Beach Road, Murrays Bay

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- Solid weatherboard, brick & tile construction
- Prime Mairangi Bay location - walk to village & beach
- New carpet & fresh interior paint throughout
- Renovated kitchen & bathroom
- Zoned for Rangitoto College & other top local schools

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Jiang Kou | 021 087 93257
Leigh Storey | 022 685 7041

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LONG BAY COMMUNITY CLEAN UP

Lets work together to keep Long Bay
looking beautiful!

Saturday
21st March
9.30am

Meet in the Long Bay
Village Square
by New World

Make **(A)**
Difference



Join / Donate at
www.longbay.nz

Long Bay Business Directory

Cafes and Restaurants

A'ruma Exciting Malaysian food
Te Oneroa Rd 09 600 3388

Domino Pizza
55a Ridge Rd 09 9544 939

Kinfolk Café, Long Bay Village
Square - opening February

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

Long Bay Fisheries
Order online and then just collect
Shop 3 88 Te Oneroa Rd 09 212 9816

Long Bay Surf Club
Dine in, Take away or delivery service.
56 Bounty Rd 09 473 0908

November café
88 Te Oneroa Way 09 473 0298

Sony Bakery Everything made fresh daily.
83 Te Oneroa Rd 09 218 5056

Sushi and Don www.marusushinz.com
88 Te Oneroa Rd 09 218 7483

Laundromat

Spin Fresh Laundromat
89 Te Oneroa Way

Hair Care

Barbers www.longbaybarbershop.co.nz
3/88 Te Oneroa Rd 09 214 3967

Health and Beauty

Dynamic Physio For all physio needs
55a Glenvar Ridge Rd 09 553 8501

Haven - Beauty and Wellness
89 Te oneroa Way 021 217 4047

Jets Gym Open 24 hours
89 Te Oneroa Way 027 298 6568

Long Bay Medical Centre
For all health care needs
55a Glenvar Ridge Rd 09 473 0063

Long Bay Nails and Beauty
Nail & waxing salon
Village Centre 09 218 9027

Unichem Long Bay Pharmacy
Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

Lumino For dental health care
57 Glenvar Ridge Road 09 473 1400

Nom Original Thai Massage
55a Glenvar Ridge Rd. 021 389 991

Real Estate

Barfoot & Thompson www.barfoot.co.nz
For real estate professions.
Village Centre Sales 09 473 0712
Rental 09 473 0472

Elementum For resort style living
Village Centre www.elementum.co.nz

Harcourts For community living
mingliu.co.nz 027 519 6826

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NewWorld
Delivery and click and collect available
Village Centre 09 869 4577

Wine Shop

Liquorland
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**Awaruaika Youth Park
LONG BAY 2026**



The new Awaruaika Youth Park in Long Bay will be a vibrant space for young people and families, featuring a flying fox, pump track, multi-use court, kick-a-ball area, social space and much-needed public toilets. Construction is underway, with the main build planned from October 2026 to April 2027.



Source: Auckland Council - <https://akhaveyoursay.aucklandcouncil.govt.nz/streamview-way-youth-park>



Ming Liu

027 519 6826
ming.liu@harcourts.co.nz

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Big prizes, big community spirit

It was a wild, windy afternoon, but Mairangi Bay Fishing Club members proved once again they're far from fairweather fishers. On Thursday 12 February, more than 60 members made their way to Mairangi Bay Beach for the 2025/2026 MBFC Shimano Open Slather Prizegiving.

Shimano brought an impressive swag of prizes, and there was no shortage of happy winners. The younger members shone brightest, with lots of kids walking away with well-earned rewards.

The sausage sizzle kept everyone well fed, thanks to Central Landscape Supplies who provided the BBQ. Scrunchy Millers rolled up with their popup icecream cart and served treats that went down a storm despite the wind.



MBFC kids getting their Scrunchy Miller's icecreams.



Brohdi Allnut aged 5 years.

"It was a great family vibe, the rain held off, and everyone had a blast... next time we'll hope the sun is shining and it will be even better," says Matt Gillespie, MBFC Weigh Master

Keen to be part of the action? Get your 2026 membership sorted and join the MBFC community.

