

focus

Issue 48
May 2026

on community

Long Bay, Okura and Torbay



The Champions!

North Shore Brass Band Triumphs see page 20



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Sustainability: Children’s Ark Visits a Banana Farm

In 2019 Children’s Ark was one of the first centres in Auckland to sign up to work with the Eco ECE Programme, focussing on Zero Waste, a partnership which is still operating today.

We started using washable Eco nappies when the new centre opened, aiming to save 1000’s of disposables from landfill. In our first year of operating, we gained a Zero Waste award at the Auckland Zero Waste awards, for being good caretakers of our environment. We set up a food waste system using bokashi bins – to fertilize growing bananas. We were able to take a group of 20 children and 20 adults to the farm to see the bananas growing.



We started with morning tea outside Farmer Bill’s house. Sam, Betsy and Yvette talked to us about the farm and how our food scraps are used to help grow bananas through the bokashi system where food scraps are crushed down and zing is added to break down the food. All the children had a go at mashing down the food. The City to Farm organisation

are working on getting as many food scraps away from landfill as possible, and encourage us all in using our food scraps in our gardens.

Then it was time to explore the farm. We saw chickens, collected eggs and observed the cows in the field. Yvette showed us the banana bunches growing on the trees, she encouraged the children to look for ripe yellow bananas and once found, she cut a “hand” from a tree.

Sam then talked to us all about what bananas need to grow, she had some cards with pictures on and the children remembered that we need rain and sunshine to grow bananas. Then Sam talked about carbon dioxide, the gas in the air that plants absorb and put into the ground, called “Carbon sinking”, then the plants make oxygen for us to breathe. The children practiced being trees, bending down, putting their fingers into the ground to sink the carbon.

We headed back to the farmhouse for some homemade banana cake. Farmer Bill had brought out his little pony to show the children. We really did have a wonderful outing, what an amazing experience to see how our very own food scraps from Children’s Ark are used to grow bananas.



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Content of this magazine.

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

Cost of advertising.

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

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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

What a difficult month this has been for this magazine. For me it reminds me back to the uncertainty of the COVID time.

One thing you will notice is that we have less pages than usual. This is because the businesses who advertise are struggling with their rising costs and often the advertising budget is the only area they can make cuts. With no clear idea of when or how this current crisis will end people are cautious. I know every business I speak to is currently running 15-20% down on revenue, and that often means for them the difference between profitable and losing money.

Households are also struggling with the increased costs but not increased income.

Hopefully things will be on a more even keel next month and we can return to the stability of earlier in the year.

This month celebrates Mothers' Day. This is a time when we, as families,

come together and honour our mothers.

One of the problems I know which assails our community- and indeed all communities, with the older generation is loneliness.

Great that they get the phone call, the visit, the card but what about the other 364 days in the year?

Why not, this Mother's Day, decide to visit, phone, write more frequently?

As we mature, we are able to live a life separate from our Mothers, we are not dependant on them anymore, but they still yearn to be part of our lives.

Share the small moments with them, the school sport triumphs, the failed recipe, the new puppy. Still make them feel included in your life all year around and not just on one day.

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259

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Torbay Theatre News

WAR AND PETE'S – Calling all singers!!

Our next show is a wonderful creation by Peter Segrove and Dragan Atanasov, taking the audience on a journey through some of the best and most-loved music of last century, interspersed with comic and dramatic sketches. We start in about 1900 with Music Hall, come through both World Wars, with the best of the 20s, 30s, and 50s too, then the 60s with Vietnam, Hair, Peace and Love, and a jump to Now(ish). Set in Pete's pub, soldiers and civilians come and go, morphing from one time period into another but always coming back to Pete's. Think of the well-known songs from the times of World War I and II – *Tipperary*, *The White Cliffs of Dover*, *The Andrews Sisters*, *Bing Crosby* ... all performed with skill, vim and vigour.

Auditions were held in April, and the cast is eagerly rehearsing away, but we could do with a few more singers, especially (but not exclusively!) men. If you enjoy music and camaraderie, come along and join the show! Performances at the end of June or beginning of July.

Phone Dragan on 0210-271-0739 for more information, or to audition.

Stage door performing arts classes

Ages 4-18 and adult.

Jenny Whisken's drama classes for kids of all ages, including workshops for teens and adults, are up and running! Classes are held after school, with some weekend sessions, and there will be a school-holiday programme in July, with performances twice a year, in July and at the end of the year. See Flyer!



We are very excited that we are to return to our tradition of running a school-holiday play in the July holidays – look out for audition notices and show times.



Our kids do amazing things!!

Please contact Jenny if you or your child would like to get involved in classes and / or the July show: 021-505-917 or jennywhisken@gmail.com or www.facebook.com/stagedoorperformingarts

Backstage Club: The gang meets at the theatre every Wednesday morning from 10-12. We combine set building and painting, costume care and creation, curation, and a great social time. Come join us and be involved in everything backstage – just drop in to see if it's for you.

For more details, or to join:

www.torbaytheatre.com

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

35 Watea Rd, Torbay

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Top Awards Achiever for Torbay



Wendy's update

Auckland house buyers appeared to push aside rising concerns about the economy in March, the results with prices and sales number this year were exceptional.

Open homes in Torbay and Waiake have been busy with "quality buyers" having done their homework and ready to buy – this is a great time to be considering selling before those long winter months begin.

Whether you are exploring your options, preparing to make a move, or simply keeping an eye on the market just give me a call, it's always a great time to stay informed and plan ahead. Having lived locally for more than 40 years I offer strong local knowledge that makes a difference – I would be delighted to hear from you.

Kind regards, Wendy
Torbay/Waiake March 2026

 <p>121 PROPERTIES FOR SALE</p>	 <p>30 PROPERTIES SOLD</p>
 <p>\$850,000 LOWEST VALUE SALE</p>	 <p>\$1,815,000 HIGHEST VALUE SALE</p>

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

From Well-Loved to Future-Ready: East Coast Bays Centre Upgrade Kicks Off

There's exciting news for the Bays, with a much-loved local hub set for a fresh new chapter.

The East Coast Bays Community Centre in Browns Bay, now more than 50 years old, has officially been given the green light for a major upgrade, with construction beginning in April 2026.

For decades, the centre has been a gathering place for locals, home to groups like Heart of the Bays, Plunket and the Citizens Advice Bureau, as well as a wide range of community activities.



Now, thanks to significant investment from the Hibiscus and Bays Local Board, the building is being transformed into a modern, safe and accessible space that will serve the community for many years to come.

The upgrade is more than just a facelift. It includes important structural strengthening, full asbestos removal, new windows, a new roof, improved layout and accessibility, and upgraded heating, ventilation and air conditioning. A new central entrance and reception will create a more welcoming feel, while improved connections within the building will make it easier for community groups to work together.

New features such as a lift upgrade, modern kitchenettes, and solar panels will help ensure the centre is fit-for-purpose, efficient, and sustainable. Importantly, the redevelopment aims to strengthen connections with neighbouring community facilities like the library, leisure centre and seniors' hall- reflecting how closely these services already work together.

When it reopens in 2027, the East Coast Bays Community Centre will once again be at the heart of the community, only this time, better than ever.

*Alexis Poppelbaum | Chairperson
Hibiscus and Bays Local Board*



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Mother's Day Art Exhibition

Celebrate Mother's Day with a visit to our special art exhibition, hosted by the Bays Art Collective @ Heart of the Bays.