mairangibayfishingclub.co.nz/membership

Tides March 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Sun 01			06:05	2.9m	12:22	0.7m	18:32	2.8m		
Mon 02	00:47	0.6m	07:03	3.0m	13:19	0.6m	19:31	2.9m		
Tue 03	01:41	0.5m	07:55	3.0m	14:12	0.5m	20:24	3.0m		
Wed 04	02:30	0.4m	08:43	3.1m	15:00	0.5m	21:12	3.0m		
Thu 05	03:16	0.4m	09:29	3.1m	15:45	0.5m	21:56	3.0m		
Fri 06	03:58	0.4m	10:12	3.1m	16:27	0.5m	22:38	3.0m		
Sat 07	04:39	0.5m	10:53	3.0m	17:07	0.5m	23:17	2.9m		
Sun 08	05:19	0.6m	11:33	2.9m	17:45	0.6m	23:57	2.9m		
Mon 09	06:00	0.7m	12:12	2.8m	18:24	0.7m				
Tue 10			00:37	2.8m	06:44	0.8m	12:51	2.7m	19:04	0.8m
Wed 11			01:20	2.6m	07:31	0.9m	13:34	2.6m	19:48	0.9m
Thu 12			02:09	2.5m	08:24	1.0m	14:20	2.5m	20:39	1.0m
Fri 13			03:06	2.5m	09:21	1.1m	15:13	2.4m	21:39	1.0m
Sat 14			04:08	2.5m	10:20	1.1m	16:13	2.4m	22:43	1.0m
Sun 15			05:07	2.5m	11:16	1.0m	17:15	2.4m	23:42	0.9m
Mon 16			06:00	2.6m	12:09	0.9m	18:14	2.5m		
Tue 17	00:34	0.8m	06:48	2.7m	12:58	0.8m	19:07	2.7m		
Wed 18	01:21	0.7m	07:33	2.9m	13:44	0.6m	19:55	2.8m		
Thu 19	02:05	0.6m	08:17	3.0m	14:30	0.5m	20:41	3.0m		
Fri 20	02:49	0.4m	09:02	3.1m	15:15	0.4m	21:25	3.1m		
Sat 21	03:33	0.4m	09:47	3.2m	16:00	0.3m	22:10	3.2m		
Sun 22	04:18	0.4m	10:33	3.2m	16:46	0.3m	22:56	3.2m		
Mon 23	05:05	0.4m	11:21	3.1m	17:33	0.3m	23:44	3.1m		
Tue 24	05:55	0.5m	12:11	3.1m	18:22	0.4m				
Wed 25			00:36	3.0m	06:50	0.6m	13:04	2.9m	19:14	0.5m
Thu 26			01:32	2.9m	07:50	0.7m	14:01	2.8m	20:12	0.6m
Fri 27			02:34	2.8m	08:56	0.8m	15:02	2.7m	21:17	0.7m
Sat 28			03:41	2.8m	10:02	0.8m	16:08	2.7m	22:26	0.7m
Sun 29			04:46	2.8m	11:07	0.8m	17:15	2.7m	23:32	0.7m
Mon 30			05:46	2.9m	12:06	0.7m	18:17	2.8m		
Tue 31	00:30	0.7m	06:41	2.9m	13:00	0.7m	19:13	2.8m		

Times adjusted for Daylight Saving.



Each month we print the tide tables, recognising how helpful these are to beach walkers, dog walkers, sea swimmers, boaties and fisherfolk.

Why not cut the tide timetables out and adhere to your fridge door so you can always see where the tides are at on any day before you go out?

Activities for everyone!

Currently the Long Bay Chinese Association are holding many group activities that they would like to open to the wider community. If you would like more information email: LBCA2021@gmail.com.

Activities held at Long Bay Primary School

Saturdays

13.45-15.45 table tennis (juniors)

15.45-17.00 table tennis (juniors)

17.00-18.15 table tennis (seniors)

Sundays

13.30-15.30 table tennis (adults)



Activities held at Long Bay College Sports Hall.

Saturdays

14.00-15.15 basketball (juniors)

15.15-16.30 basketball (seniors)

16.30- 17.45 basketball (seniors)



Activities held at Jetts 2F, Te Oneroa Rd, Long Bay

Tuesdays

19.30 – 21.00 Taekwondo

Wednesdays

19.20-20.40 Hatha Yoga (adults)

Thursdays

19.30-21.00 Taekwondo

Fridays

10.45-11.45 Adult Jazz dance

15.45-17.00 painting (juniors)

17.00-18.30 painting (seniors)

Saturdays

8.45-9.30 Taekwondo (Junior)

9.30-10.30 Taekwondo (Seniors)

11.10-12.30 Vinyasa Yoga (Adult)

13.00-14.00 Hip hop (juniors)

14.00-15.00 Hip hop (seniors)

Sundays

9.30-10.30 Kid's Ethnic dance

11.00-13.00 Modelling class (adult)