Join us on **Sunday 10 May, 8.30am – 1pm** at **St Anne's Hall, 756 Beach Road, Browns Bay.**

Browse a lovely collection of artwork created by talented local artists.

Make a morning of it with something tasty from the BBQ - bacon butties, sausage sizzle, and sweet treats will be available, kindly provided by the Taiaroa Air Scouts as they raise funds for their upcoming jamboree.



Families are warmly welcomed, with **free Mother's Day craft activities for children**, hosted by Heart of the Bays.

It's great way to keep little ones entertained while you take in the exhibition.

St Anne's Community Hub Manager
756 Beach Road, Browns Bay
09 478 4091
www.hotb.co.nz



Thank You for Celebrating With Us

We're so grateful for the incredible support from our local community during our birthday month. It was such a joy to celebrate with you all and connect with so many familiar and new faces.

A special congratulations to our giveaway winner Jamilliah- we hope you enjoy your wellness hamper filled with some of our favourite products! Thank you to Carole for undertaking the independent draw.

Being part of this community means so much to us, and we feel privileged to support your health and wellbeing.

We look forward to continuing this journey with you.

Warmly,

The Max Health Team



What really drives weight gain?

It's not just about eating less and moving more. Hormones, stress, sleep, blood sugar, and even under-eating can all play a role.

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At Max Health, we focus on the key drivers: blood sugar balance, digestion, hydration, and nourishment.

From protein and collagen to fibre, key nutrients, electrolytes, gut support and herbs we're here to help you do it well. Pop in and chat with one of our qualified practitioners.

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Staying Safe on EBikes and EScooters: A Shared Responsibility

Electric bikes and scooters have become a common sight. They're convenient, affordable, and a great way to get around. But with their growing popularity comes a shared responsibility to use them safely.

The biggest differences between ebikes, scooters, and traditional bikes is speed. Electric assistance allows riders to accelerate quickly and maintain higher speeds with less effort. This can catch other road users off guard, who may not expect such fast movement from a small vehicle. Riders should always adjust their speed to suit the environment—slowing down in busy areas, around corners, and on shared paths.

Protective gear is key in preventing serious injuries. Wearing a helmet significantly reduces the risk of head injury in a crash. Closed-toe shoes, reflective clothing, and bright colours also improve safety, particularly at night or in poor weather. Lights and reflectors make riders visible to others.

Understanding the road rules is important. Riders should give way where required, signal their intentions, and obey traffic signals. Footpaths and shared paths often involve people of all ages, so care and courtesy are essential. A bell or gentle verbal warning can help alert pedestrians, but slowing down and giving plenty of space is even better.

For drivers, awareness is key. Ebikes and scooters are

quieter and harder to spot than cars or motorcycles. Take extra care when opening car doors, turning across cycle lanes, or pulling out at intersections. Remember, riders are more vulnerable in any collision, and small changes in driver behaviour can make a big difference.

Younger riders should be taught safe habits early: wearing helmets, checking brakes, and riding with awareness. Supervising children and choosing ageappropriate devices helps reduce risk and builds confidence over time.

Maintenance matters. Brakes, tyres, and steering should be checked regularly. Faulty equipment can turn a minor hazard into a serious incident. If you're using a shared scooter, take a moment to inspect it before riding and report any damage through the app.

Ebikes and scooters when used responsibly benefit the whole community. By riding considerately, staying alert, and looking out for one another, we can all enjoy the convenience of electric transport while keeping our neighbourhoods safe.

*Constable Simon FOX SFDU46
Browns Bay Community Officer*



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Your Passport to Adventure

For many travellers, the hardest part isn't choosing where to go, it's knowing where to begin. With so many styles of travel now available, from immersive small group journeys to ultra-luxury cruising and expedition travel, the options are as diverse as the destinations themselves.

In Europe, slow travel continues to grow in popularity, with operators such as Back-Roads Touring focusing on regional experiences, local culture, and lesser-known routes beyond the major cities. At the same time, adventure travel specialists like G Adventures are redefining exploration with small group itineraries that connect travellers more meaningfully



with communities across South America, Africa, and Asia.

Cruising too has evolved. Boutique ocean experiences with Oceania Cruises and Silversea Cruises emphasise destination depth and refined onboard living, while river cruising with Uniworld offers a more intimate way to journey through the heart of Europe, Egypt, and Asia. For travellers seeking something truly bespoke, companies like Infinity Holidays and Viva Expeditions curate tailored itineraries across Australia, the Americas, and remote regions.

Meanwhile, interest in culturally rich and wildlife-focused travel continues to rise. Wendy Wu Tours provides in-depth guided journeys throughout Asia,

while Wild Earth Travel specialises in extraordinary encounters in destinations such as Africa and the polar regions.

For those looking to explore these possibilities further, Shore Travel's upcoming FREE Travel Expo Evening – Your Passport to Adventure offers the opportunity to connect directly with experts across all of these styles of travel.

Thursday 14 May | 5pm – 7pm (drop in anytime)

Attendees will also go in the draw to win two return flights to Australia plus a \$500 travel voucher (conditions apply).



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Flu (influenza)

Influenza is a virus that spreads quickly between people. It causes symptoms like a fever, runny nose, cough or upset stomach. There can be different types or strains of flu that can make you sick each year.

How flu spreads

Flu spreads quickly from person to person through touch and through droplets in the air.

- direct contact with people who have flu
- contact with surfaces that have the flu virus on them
- coughing, sneezing, talking.

Adults are most likely to be contagious in the first 3 to 5 days of illness. Young children can be contagious for more than 5 days.

Symptoms of flu

The flu virus infects your nose, throat and lungs. It is normally worse than a cold.

It takes between 1 to 4 days to feel

symptoms after you catch flu. The worst symptoms usually last about 5 days, but coughing can last up to 2 to 3 weeks.

Symptoms of flu start suddenly and can include: fever or feeling feverish, chills, muscle or body aches, headache, runny or stuffy nose, cough, sore throat, upset stomach, vomiting or diarrhoea.

Complications of flu

Some people get very sick with flu. It can cause serious complications, like chest or sinus infections.

In severe cases people need to stay in hospital. Around 500 people die from the flu each year.

People at higher risk of getting complications from flu include: pregnant women and those who have just given birth, people with an ongoing health condition – like asthma, diabetes, cancer, a heart or lung condition, and conditions that affect the nervous or immune systems. significantly overweight people, people aged 65 years or over and babies and children under 5 years old



Get immediate medical advice when there is: a high fever that does not come down, especially if you are pregnant, chills or severe shaking, a rash, difficulty breathing or chest pain, severe headache or stiff neck, fits and difficulty passing urine.

You can call Healthline on 0800 611 116 for free health advice 24/7.

Treating flu

There is no specific treatment for flu. Antibiotics only work against bacterial infections, not the viral infections that cause flu.

There are medications to treat symptoms and vitamins to help boost immunity and recovery. (see details below)

Most people will get better by staying home and resting.

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When you need extra support, Viralex Attack delivers a powerful boost with targeted ingredients designed to respond quickly when you feel run down.

Together, they work to reduce downtime, support recovery, and keep you performing at your best. Don't let illness slow you down—choose a proactive approach to health and feel confident knowing your immune system is supported every step of the way.

Viralex

- Olive leaf provides antioxidant and antimicrobial support;
- Astragalus helps strengthen immune resilience;
- Beta glucans (from yeast fermentate) support immune cell activity in the gut;
- zinc contributes to normal immune function;
- vitamin D supports immune regulation and helps address common deficiencies for overall immune defence.