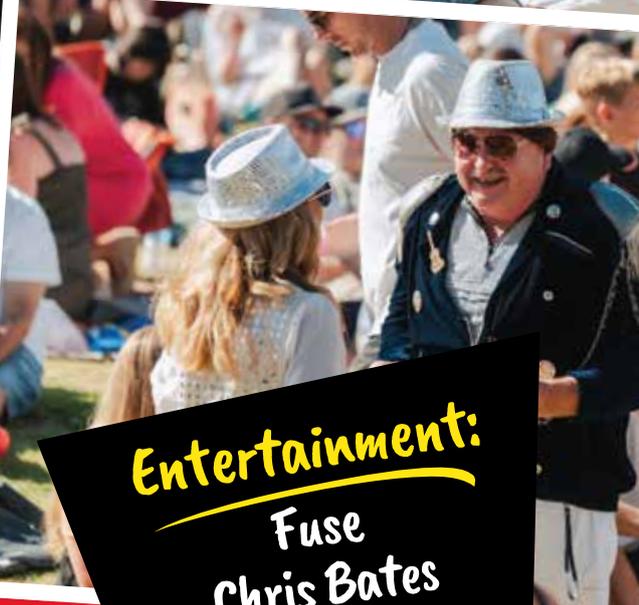
13.00-15.00 Dance team (adult).

Free Entry Sorry no dogs

Mairangi Bay **FOOD & WINE** Festival 2026



Photos: Keerti Siag Photography



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Saturday 14 March 2026

Mairangi Bay Beachfront Reserve 12~8pm

Festival Glasses \$25 ~ This purchase allows us to bring you this free family event

www.mairangibayvillage.co.nz

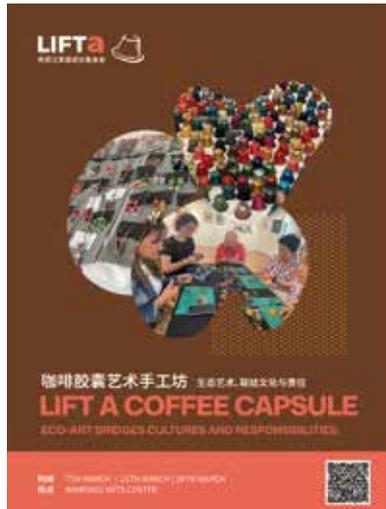
Entertainment:

Fuse
Chris Bates
Izzy & Moe
Nathan Fry
Malarkey
Mischief



LIFTa – Building Community Through Action

Families Growth and Thrive Charitable Trust (FGTCT) is a volunteer-run organisation founded in 2019 on Auckland’s North Shore. Through our project brand LIFTa – Linking Intercultural Families Through Action, we support local families—particularly migrant families—to build confidence, connection, and a sense of belonging through creative, cultural, and wellbeing programmes.



Over the past six years, our activities have welcomed more than 1,000 participants across Auckland, many of them here in the East Coast Bays. Our work focuses on practical, hands-on community participation—bringing families together through shared experiences.

This month, we are highlighting two of our long-running community initiatives:
 Lift A Coffee Capsule – An eco-art workshop that began with early support from Heart of the Bays and has now

been running for over six years. Participants transform used coffee capsules into handmade jewellery and decorative pieces, combining creativity with environmental awareness. These relaxed, family-friendly sessions are regularly held at Mairangi Arts Centre.

This Term, Coffee Capsule workshops are open for booking at Mairangi Arts Centre (registration required, donation to MAC).

Lift A Kids’ Flea Market – A once-per-term, youth-led market at St. Anne’s Hall in Browns Bay. Children run their own stalls, building confidence, communication, and enterprise skills in a lively and welcoming community setting.

The first 2026 market will be held on 1 March. Stall registration details and requirements can be found on our website and event poster.

For more information about LIFTa and our community programmes, please visit www.fgtct.org or find us on Facebook at facebook.com/fgtct



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TRIVIA QUIZ NIGHT

7 PM SATURDAY 28 MARCH 2026
 OUTRAM HALL 478 BEACH ROAD MURRAY'S BAY

**Form your team of eight and
 choose a country theme for your
 table \$10 per person**

Wine & Beer on sale
 Bring your own snacks
 Sausage Sizzle BBQ
 5pm till 6.30 pm

Book a table

📞 0275541322

📧 rschroder1812@gmail.com



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www.kingdomfs.co.nz

U3A Browns Bay – Live Like you will die tomorrow. Keep Learning like you will live for ever.

U3A, an organisation for mostly retired people started in Toulouse, France after WW2 but soon spread to England and from there to New Zealand.

Our top priority of continuing to learn and to keep our minds and imaginations active is achieved in small groups of from 8 to 25 people. Here the radical idea that we are all learners but also all teachers is carried out. Each group member contributes to the learning of the group by presenting a topic he/she has researched. The best bit is where the learning occurs and fellowships and friendships naturally follow.