Viralex Attack

- Olive leaf offers antioxidant and antimicrobial support;
- pelargonium root helps relieve respiratory symptoms during ills and chills;
- EpiCor® (a postbiotic) supports rapid immune response and gut-immune health;
- zinc is essential for immune function and may reduce illness duration, supporting faster recovery and overall immune defence.

Pop in and have a chat with our friendly team for the best advice on keeping well this winter.



Opening Hours

Monday to Friday
Saturday

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

Torbay Friendship Club – Friendship, Fun and Community in the Heart of Torbay

The Torbay Friendship Club continues to thrive, bringing local seniors together for friendship, fun and shared experiences. At our AGM on 12

March, we elected a new committee for the coming year - a great mix of experienced members and enthusiastic newcomers, ready to build on the club's strong sense of community.

We've already enjoyed a fascinating talk from Dorothy Butcher, who presented an engaging slide show and video on the life and work of artist Friedensreich Hundertwasser.

Our most recent outing was a memorable trip to the Hundertwasser Art Centre in Whangārei. With perfect weather on our side, members travelled together by bus and spent the day exploring Hundertwasser's unique art and architecture. Highlights included: a range of Hundertwasser's art and architecture models, rooftop garden with its panoramic views, as well as time to enjoy local cafés, galleries and shops. The laughter on the journey home said

it all - a wonderful day out shared with friends.

Back at the club, there are plenty of ways to get involved.

Our popular interest groups include: Café Connoisseurs, Scrabblers, Rummikub, Mahjong and Crafters - offering something for everyone. Looking ahead, we're excited to welcome our next meeting guest speaker, John Reynolds, a New Zealand-born academic and freelance writer of screenplays, novels and musicals.

If you're looking to meet new people, stay active, and enjoy stimulating and social activities, Torbay Friendship Club offers a warm and welcoming environment. New members and visitors are always encouraged to come along and see what we're about.

Join us at our next general meeting on 14 May, from 10.00am to 12.00 noon at the Torbay Community Hall. For more

information, simply search "Torbay Friendship" online to find our website.



Honouring Mothers

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Erica's Editorial

Hon. Erica Stanford

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

LANDMARK AUCKLAND DEAL

The Government has just signed a long-term deal with Auckland Council to help deliver the homes, schools, transport and infrastructure Auckland needs to keep growing.

It's the first deal of its kind and marks a new way of working - bringing central government and Auckland together as long-term partners.



Auckland is New Zealand's economic engine, and this deal is about helping it run at full speed. That means better jobs, higher incomes, and a stronger Auckland - which benefits the whole country.

This isn't about adding more bureaucracy. It's about coordinating across Government into one place, so it's easier to work and invest together to get stuff done.

The Auckland City Deal includes commitments to:

- Build a long-term partnership between Government and Auckland Council
- Review Eden Park's ownership and operating model
- Invest in redeveloping and roofing the Auckland Tennis Centre
- Develop a strategy for innovation precincts
- Create a shared destination and major events strategy
- Set a coordinated 30-year transport plan
- Work together on the Waitemata Harbour crossing, time-of-use charging, and smarter transport management

- Introduce a new Crown uplift funding tool for agreed priority projects
- Partner on Predator Free 2050, Pest-Free Auckland, the Auckland Indigenous Biodiversity Strategy, and restoring the Hauraki Gulf

EATING DISORDER SUPPORT

Around 103,000 New Zealanders are currently living with an eating disorder, and we are seeing a concerning rise in cases - especially among young people. Behind these numbers are individuals, families, and carers who may be struggling to find the support they need.

For the past 16 years, the Eating Disorders Strategy has remained unchanged and has not fully reflected the growing and evolving needs of people affected. That's why the Strategy has now been refreshed, alongside an additional \$4 million in funding each year, to ensure care and support are better aligned.

This investment means more New Zealanders and their families will be able to access support sooner. It includes the rollout of peer support workers within eating disorder services, as well as expanded support for families and carers who play such a vital role.

Eating Disorders Carer Support (EDCS), together with the Eating Disorders Association of New Zealand (EDANZ), has been chosen to deliver this important support.

If you are worried about someone you care about, you can email EDCS at info@edcs.co.nz or call EDANZ on 0800 233 269.

NEED HELP?

Navigating government departments can be difficult. If you're having problems, contact the office and my team will do what they can to help.

Take care, *Erica*

[@ecboffice@parliament.govt.nz](mailto:ecboffice@parliament.govt.nz) www.EricaStanfordMP.co.nz

[\(09\) 478 0207](tel:(09)4780207) [1/8 Beach Front Lane, Browns Bay](https://www.google.com/maps/place/18+Beach+Front+Lane,+Browns+Bay)

National

Some history of the section occupied by St. Mary By The Sea Church in Deep Creek Road, Torbay

The land was purchased in 1885 for 20 pounds five shillings. It was stated that the five acres of land was to be set aside for religious, educational and charitable purposes. The original little church, just 22 feet by 18 feet opened its doors in 1886. The initial cost was 100 pounds. (See the black and white photo).

The name St. Mary's had already been given to the church in Parnell so the name St. Mary By The Sea (note the absence of the 's) was finally accepted by the authorities.

Local children originally went to school in Albany. Later it was decided to open a school in Torbay. On 30th January 1888 the first register discloses that 8 children became the first pupils at what was called 'Long Bay School' – a further 4 candidates were added two weeks later. The Education Board was not prepared to finance a school building so a remedy was found in the form of the Anglican St. Mary by the Sea church building.

The original church building after its deconsecration was moved to Relko Cresc. In 1982 a group of local residents opened a museum in the building. That was the beginning of our Society.

The new church building was dedicated on 29 July 1979, and was originally used by the St. Mary By the Sea and the St. Cuthbert's Presbyterian churches.

You can read more in our book 'and then came the bridge' or visit the Vaughan Homestead.



Our AGM will be held on Saturday May 16th at 2pm. The speaker will David Verran, a North Shore Historian. He will speak on the History of the North Shore especially as applied to Long Bay, Torbay.

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, opening hours and hiring



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



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The comfort of home made soups

The secret to making a good soup is to have a tasty base. Whenever I have chicken, I always boil up the skin and bones to make stock. Occasionally I pick up a ham bone from New World and make a pan of stock. I freeze it down in small bags, so it is the basis for any soup I wish to make.

Cream of vegetable

Ingredients

2 parsnips these give a gorgeous sweet kick to the soup
4 carrots - leave the skin on
2 onions
1 small swede
2 potatoes
Salt and pepper
Bag of stock

Method

Chop all the veges up and simmer for 25 minutes.
Blitz the soup in a liquidiser.
Stir in ½ cup cream (can use coconut cream).
Delicious!



Butternut Soup

I prefer this to pumpkin soup.

Ingredients

1 butternut
2 onions
2 potatoes
Salt and pepper

Method

Peel the butternut and chop into 8 pieces and chop the potato and onion.
Place in stock and simmer for 25 minutes. Blitz in a liquidiser.
Add ½ cream.



Carrot and Corriander

I grow coriander in my herb garden and it often "bolts". This recipe means it doesn't get wasted.

Ingredients

8 carrots
2 potatoes
Chopped coriander
Salt and pepper
Stock

Method

Chop all ingredients up - leave the skin on the carrots.
Simmer for 20 minutes.
Blitz and add ½ cup cream.



Ham and Leek

This is the soup that uses the stock made from the ham bone. There is always loads of ham left on the bones and as it cooks these flake off the bone.

Ingredients

Ham bone
2 leeks chopped
4 potatoes cut into cubes
1 onion
Salt and Pepper

Method

Place the ham stock in a pan and add the potatoes leeks and onion.
Simmer.
Strain the stock and add ½ of the potatoes and the onions and blitz in the liquidiser.
Then add back the potatoes, leeks and ham chunks to the thickened mixture.
Delicious!





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Mairangi Bay

We are the Champions!

North Shore Brass has claimed the 2026 New Zealand National Brass Band Championship title in Wellington under the baton of Nigel Weeks. The band won the A Grade Test (Taniwha), the Own Choice (A Brussels Requiem) - the latter with an impressive score of 99 from Scottish adjudicator Russell Gray. North Shore Brass was crowned the champion band of New Zealand with 245 points, 2.5 points ahead of Woolston Brass and third placed Wellington Brass another 2.5 points behind. This ended a seven year run of success for Wellington Brass.

“The band has been in the A grade since 2003 and also in the early 1970’s and has got close to winning several times, but never won the national championship since forming in 1923” said band president Owen Melhuish.

Other winners from within the band were the world class



Harmen Vanhoorne for best Principal Cornet in the Own Choice, and the best section in the Test Piece also went to the highly talented percussion section of North Shore Brass.

“North Shore Brass is full of talented young musicians that have worked extremely hard in recent months under resident conductor Harmen Vanhoorne with guest conductor Nigel Weeks adding the final touches to the championship win - his seventh in New Zealand” said Melhuish.

Soloists also came home with titles including Aishah Leitner having a good few days with wins in the Invitation Slow Melody and Open Trombone, John Sullivan (Cornet) in the Masters, Dimitri’s Koulianos (Cornet) in the Junior Slow Melody and Celine Wu (Cornet) in the Under 15 Slow Melody competition. Meanwhile the North Shore Brass Academy Band were placed mid table under their young conductor Liam Wright.



The Annual General Meeting of Torbay Community Association Incorporated will be held on Friday 5 June 2026 @ 7.30pm in the Torbay Community Hall Function Room, 35 Watea Road (behind the Torbay Village shops).
Enquiries to: torbaycommunityassociation@gmail.com

Tides May 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW
Fri 01	00:42	0.7m	06:48	2.8m	13:06	0.6m	19:21	2.9m	
Sat 02	01:23	0.7m	07:31	2.8m	13:46	0.6m	20:02	2.9m	
Sun 03	02:03	0.7m	08:12	2.8m	14:25	0.6m	20:41	2.9m	
Mon 04	02:42	0.7m	08:51	2.8m	15:02	0.6m	21:19	2.9m	
Tue 05	03:22	0.8m	09:30	2.7m	15:39	0.7m	21:57	2.8m	
Wed 06	04:02	0.8m	10:09	2.7m	16:17	0.7m	22:36	2.8m	
Thur 07	04:45	0.9m	10:49	2.6m	16:56	0.8m	23:18	2.7m	
Fri 08	05:30	0.9m	11:31	2.6m	17:38	0.8m			
Sat 09			00:03	2.7m	06:18	0.9m	12:16	2.5m	18:25 0.9m
Sun 10			00:52	2.6m	07:09	0.9m	13:05	2.5m	19:18 0.9m
Mon 11			01:44	2.6m	08:01	0.9m	13:58	2.5m	20:17 0.9m
Tue 12			02:37	2.7m	08:55	0.8m	14:56	2.6m	21:18 0.9m
Wed 13			03:30	2.7m	09:49	0.7m	15:56	2.7m	22:15 0.8m
Thur 14			04:23	2.8m	10:42	0.6m	16:55	2.8m	23:10 0.7m
Fri 15			05:16	2.9m	11:36	0.5m	17:51	3.0m	
Sat 16	00:02	0.6m	06:10	3.0m	12:28	0.3m	18:44	3.1m	
Sun 17	00:54	0.5m	07:04	3.1m	13:21	0.2m	19:37	3.2m	
Mon 18	01:46	0.4m	07:58	3.1m	14:12	0.2m	20:28	3.3m	
Tue 19	02:39	0.4m	08:53	3.2m	15:04	0.2m	21:21	3.3m	
Wed 20	03:34	0.4m	09:47	3.1m	15:56	0.2m	22:14	3.3m	
Thur 21	04:30	0.5m	10:42	3.1m	16:48	0.3m	23:09	3.2m	
Fri 22	05:28	0.5m	11:38	3.0m	17:44	0.5m			
Sat 23			00:05	3.1m	06:28	0.6m	12:34	2.9m	18:42 0.6m
Sun 24			01:03	3.0m	07:27	0.7m	13:32	2.8m	19:43 0.7m
Mon 25			02:00	2.9m	08:25	0.7m	14:31	2.7m	20:46 0.8m
Tue 26			02:56	2.8m	09:22	0.7m	15:31	2.7m	21:45 0.8m
Wed 27			03:50	2.8m	10:15	0.7m	16:28	2.7m	22:39 0.8m
Thur 28			04:41	2.7m	11:05	0.7m	17:21	2.7m	23:28 0.8m
Fri 29			05:30	2.7m	11:52	0.7m	18:10	2.8m	
Sat 30	00:13	0.8m	06:16	2.7m	12:36	0.7m	18:54	2.8m	
Sun 31	00:56	0.8m	07:01	2.7m	13:18	0.7m	19:36	2.8m	

Times adjusted for Daylight Saving.

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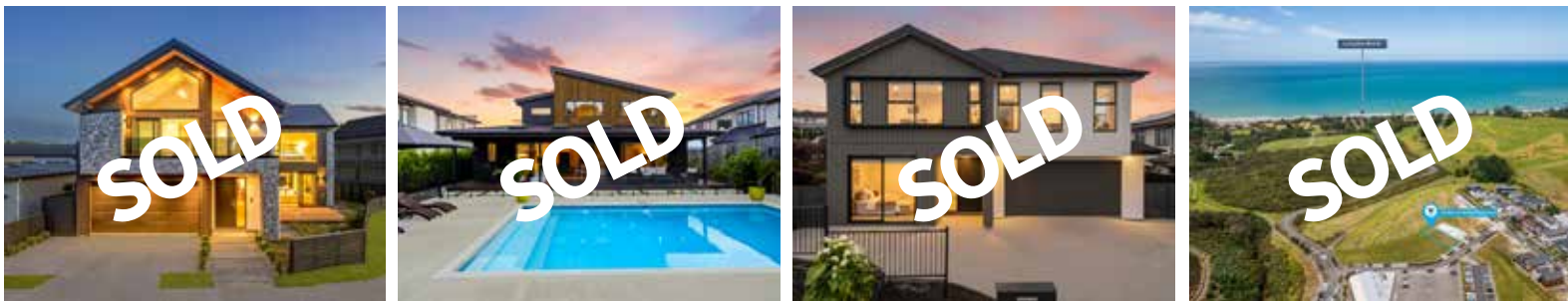
MARKET STATS

LONG BAY	APRIL 2026	
Median Sale Price	\$1,610,000	+5.9%
Sales	159	
Median days to sell	36 days	+1 day

Based on Realestate.co.nz statistics for Long Bay region. Change is based on same time last year.

NORTH SHORE	FEBRUARY 2026	
Median Sale Price	\$1,180,000	-7.5%
Sales	348	15.2%
Median days to sell	61 days	-1 day

Based on REINZ statistics for North Shore City. Change is based on same time last year.