U3a Brown's Bay has, at present, 23 such groups including Cycling, Art [Art Pot Pouri. Art History], History, [WWi & II, the Renaissance, Modern History, Archaeology, Historic Buildings], International Studies, Current Affairs, Creating Visual Memories, (making Avs out of photos), 2 Book Groups, Film Appreciation, Genealogy, Active Travellers, Mahjong and The Puzzle Group. Groups come and go. If you have interest in a particular topic and enough buy in from members, another group can start.

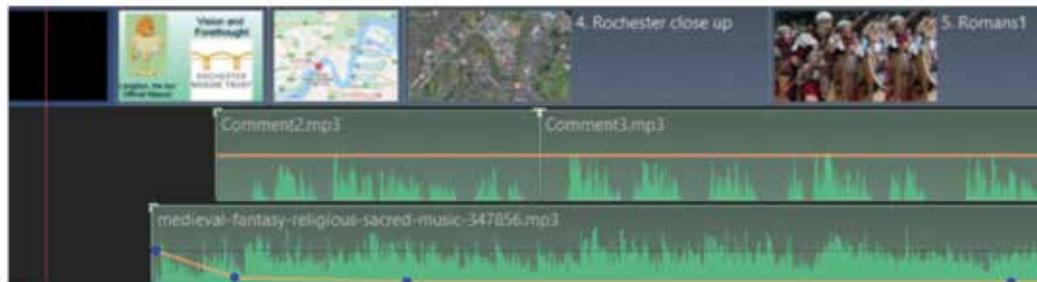
The C.V.M. Group [Creating Visual Memories]

This group specializes in turning photographs into Audio Visual presentations.

We use a program that each member needs to buy called PTE AV Studio with which we assemble our photos [either our own or taken from the NET] a commentary and background music into an entertaining story.



Introductory slide for this presentation



Part of the screen showing the program – photos at the top, commentary in the middle and music at the bottom.

Time and effort are needed. Sometimes the photos are altered using Gimp or Photoshop. We need to start with or evolve an appealing story. Some members have presented a wedding, a trip to a gorgeous garden, a poem or a local tourist attraction.

We may record an engaging and audible commentary which fits in with the story. We may choose a soundtrack which needs to be co-ordinated with the commentary.

New members can get help from more experienced members, and there are excellent tutorials available online. Those in the group are usually the only people to see the presentations but the whole process, although very time consuming is extremely satisfying and fun.

If you are interested, contact
Fay Weatherly,
weatherlyfay@gmail.com



Map used in the presentation

Celebrating 1,000 plasma donations!

Since opening in November, the NZ Blood Constellation Drive Blood and Plasma Donation Centre has received 1,000 plasma donations - and counting!

North Shore donor Jenny was stoked to help NZ Blood reach this target in January. Her father - who was a regular donor - taught her why giving blood is so important, so that's why she started giving blood in her 20s. Jenny later switched to plasma

after learning about its incredible properties and why this 'liquid gold' is so sought after.

Thank you to all our amazing donors who have come down to Constellation Drive to donate so far - this milestone couldn't have been reached without you.

If donating blood or plasma is something you've thought about, visit nzblood.co.nz or call 0800 448 325.



Torbay Friendship Club

After a lovely break we are excited to be back with our friends and catching up on all the gossip of the holidays. There were overseas holidays, trips down south and up north, to hear all the stories makes it all worthwhile.

Already mid February 2026, and moving along at the speed of light, don't miss out on the friendship we have to offer at the Torbay Friendship Club. Come and join us for a cup of tea at our next meeting on the 12 March at 10am in the Torbay Community Hall.

Other than the general meeting once a month we get together throughout the month, with a morning tea, craft group, mah-jong, scrabble and rummikub. If you are a club member, we encourage you to join a group that suits you. We are not competition material, we have fun, and we will teach you if you need and you will get to know other members more intimately



For our February excursion we will take a coach to Westbrook Winery where there is always plenty of food and wine. We won't have to worry about driving home so a little wine will do no harm. Not that we will misbehave, but to get up to some mischief and have a good laugh is always a ton of fun.

Our AGM will be held at the next meeting, this is not a lengthy, drawn out meeting, we will still have our speakers and at that meeting and new President and committee will be inducted.

We encourage members to participate where they can, to offer ideas and or help out in any small way, this is always much appreciated.

You can log onto our Website for more information or you may contact Liz Yeats, our President.

Mobile No. 0274754423

Looking forward to meeting you.