EASTER COLOURING-IN COMP

1. Collect booklet from November Eatery Long Bay or scan QR code below to download
2. Create your artwork then drop your design back to November Eatery in Long Bay
3. We will announce 3 winners on 24 April 2026.
4. Make sure to leave your details so we can contact you!

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2 & 8/423 Beach Road, Mairangi Bay - Brand New Beachside

3 2 1


- Premium apartment in one of the North Shore's most coveted seaside villages
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 Jiang Kou | 021 087 93257
 Leigh Storey | 022 685 7041
 Brendan Boyd | 027 399 2451

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New Zealand's most advanced skin cancer technology

SKINSCAPE 360

Skinscape 360 represents a significant advancement in skin cancer care in New Zealand. By combining specialist clinical expertise with cutting-edge technology, it serves as the home of the country's first Vectra WB 360 system.

This technology utilizes 3D total-body photography and the latest artificial intelligence to map the entire body in under a second using 92 high-definition cameras. By creating a high-resolution "digital skin twin," the system identifies every mole and lesion, providing a truly patient-centred approach to skin cancer care.

This world-leading technology sets a new benchmark for comprehensive skin imaging, enabling true full-body visibility for screening, diagnosis and long-term monitoring.



Associate Professor Richard Martin , Clare Gunn and the team at Skinscape 360.



CLARE GUNN
Chief Dermoscopist.

3 Anzac Street Level 2, Takapuna | 09 8699 360
hello@skinscape360.co.nz
skinscape360.co.nz

Torbay Garden Club

April was a wonderfully vibrant month for the Torbay Garden Club, full of colour, fragrance, and community spirit.

Our guest speaker for the April meeting was our esteemed judge Graham Milne, who treated us to a wonderful video presentation of his tour of the Keukenhof Tulip Festival in the Netherlands last year. The sheer scale of the festival was breathtaking by our standards, with vast grounds blanketed in an extraordinary range of tulips in every imaginable colour and form. It looked like a truly memorable trip.

On the competition table, our Flower of the Month spotlight fell on the beautiful vireya, those gorgeous



blooms just thrive in our Auckland climate. It shared the spotlight with a spectacular stanhopea orchid, which filled the hall with its exquisite fragrance, it was a rare treat for everyone present. Members also brought along their interpretations of the "Happy Easter" floral arrangement category, which helped us get into the spirit of Easter.

Later in the month we held our 3rd Annual Plant Sale outside Torbay Pharmacy. Heavy rain pushed us back a week, but we had a great sunny day seeing new faces and sharing some great plant bargains for happy gardeners to take home.

Thank you to everyone who helped make it such a success, it truly means a lot and helps keep our club thriving.

If you enjoy gardening, good company, and learning something new each month, why not come along and join us? The Torbay Garden Club is always happy to welcome new members, whether you're a seasoned gardener or just starting out, why not come along to a meeting and see for yourself? You can find out more at torbaygardenclub.co.nz and we hope to see you soon.

In the garden in May:

May is the last month of autumn and there is still plenty happening in an Auckland garden. In the fruit garden, feijoas will have been dropping for a few weeks now, and you may still find some stone fruit worth picking. Winter vegetables are right at home this time of year, so get broccoli, cauliflower, cabbage, celery, peas, and rhubarb in if you have not already. As the wetter weather arrives, keep an eye out for slugs and snails, as they will make the most of the damp conditions. And if you have not yet planted your spring bulbs, there's still time in May; keep them well-drained and you should be rewarded with some wonderful blooms come springtime.

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Sustainable Sewing Initiative Builds Skills and Community

Members of Soroptimist International North Shore are helping local women develop practical sewing skills while promoting sustainable fashion through a community program at the East Coast Bays Library.

The Sustainable Sewing initiative offers participants the opportunity to learn how to repair, alter, and upcycle clothing rather than sending garments to landfill. With textile waste becoming a growing environmental issue, the program encourages people to rethink how they care for their clothing and to rediscover the value of making and mending.

The sewing sessions provide a welcoming and supportive environment where women can build confidence, learn new skills, and connect with others. Participants work on their own projects while receiving guidance from experienced volunteers, and many say they enjoy both the creativity and the social connection the classes provide.

The program has been made possible through the partnership with the East Coast Bays Library, which received funding from the Hibiscus and Bays Local Board to purchase sewing machines for community use. This collaboration has created a valuable space where practical learning, sustainability, and community engagement come together.



Julia Parfitt presenting SI North Shore members with the Soroptimist International Certificate acknowledging the sustainable sewing initiative.

Soroptimist International North Shore is part of a global organisation that works to improve the lives of women and girls through education, empowerment, and advocacy. In addition to the Sustainable Sewing program, the club supports leadership opportunities for young women through initiatives such as Educate to Lead Award.

Members recently celebrated International Women's Day with a community event at the library where the impact of the Sustainable Sewing programme was recognised. Local Board member Julia Parfitt presented a certificate from Soroptimist International acknowledging the initiative and the partnership with the library.

The club hopes the program will continue to grow as more people discover the benefits of learning to sew.

Soroptimist International North Shore welcomes women who are interested in making a difference in their community.

To learn more about the work of Soroptimist International North Shore, follow the club's activities through local community events and initiatives.

Sylvia Heywood

SI North Shore President Email: sinorthshore@siseap.org



Sylvia Heywood & Emily Laws welcoming guests to the IWD event.

Silverdale Pioneer Village

15 Wainui Road Silverdale

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Mother's Day High Teas in the Parsonage on **Sunday 10th May**

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Bookings essential

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CAB – What we do

In the last issue of Focus we stated some of the issues that we deal with for our clients. Further, the CAB Browns Bay bureau now offers access to a lawyer, budgeting services, and immigration advice, with a counselling service to be introduced soon. If you are interested in one of these services, you will need to come into the bureau or simply phone us to book you an appointment (details below). We will also be providing a computer for community use soon. This will be available free of charge during opening hours for anyone who needs internet access. We also can assist with the following:

- Relationship or employment issues
- Financial disputes
- Custody battles
- Assistance with filling out forms
- Communicating with Government departments
- Tenancy issues
- And so much more!

Further, the following two websites that the Citizens Advice Bureau have available are a good resource:

1. Konae - <https://www.konae.org.nz/>

Created by the Citizens Advice Bureau along with people of shared experiences. The Konae website is a guide to help you access records created by organisations involved in decisions about your guardianship or care. It was created together with people of lived experience, including survivors of abuse in care. Seeking records may bring up a range of emotions, so we encourage you to take care of your wellbeing. You can find suggestions for support on the website.

For more info <https://www.cab.org.nz/article/KB00044275>

2. Youth Tool Kete - <https://youth.cab.org.nz/>

Specific website created for Youth by the Citizens Advice Bureau - <https://www.cab.org.nz/news/youth-website-launch>

Finally, the CAB is always on the lookout for volunteer interviewers. If you have a spare 3 hours each week and want to be inspired to help your community, please email manager.brownsbay@cab.org.nz. You can become a Local Hero by Volunteering with us! The following is what one of our colleagues said recently:

"It's just so interesting and I love seeing people leave helped and empowered. It's just brilliant!" - CAB Volunteer

Be a local hero. Volunteer with us!

CAB is powered by dedicated trained volunteers and now more than ever we need your help. If you have a spare 3 hours a week and want to be inspired to help, join our team now.

It's just so interesting and I love seeing people leave feeling helped and empowered. It's just brilliant.
Sue - CAB Volunteer

Where: 1-5 Clyde Road, Browns Bay.
Open: Mon - Fri 9am-3pm, Sat 10am - 1pm.
Phone: 479 2222
Email: brownsbay@cab.org.nz

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Quiz and Kareoke night fun

Last month Long Bay Baptist Church held a fun evening. It was a Quiz night, with prizes for best dressed team as well as winners and the karaoke was great fun with teams bidding for other teams to sing along.

The evening was to raise funds for the Youth work at Long Bay Baptist church and to help fund a mission trip to Tonga mid year.





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Sustainability:

We have a Zero Waste award as a result of focussing on children engaging with nature in our gardens (no plastic grass here), as well as sustainable natural resources, eco nappies and a bokashi system for food waste.



We do not offer big enrolment discounts as we believe quality is worth so much more. Over time you will save money through our all inclusive approach, our holiday/sick day discounts and not paying fees for public holidays. We were awarded "Excelling" in all areas in our last Education Review Office report.



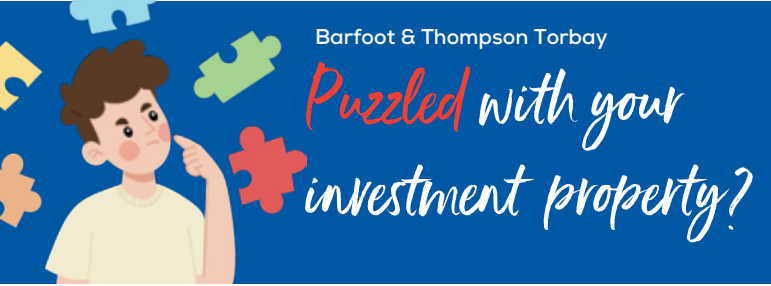
Children's Ark 282 Glenvar Road, Torbay

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Quizzes

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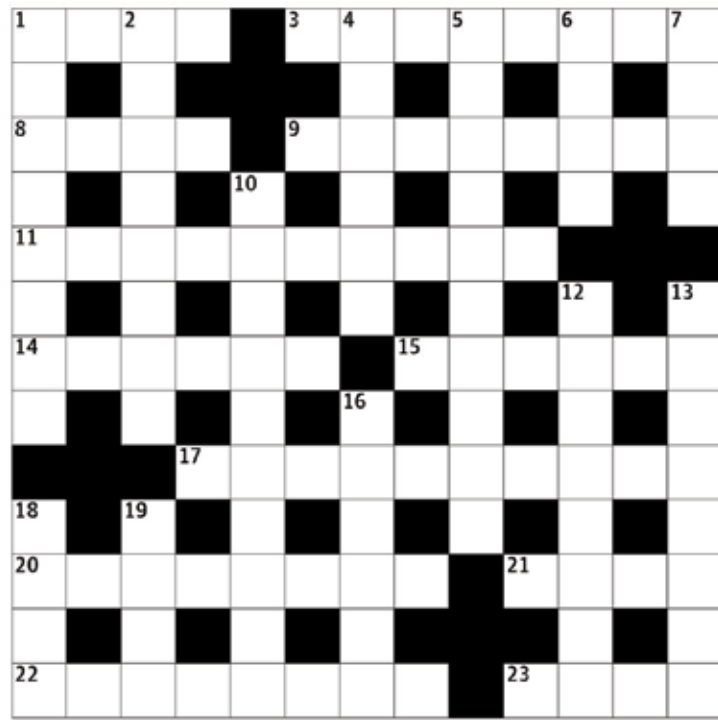
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|-------------|------------|-----------|
| HOSEPIPE | RAKE | LAWNMOWER |
| DIBBER | EDGER | PITCHFORK |
| STRIMMER | SCYTHE | SHEARS |
| WHEELBARROW | CHAINSAW | BILLHOOK |
| RIDDLE | MATTOCK | TROWEL |
| PICKAXE | CULTIVATOR | SPADE |
| GARDEN FORK | LEAFBLOWER | |

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

TSRGENTH

25 good, 30 very good, 35+ excellent

CROSSWORD



Across

- 1 Refuse to allow (4)
- 3 Scottish instrument (8)
- 8 Sheet of paper (4)
- 9 Welsh island (8)
- 11 Completely destroy (10)
- 14 Tempting one to do something (6)
- 15 Not morally just (6)
- 17 Got rid of (10)
- 20 Acquire a new skill (4,2,2)
- 21 Lazy or untidy woman (4)
- 22 Left behind (8)
- 23 Object in night sky (4)

Down

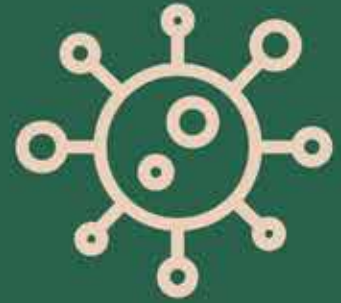
- 1 Worth a lot (8)
- 2 Sports footwear (8)
- 4 Legally rescinds (6)
- 5 Respectful behaviour (10)
- 6 Sit for photograph (4)
- 7 Eye infection (4)
- 10 Hanging light fixture (10)
- 12 Large protective glove (8)
- 13 Person who is owed money (8)
- 16 Make receptive or aware (6)
- 18 Rushed (4)
- 19 High or low value playing cards (4)

SUDOKU

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

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Winter is just around the corner - it's time to get your free* flu jab.

*Influvac Tetra - \$38

or FREE for eligible patients

Eligible criteria

- 65 years or older
- During pregnancy
- Children under the age of 4 with a history of respiratory illness
- Those under 65 with eligible, long-term medical conditions as per PHARMAC criteria (diabetes, asthma or cardiovascular disease)

Fluad Quad - \$50

Available for anyone 65+

- Specifically designed for patients 65 and over
- Enhances immune response
- Provides longer-lasting protection

Flucelvax Quad - \$50

Available for anyone 6 months and over

- Flucelvax closely matches circulating flu strains
- Has shown a greater effectiveness than the standard flu vaccine (up to 19%)
- Safe during pregnancy

Important Booking Information:

Flu clinic appointments are for Flu vaccinations only. If you need to see a nurse for another reason, please book a standard nurse appointment by calling our reception team on 09 478 7660.

Torbay & Long Bay Medical Centres

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PREPARING FOR FLU SEASON: PROTECT YOURSELF AND YOUR COMMUNITY

As the cooler months approach, it's time to start thinking about flu season. In New Zealand, influenza cases typically increase between May and October, with the peak usually occurring from June to August. Taking a few simple steps now can help you stay well throughout the winter months.

What to Expect During Flu Season

The flu can appear suddenly and often makes people feel unwell very quickly. Symptoms may include fever, chills, muscle aches, fatigue, cough, sore throat, and a runny or blocked nose. Some people—particularly children—may also experience nausea, vomiting, or diarrhoea.

Most people recover within one to two weeks, but influenza can lead to more serious complications for some. Older adults, young children, pregnant women, and people with chronic health conditions such as asthma, diabetes, or heart disease are at higher risk of developing severe illness.

If symptoms become severe—such as difficulty breathing, chest pain, or extreme weakness—it's important to seek medical care promptly.

The Best Protection: Getting Your Flu Vaccine

One of the most effective ways to protect yourself is by getting the annual flu vaccine. The vaccine helps your body build immunity against the strains of influenza expected to circulate each year. Even if you do catch the flu after vaccination, it can significantly reduce the severity of symptoms and lower the risk of complications like pneumonia.