Catherine Liu & Team

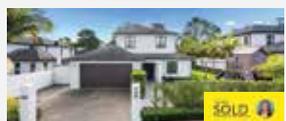
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catherine.liu@raywhite.com

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

- | | | | |
|---------|-----------|----------|----------|
| WASHER | CURTAINS | CARPET | BATHROOM |
| FRIDGE | MICROWAVE | TABLE | STOVE |
| SHOWER | WINDOWS | CHAIRS | CHEST |
| LAMPS | FREEZER | STAIRS | |
| SINK | WARDROBE | BEDROOMS | |
| KITCHEN | DOORS | TUMBLER | |

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

ESALEP

30 good, 38 very good, 45+ excellent

CROSSWORD

1		2		3	4		5		6		7
8				9							
				10							
11											
14							15			12	13
						16					
						17					
18		19									
20										21	
22										23	

Across

- 1 Be quiet! (4)
- 3 Sweet pepper plant (8)
- 8 Loose scrum (4)
- 9 Think carefully about (8)
- 11 Someone who looks very like another (4,6)
- 14 Shoe safety feature (6)
- 15 Relating to the voice (6)
- 17 Having a resonant metallic sound (10)
- 20 Begin to understand (6,2)
- 21 Creamy white cheese (4)
- 22 Emptied (8)
- 23 Pleads (4)

Down

- 1 Amount of water in the air (8)
- 2 Bangers (8)
- 4 Be abundant or plentiful (6)
- 5 Fellowship of women (10)
- 6 Set of rules (4)
- 7 Small pond of standing water (4)
- 10 Able to move around freely (5,5)
- 12 Following the intended route (2,6)
- 13 Shines (8)
- 16 Money received (6)
- 18 Very cold (4)
- 19 Pace (4)

SUDOKU

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

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BARFOOT & THOMPSON
PROPERTY MANAGEMENT

Beginner's Mind & The Power of Curiosity

There's something quietly powerful about being a beginner.

In a world that rewards mastery, productivity, and getting it "right," stepping into something new can feel uncomfortable. We don't know the sequence. We're unsure of the cues. We might wobble. We might not keep up.

And that's exactly the point.

In yoga philosophy, this is called Beginner's Mind - approaching each experience with openness, curiosity, and a willingness to see it as if for the first time. It asks us to let go of comparison and expectation, and to trade certainty for exploration.

When was the last time you tried a class you'd never done before?

It's easy to stay with what feels



familiar. We gravitate toward the teacher we know, the style we're confident in, the time slot that fits neatly into routine. Comfort creates safety, but growth lives just outside of it.

Trying something new doesn't mean abandoning what you love. It means expanding your edges.

Perhaps it's a slower class when you usually choose strong flow. Perhaps it's a strength-based practice when you normally stay gentle. Maybe it's a workshop, a specialty class, or simply a different teacher's voice guiding you.

When we release comparison - to others, or to who we think we "should" be - something shifts. Practice becomes playful again. Curiosity replaces judgment. Progress becomes personal.

Every time you step onto your mat, you have the opportunity to begin again. Not

from scratch, but from presence.

At Yoga Sanctuary this March, we're celebrating exploration. Mixed styles, specialty offerings, and workshops are all invitations to refresh your perspective and rediscover the joy of learning.

There is no "right" class. No perfect level. No finish line. There is only your experience, unfolding in real time. What might happen if you tried something new?



Yoga Sanctuary

**New & Improved Membership Options
From only \$25 per week**

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



Torbay & Long Bay Medical Centres

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Ask us about Manage My Health

HEALTHY HABITS FOR THE LAST WEEKS OF SUMMER

Take stock of your health and wellbeing

As we enter the final few weeks of summer, it's a great time to take stock of our health and wellbeing. Longer days and warmer weather offer opportunities to enjoy the outdoors, but this season also reminds us to care for ourselves physically and mentally. For many communities across Aotearoa, this summer has followed a challenging January, with severe weather events affecting lives, homes, routines and a sense of security. Taking a little extra time for self-care can help us finish the season feeling stronger and more balanced.

Keep well hydrated

Staying well hydrated is one of the most important – and often overlooked – summer health habits. Dehydration can lead to fatigue, headaches, dizziness and poor concentration. Drinking water regularly throughout the day, especially during hot weather or when exercising, helps keep the body functioning well. Keeping a refillable water bottle nearby can make hydration easier and more consistent.

Protect yourself from the sun

Sun safety remains a key health priority in Aotearoa, where UV levels are high even on cloudy days. Using sunscreen, wearing protective clothing, sunglasses and a wide-brimmed hat, and avoiding peak sun hours all help reduce the risk of skin damage and skin cancer. Regular skin checks, either at home or with a health professional, support early detection and peace of mind.

Take regular exercise

Summer is also an ideal time to get moving. Physical activity doesn't need to be strenuous to be beneficial. Walking, swimming, cycling, or spending time gardening all support heart health, muscle strength and mental wellbeing. Regular movement is one of the most effective ways to reduce stress, improve sleep and lift mood.



Take care of your mind

Alongside physical health, mental wellbeing deserves equal attention. Busy schedules, financial pressures and constant digital noise can take a toll. Creating space for rest, maintaining healthy sleep routines and spending time with supportive people can make a meaningful difference. Simple practices such as breathing exercises, mindfulness, or taking a few quiet moments each day can help calm the mind.

Get a health check

Finally, this month is a good time to check in on your health needs. Booking routine appointments, reviewing medications, check that vaccinations are up-to-date, and discussing any ongoing concerns with your GP team can help prevent small issues from becoming bigger ones. These last weeks of summer are an opportunity to strengthen healthy habits that will carry you into the year ahead. Your team at Torbay Medical Centre is here to support you and your whānau every step of the way.



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

Torbay Medical Centre
1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre
55a Glenvar Ridge Rd, Long Bay
09 473 0063

My Story

I have known Lynne for 6 years and it has been transformational.

I would not be where I am today if it were not for Lynne's specific movements and the way she trains me and her knowledge and patience. Injury and rehabilitation, strengthening personal training sessions are in my view the very best available.

In February 2025, I had a serious injury and fell off the back of a truck. I was in an acute brain injury ward, unable to walk and move my legs after having a brain seizure from hitting my head.

Coming out of hospital after 3 months, I was determined to get better, but my injuries were extreme.

My voice box was pushed over and out the side of my neck, in the fall. I had a spinal bone made for my neck from my hip.

I had a steel plate with screws placed into my neck and to hold my neck and spine and voice box in place. My voice box has been permanently moved to the side for the placing of the steel plate.

I could not swallow properly and I could not talk very well, if at all. I struggled for over 3-4 months to talk, it was exhausting.



My leg and foot dragged due to the nerve damage, my hands closed in and contracted. I had involuntary spasms, twitching all through the day and at odd times

Lynne not only works with people who have had injuries, she trains all ages and levels, men and women, wanting to get stronger, improve balance and posture, to simply live a better life.

Lynne is extremely knowledgeable in all areas of health and exercise. She offered to write a document on what foods to eat to help me heal, long term goals, how to make life changes and stay motivated.

I managed which built my self-confidence. I learnt to use my core and my glute, which stopped me from falling over.

Lynne is one of the most experienced trainers I know, with her 25 years of experience. She is one of the best movement and health specialist. She is way more than a physiotherapist, more than a fitness trainer. Her 'know how' is astounding and she is an expert that shines brighter than any other I know in fitness, care and support.

Nick Nuckey.

BTG THE BODY TONIC GROUP SMALL GROUP CLASSES

COMMITMENT | CONSISTENCY | CONNECTION OF MIND-TO-BODY
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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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THE SANDWICH YEARS

When Caring For Mum *Becomes A Legal Decision.*

Mike's Dad had died a few years ago and his Mum, June, was still living in their home which was a small brick and tile unit. June's mobility was decreasing and Mike and his wife, Beth, were concerned about her living on her own.

Mike and Beth went to look at a few retirement villages, but the problem was that June didn't have a lot of cash. If she sold her unit, this would give her enough funds to buy an occupation licence for a small apartment in a village, but she wouldn't have the money for the weekly fee and she wasn't eligible for rest home care due to her health being too good.

Mike and Beth had been thinking of downsizing, now that their youngest son had left home. However, now that they were thinking about June's next steps, they thought another option might be finding a property that they could live in with June. They broached the idea with June who thought it sounded good but wanted to make sure that she would have her own space. She also wanted to talk to Mike's older sister who lived in Wellington to see what her thoughts were.

Mike and Beth started looking at "home and income" type properties and they put their house on the market. At the same time June put her house on the market and a couple of months later both properties had sold. They signed up to purchase a property which had a self-contained flat underneath that was perfect for June.

The plan was that June would put most of the sale proceeds into the property, leaving her with some money in the bank. The three of them went to see Mike and Beth's lawyer to see how best to structure things. The lawyer said that there were different ways the situation could be structured, including

a loan from June or part of the property being in her name. She did say that if Mike and Beth needed a mortgage, it is unlikely that the bank would allow June to be on the title to the property due to the responsible lending code.

There were also practical matters to consider, who would pay the rates and insurance, and in what proportions? What if Mike and Beth separated? If June's health declined and she needed to go into care, who would pay for that care? And what if Mike and Beth later decided to sell the house? All valid scenarios that needed to be addressed at this stage of their lives.

The lawyer also said that June needed to consider whether any funds she put into the property would need to be shared with Mike's sister when June died and that changes would need to be made to her will. She also recommended enduring powers of attorney be put in place for June, but also for Mike and Beth.