In New Zealand, the flu vaccine is free for people at higher risk, including:

- Adults aged 65 and over
- Pregnant women
- Children with certain respiratory conditions
- People with long-term medical conditions such as asthma, diabetes, or heart disease

For others, the vaccine is available for a small fee.

You can conveniently book your flu vaccine with the friendly nursing team at Torbay Medical Centre, where experienced nurses are ready to help protect you and your family this winter.

Good Hygiene Still Matters

Vaccination works best alongside everyday health habits that reduce the spread of viruses:

- Wash your hands regularly with soap and water for at least 20 seconds.
- Use hand sanitiser when handwashing isn't possible.
- Cover coughs and sneezes with a tissue or your elbow.
- Stay home if you're sick to prevent spreading illness to others.

If You Do Get the Flu

If you develop flu symptoms, rest and hydration are key. Over-the-counter medications can help manage fever and aches, but if symptoms worsen or don't improve, contact your healthcare provider.

For people at higher risk of complications, doctors may prescribe antiviral medications, which work best when started early.

Looking After Vulnerable People

Influenza can be especially serious for vulnerable members of our community. Encouraging family members—especially older relatives, young children, and pregnant women—to get vaccinated helps protect everyone.

If you're feeling unwell, try to minimise contact with those who may be more susceptible to severe illness.

Take Action Before Winter Arrives

Flu season can be unpredictable, but preparation makes a big difference. By getting vaccinated, practising good hygiene, and staying home when sick, you can help reduce the spread of influenza and keep our community healthier.



**Book your flu vaccine today with the caring nursing team at
Torbay Medical Centre 09 477 9000
A quick appointment now could help you stay healthy all winter.**

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

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

U3a Browns Bay

Alan Blackman, Professor of Chemistry at AUT was our April General Meeting speaker. His topic was the Periodic table where all known chemical elements are listed

The first periodic table was that of the Russian chemist Dmitri Mendeleev in 1869; he formulated the periodic law which depended on the atomic mass of each chemical. As not all elements were then known, there were gaps in his periodic table, and Mendeleev's genius was to successfully use the periodic law to predict the properties of some of the missing elements.

There are 118 elements. The first 94 elements in this table occur naturally on earth. The remaining 24 occur only when synthesized in laboratories. These are radioactive. Everything in the universe is made up of these elements.



The most common element is Hydrogen (90%) of creation and the next Helium (9%) of creation. The other 116 make up what is left over.

Francium (discovered by Marguerite Perey in 1939 was the last "natural" element to be discovered. Extremely radioactive it has a half-life of only 22 minutes and has never been observed in bulk due to its extreme instability.

After morning tea, we had two talks from our Historic Buildings Group. We heard well researched and fascinating information about Larnach Castle and the Sydney Opera house.

If you are interested in joining u3a Browns Bay, please contact

Information Officer: Anne Gough (027 3210729). Or visit our official website: <http://www.u3abb.nz>.



EXERCISES THAT WORK!

Stretch | Flex | Strengthen

Reduce pain trigger points, enjoy increased balance, strength and flexibility.

Ladies Small Group Classes

Due to popular demand, new ladies group opening up!

Days: Monday & Wednesday evenings 6.30 to 7.30pm
Bookings essential to hold your place. Don't miss out
4 ladies in a group. All ages welcome

Relaxed Environment | Non-Commercial | Home Studio

We also offer personal training, exercise assessments and consultations and massage therapy.



THE BODY TONIC GROUP
Fitness | Mind | Health

Movement Specialist & Fitness Trainer (Reps. Registered) | Pelvic Floor & Core Certified | Author
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Lynne Scott - 021 204 3280

The Cost Of Not Formalising Financial Arrangements.

Sylvie and Jack were excited about buying their first home. Sylvie had saved hard and had a significant KiwiSaver contribution. Jack had his KiwiSaver, but no other savings.

They had almost enough for their deposit, but Sylvie's parents offered for their trust to lend them some funds on an interest free basis to top up their deposit so that they would get more favourable interest rates with the bank. After months of just missing out on properties, Sylvie and Jack finally found a property that ticked all the boxes, and they were able to secure it.

The mortgage broker told Sylvie and Jack they needed to tell the bank where the extra trust funds had come from. Sylvie said the money was a loan from her parents' trust, but the broker advised that the bank would not accept loaned funds as part of their deposit and would instead require the trust to sign a deed of gift. Sylvie's parents were prepared to sign whatever was needed to help the kids out.

The lawyer acting on the purchase of the property asked Sylvie and Jack if they wanted to make sure that their separate contributions to the property would remain theirs if they separated. He said that the only way of doing that would be to enter into a contracting out agreement (like a pre nup) where they would agree that if they separated, they would get back their initial deposits rather than the whole property being shared 50/50. Sylvie and Jack didn't want to spend the extra money to prepare the agreement and pay for a separate lawyer each to give them independent legal advice, so decided to not do anything.

Fast forward seven years later, Sylvie and Jack had been having problems for some time. Sylvie was keen to get married and have a family, but Jack didn't want to be tied down and was still enjoying late nights out with his mates. Things came to a head and the young couple decided to separate. Sylvie wanted to stay in home ownership whereas Jack was going to head overseas with a couple of his mates. Sylvie's parents said that they would, once again, help her buy out Jack from his share in the property.

Sylvie got a local real estate agent to value the house and put a proposal to Jack to buy him out of his share in the equity. She used their original contributions in the calculation, but divided the equity gain equally. She also added in what they



owed her parent's trust. She told Jack that he should get his own legal advice.

Unfortunately for Sylvie things then went downhill. After taking legal advice and being egged on by his mates, Jack said that the money lent from Sylvie's parents trust had been a gift, they had signed a gifting document. He completely ignored the fact that it had always been intended to be a loan, because the law said as it had been signed off as a gift, it was a gift. Furthermore, he refused to acknowledge that Sylvie had put more in from her KiwiSaver and savings when they purchased the property. The law said that unless they had a contracting out agreement, because of the length of their relationship, those contributions would be divided equally.

Sylvie was naturally devastated. She bitterly regretted not spending the money on the contracting out agreement when they first purchased the property and her parents were annoyed that they had signed the gifting document at the behest of the mortgage broker and bank.

Life can change. Relationships evolve, circumstances shift, and decisions made early on can have lasting consequences – especially when influenced by others. Taking steps to protect your position from the outset can help avoid unexpected, emotional and costly outcomes down the track.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Understanding *Relationship Property.*

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

Income, property, KiwiSaver, intermingled inheritances and gifts from third parties are all considered relationship property when in a de facto relationship – unless both parties have entered into a Contracting Out Agreement. Without one, relationship property would be shared equally upon separation, or even the death of one party, regardless of what anyone's will said.

Know when your relationship is considered a de facto relationship under New Zealand legislation and protect your assets with a Contracting Out Agreement. Contact our Trusts and Wealth Protection Team for specialist advice.

Make your way to the library this May!

What's happening at East Coast Bays Library

This season has been busy at the library with an impressive number of visits and special events for all that celebrated our diversity, culture and community and brought us together.



In April we also celebrated the launch of Auckland Libraries new Bestie Junior collection for tamariki. Just like adult Besties, you can borrow up to two Besties at a time, for a two-week loan. There are no holds or renewals, meaning you can jump the queue for the most popular reads!



Visit Auckland Libraries website to find out more.

Looking forward to May, highlights include Music Month, Tech Week, Youth Week and Sign Language Week promotions and displays.

The weekends will be busy with the following bookable workshops. Please register if you would like to attend.