These were all significant questions that needed careful consideration, particularly at a time when Mike and Beth had just begun enjoying a new sense of freedom with their children having left home. Stepping into a caregiving role for June brought not only emotional responsibility but also legal complexity. While it felt overwhelming, they understood that putting the right structures in place now would protect everyone involved. Failing to consider future possibilities could lead to unnecessary legal issues and heartache, something they were determined to avoid.



TAMMY MCLEOD (BA LLB)
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.

Trees and Neighbours

One issue frequently raised with volunteer interviewers at the Browns Bay CAB over the past year concerned 'Trees and Neighbours'. Below are some of the questions asked, along with the guidance that was provided.

Taking responsibility

If you are a landowner, the law gives you the right to the ordinary use and enjoyment of your property. Your neighbours have the same right. No one is entitled to unreasonably interfere with another person's enjoyment of their land. You are responsible for ensuring that your trees do not cause problems for others.

If problems arise

If a neighbour's tree is causing an issue, the first step should always be to talk with them. They may not be aware there is a problem. Give the opportunity to address the issue and work together towards an acceptable solution. An agreement is always preferable to a long, costly, and stressful legal dispute.

Cutting a tree

If the roots or branches of your neighbour's tree extend onto your property, you are entitled to cut them back to the boundary line. This must be done without causing unnecessary damage, and you must not enter your neighbour's property. You must not poison roots or spray the tree with herbicide. Any cuttings or fruit remain the property of the tree owner.

Who pays?

If you incur costs cutting back roots or branches on your side of the boundary, you will generally not be able to recover these costs from the tree owner. However, if a neighbour's tree causes damage; such as blocked drains or a branch falling on your house, the tree owner will be responsible for the damage.

Resolving disputes

If agreement cannot be reached between a tree owner and an affected neighbour, there are several options available:

Mediation or arbitration – A mediator assists both parties to negotiate a resolution. Contact the Arbitrators' and Mediators' Institute of New Zealand or check the Yellow Pages under Dispute Resolution.

Disputes Tribunal – The Tribunal can hear claims of up to \$60,000.

District Court – Claims brought before the District Court will almost certainly require legal assistance and can be costly.

The Browns Bay CAB has a free brochure titled "Trees & Neighbours", which provides more detailed information on these issues.

We have moved!
The Browns Bay Citizens Advice Bureau is now located at
1-4 Clyde Road, Browns Bay.

Phone: 479 2222
Email: brownsbay@cab.org.nz
Open: Monday - Friday 9am-3pm
Website: cab.org.nz

Citizens Advice Bureau
Ngā Pou Whakawhiriaki o Aotearoa

Celebrate, Create, Explore: March at East Coast Bays Library

March is an exciting month at East Coast Bays Library, full of learning, creativity, and cultural celebrations. This month, we're highlighting SeaWeek, World of Cultures, and Pasifika, Neighbours Aotearoa, offering activities and events that bring the community together. There's something for everyone, from hands-on workshops for children to social and cultural events for adults.



Thursday 5 March 4:30pm - 6:00pm

– **Sea Week with MERC** Explore the ocean and human connection with our Paper Plate Rockpools activity for tamariki, designed to spark curiosity and creativity.

International Women's Day (8 March) Celebration

Saturday 7 March 10:00am - 12:30pm – A special morning tea celebrating Soroptimist International North Shore's internationally recognised 'Sewing for sustainability'

project, followed by cake, conversation, and a movie screening honouring suffragette women. (Movie rated M)

Saturday 14 March 11am – 1pm – Community Corner with Constable Simon

The Community Corner a safe, accessible & informal space to korero. Connect with Constable Simon, share feedback, ask questions about local safety, or just say hello. Simon wants to hear what matters most to you. Come and have a cuppa and a chat.



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

Electrician – Retro Electrical for all your electrical needs. Phone Carl Mesman 02102357548 or email retroelectrical.Ltd@gmail.com.

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

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

Handyman. Born and bred in Torbay. Martin is a qualified cabinet maker and experienced professional. Allsorts Property Maintenance

is available for property maintenance, odd jobs, decks, fences and garden services. Call Martin Bassett on 0274526515.

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

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

Lindsay Painting. Interior/exterior. Phone Clive 0274812231.

Plumber and gasfitter – Caleb Basel certified master plumber. www.bettaplumbing.co.nz or phone 0224719055

Roofing – Barts Maintenance Ltd for reliable and reasonable roofing. Call 0284663886 or email waliedbart@gmail.com

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.

Promotional Products

Branded uniforms, apparel and merchandise supplied for schools, clubs, workplaces and events. Montys.co.nz 4732357

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

Thursday 26 March 5:30pm - 6:30pm

– **Quiz Night:** Join us for fun and friendly competition.

No team? No problem – you can join with others on the night.

Snacks and drinks provided.

Book your spot via Humanitix.com today!

Saturday 28 March 3:00pm - 4:00pm

– **Iranian Culture: History, Calendar & Nowruz Traditions.** Discover Iran's rich history and cultural heritage, explore its solar calendar, and experience Nowruz, the Iranian New Year. Learn about the Haft-Seen table and enjoy hands-on activities for all ages.

Pasifika celebrations

Explore our Pasifika display, adult and children's Pacific book collections and the online Pacific heritage resources on Auckland Libraries website.

We also offer a wide range of regular programmes for children and adults, designed to educate, entertain, and connect our community including:



Children's programmes:

- Babies and Bubbles
- Korean Storytime
- Terrific Tots
- Teen Book Nook Club
- Code Club
- Children's Chinese Language Class

And Starting from 6 March "Craft Fun for Toddlers in Mandarin" Fridays 10am-10.30am

Adult programmes:

- Sunflower Social Art Club
- Shore Knitters
- Crazy Quilters
- Brain Charge for Seniors
- Crochet Club
- Digital Seniors (tech help)
- From the Author's Mouth
- Wednesday Book Chat
- Death Cafe
- Coffee, Cake and Conversation
- Chinese Book Club

For more information and other upcoming events, programmes, and library updates, check out the East Coast Bays Library Facebook page, Auckland Libraries events page, and Our Auckland website.



Celebrating Titanium Success!

I'm proud to be recognised with **Titanium Status within Harcourts**. An award that reflects consistent results and a high standard of client service. To every client who has trusted me to guide their property journey, thank you for allowing me to be part of such important moments. If you're considering selling or would simply like to understand your home's value in today's market, I'd love to have a conversation.

Harcourts Cooper & Co

Harcourts Cooper and Co Real Estate Ltd MREINZ Licensed Agent REAA 2008

Easter at the Silverdale Pioneer Village

4th & 5th April 2026 10am – 3pm

Easter Bunny Hunt

Find the Bunnies hiding in our Houses at 15 Wainui Road, Silverdale.

Hot Cross buns with your cup of Tea in the Parsonage

The Treats and Treasures Gift shop will be open.

Puzzle Answers



Word Puzzle

ale, ales, alp, alps, ape, apes, apse, asleep, asp, ease, easel, eel, eels, elapse, else, lap, laps, lapse, lea, leap, leaps, leas, lease, lee, lees, pal, pale, pales, pea, peal, peals, peas, pease, peel, peels, plea, pleas, please, sale, sap, sea, seal, see, seep, sepal, slap, sleep, spa

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

Quiz Answers

- On the first Sunday after the first full moon following the vernal equinox.
- Eggs have been seen as ancient symbol of fertility, while springtime (which is when Easter is celebrated in the northern hemisphere) is considered to bring new life and rebirth
- On the lawn at the White House (since 1878)
- Yellow symbolises new beginnings, the joy of the season and the optimism that comes with spring
- March 22
- April 25
- In most European languages, both the Christian Easter and the Jewish Passover are called by the same name; and in the older English translations of the Bible, as well, the term Easter was used to translate Passover
- A pair of agreements signed on 10 April 1998 that ended most of the Troubles in Northern Ireland



209 Reasons sellers choose Wanly Tsang.

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With more than 209 five-star reviews on RateMyAgent, Wanly's results truly speak for themselves. But beyond the numbers, it's the experience she creates that sets her apart. From the very first conversation through to settlement day, Wanly is known for her genuine care, strategic expertise, and unwavering dedication to achieving the best outcome for her clients. If you're considering selling, partner with an agent whose reputation is built on both proven results and outstanding client experiences.

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

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

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what everyone's
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Wanly Tsang.



#1 Harcourts
North Shore

Harcourts Cooper & Co

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**Wanly Tsang
& Team**



Let us help you get ready to sell this Summer

Long Bay Branch



Betty Gao
022 383 0408



Bailey He
021 866 696



Tiki Jiang
021 775 217



Damon Li
021 077 9509



Eva Li
021 051 3590



Yang Lin
021 0873 3492



Mayur Nimje
022 364 5005



Ray Qu
021 190 0881



Vivian Wang
021 284 8168

Torbay Branch



Michele Bensley
021 270 7410



Chelsea Chen
021 087 87168



Karin de Leeuw
027 270 2700



Kyra Perwick
027 311 7953



Wendy Radcliffe
021 772 070

Torbay/Long Bay Property Management



Craig Zhu
021 800 280



Jody Hetaraka
027 809 6687



Dorean Posimani
027 431 9696

Torbay/Long Bay Branch Manager



Tony Cederwall
027 546 6377

Torbay 09 473 9190

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