Sunday 3rd May 2pm – 3pm

Chinese Zodiac Paper-cutting Workshop for ages 8 and over

Saturday 9 May 2pm – 3pm

Fold, Cut, Create! Paper Comes Alive! Papercutting for ages 8 and over

Saturday 2 May 9.30am -12.30pm Family History Discovery- What's it all about?

An introduction to family history research and the resources you can use, followed by an overview of the NZ Society of Genealogists resources.

Saturday 9 May 9.30am-12.30pm Family History research sites

Guidance on using Ancestry Library Edition and an overview other subscription sites. FindMyPast, MyHeritage and FamilySearch (Mormons).



Saturday 30 May 9.30am-12.30pm Introduction to software recording recording and reporting tools.

How to create and manage your own family tree and publish it (or not) to online sites for others to find you.

Saturday 23 May, 30 May, 6 June & 13 June 2pm – 4pm Upcycling Sewing Course for Teens

For more information on upcoming events, regular programmes, and library updates, visit East Coast Bays Library's Facebook page, Our Auckland and Auckland Libraries website, grab our printed monthly newsletter, or subscribe by emailing eclibraryevents@aucklandcouncil.govt.nz

Would you swap houses with a family of strangers?

The price you pay might be greater than you think... Sophie and Andrew are looking for relief from the daily grind - if not each other - so when a friend puts them in touch with William and Beth, newlyweds looking to swap houses for the summer, it sounds like a great idea.

They find themselves in a stylish Connecticut home, while William and Beth take over their lived-in family house in London. The weeks away work an unexpected magic for Sophie, who begins



to find a sense of happiness, but Beth has no such luck and grows increasingly miserable.

The two marriages - one crushed by the weight of years, one shiny and new - slide into reverse.

What was meant to be a great summer adventure begins to have dramatic consequences none of them could have foreseen... and all are powerless to stop.

A well written, gripping story.

This book was borrowed from Browns Bay Library.

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

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

Lawn and Garden

Jim's Mowing for Beautiful lawns – large and small, Hedges, Gardens, Gutter Clearing. All work guaranteed. www.jimsmowing.co.nz or 0800464 654

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

Roofing

Coast Roofing Ltd – Long run roofing, new roofing, re roofing and repairs. Local Torbay resident, 35 years experience. Free quotes Ph Matt 0272746159

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

Autumn at Albany Village Library: Highlights and What's Ahead

April was a lively month at Albany Village Library. Tamariki and whānau got hands-on with a range of workshops, from rock painting and a fun scavenger hunt to designing their own robot programs. Creative sessions like Easter egg sewing, suncatcher making, and paper flower crafting were a hit, alongside unique cultural experiences such as Peking opera mask painting and special Japanese and French storytimes. We also explored the wonderful world of worm farms and stepped into animation with a zoetrope workshop. We loved seeing so many smiling faces!

As we move into May, our regular programs continue, offering something for all ages. Our new English Conversation Corner is running on Fridays from 11:00am to 12:00pm. This is a relaxed and welcoming space to practise basic English, build confidence, and connect with others in the community. People from all cultures are warmly welcome. For adults, Digital Seniors runs



every Wednesday from 1:00pm to 3:00pm, offering friendly one on one help with devices and technology. Kōrero Mai takes place Sundays from 10:00am to 11:00am for those wanting to practise te reo Māori in a supportive group. Our Book Chat group meets on the third Wednesday of each month from 10:30am to 12:00pm, perfect for sharing reads and discovering new favourites.

For tamariki, Chess Club runs Saturdays from 1:00pm to 2:00pm, and Code Club takes place Saturdays from 10:00am to 11:00am. Preschool programs include Japanese Storytime on Mondays, Wiggle and Rhyme on Wednesdays, and Jiggle and Wriggle on Fridays, all at 10:00am. We also host a bilingual French Storytime on the last Saturday of each month at 11:00am.

For updates, follow us on Facebook or visit the Auckland Libraries website. We look forward to seeing you at the library.



Give the gift of warmth this winter



Annual Blanket Drive For The Salvation Army

Each year, we collect warm blankets for those in need to support the Salvation Army's annual winter blanket drive. You can help by donating new blankets at our collection area in Harcourts Takapuna (128 Hurstmere Road, Takapuna); Harcourts Browns Bay (15 Anzac Road, Browns Bay); or Albany Bays Corps (90 Rosedale Road, Albany). Your generosity will help keep someone warm this winter!

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

Harcourts Cooper & Co

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



Wanly Tsang & Team

Laetitia swims in ice water for fun.

She also gives plasma to save lives.



Donate plasma at 65 Constellation Drive.

Book at nzblood.co.nz



Puzzle Answers

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

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

Word Puzzle

erg, ergs, gen, gent, gents, get, gets, hen, hens, her, hers, nest, net, nets, nett, netts, rent, rents, rest, sent, set, sett, she, stern, stet, strength, ten, tens, tent, tenth, tenths, tents, tern, terns, test, the, then

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

focus
on community

Sell Smarter This Season

What *Autumn* Buyers Are
Looking For *Right Now*



Thinking about selling this Autumn?

Autumn consistently attracts serious, motivated buyers, and we're seeing a clear pattern in what they want right now. Homes that feel warm, dry, and sun filled stand out immediately, while buyers are paying close attention to insulation, heating efficiency, and moisture reports before making confident decisions.

With shorter days and cooler temperatures, many buyers are working to tight deadlines, such as relocations, school terms, and lease expiries. Well presented, tidy, and decluttered homes are achieving stronger interest and faster, more competitive offers.

If selling has been on your mind, this window shouldn't be missed. With motivated buyers active now and increasing uncertainty in the market as we move closer to the 2026 election, timing could make a significant difference to your result.

Speak with Wanly today for tailored advice and a clear understanding of your property's potential in the current market. Even if selling is not immediate, reach out to Wanly for a complimentary and confidential appraisal and practical tips on how to maximise your sale result.

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

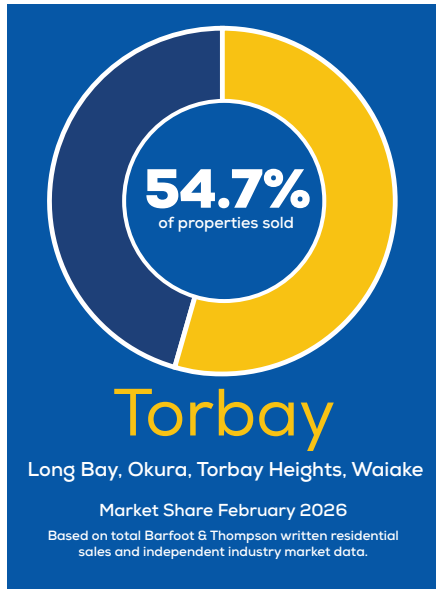
027 473 2468 | wanly.tsang@harcourts.co.nz | wanly.co.nz

#1 Harcourts
North Shore

Harcourts Cooper & Co

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

Wanly Tsang
& Team



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



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



Michele Bensley
021 270 7410



Chelsea Chen
021 087 87168



Ceejay Cheng
021 028 45315



Karin de Leeuw
027 270 2700



Kyra Perwick
027 311 7953



Wendy Radcliffe
021 772 070



Craig Zhu
021 800 280

Property Management

Branch Manager



Harry Zheng
021 085 36475



Heather Jones
021 814 090



Jody Hetaraka
027 809 6687



Dorean Posimani
027 431 9696



Tony Cederwall
027 546 6377

Torbay 09 473 9190