

focus

Issue 49
June 2026

on community

Long Bay, Okura and Torbay



A shared family passion

see page 3

Photographer Keerti Siag

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A Shared Family Passion

At Fox Dance Studios, ballet is more than just a class – for one local family, it has become a shared tradition across three generations.

Local residents Rebecca, her daughters Lottie and Annabelle, and granny Sarndra, all dance weekly at Fox Dance Studios, based at the Torbay Community Hall, attending ballet classes suited to their age and stage of life.

Sarndra attends the studio’s popular Silver Swans ballet classes, specially designed for ladies aged over 50 who want to stay active, social, and connected through dance. The Silver Swans program is working alongside ACC, helping support older adults with balance, posture, confidence, mobility, and overall wellbeing.

Daughter Rebecca takes adult ballet



classes in the evenings, while Lottie and Annabelle after school for their children’s ballet lessons.

What began as a fun activity turned into something much bigger – a shared family passion.

“We never imagined all three generations of our family would end up dancing together,” says Rebecca. Dance is something we can all talk about and enjoy together.”

They love the warm community atmosphere at Fox Dance Studios. Living locally in the Torbay area, having a friendly studio close to home has made dancing easy to fit into family life.

For Sarndra, ballet has brought unexpected benefits as she gets to share a love of dance with daughter and



granddaughters.

Fox Dance Studios offers classes for all ages and experience levels, preschool and children’s ballet, through to adult classes and Silver Swans program for seniors, making dance accessible to the whole community.

For this Torbay family, ballet has become far more than pirouettes and pliés – it’s become quality time together, shared memories, and a reminder that you are never too young or too old to dance.



For more information:
www.foxdancestudios.co.nz
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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

As I write this, I am looking outside at glorious sunshine and a soft gentle warmish breeze.

It is lovely- but confusing. A few weeks ago, we went from Summer, straight into Winter.

I hauled out my Winter clothes and packed away my Summer and Autumn clothes.

I have now had to unpack the Autumn clothes again as Mother Nature has realised she missed Autumn and so has turned the Season back.

Having come from the UK the one thing I miss is to see the deciduous trees change to their Autumn colours. I hated the leafless, lifeless trees all winter but their glorious colours in Autumn were a sight to behold. Here and there are a few deciduous trees and so I get a glimpse of the splendour of Mother Nature.

We have a great story this month of three generations of dancers.

Many of you will recognise Sarndra

straight away as she was on reception in Torbay Medical for many years. What a great way to keep fit and enjoy family at the same time.

I had not realised that Fox's Dance studio had relocated into Torbay, where they meet in the Torbay Community Hall, so this is right on our doorstep to take part in and enjoy.

Torbay and Long Bay are places that hold enormous talent. I am so impressed with the number of creative people we have living amongst us, artists, potters, poets and authors.

We often feature some of these wonderfully creative people.

On page 5 we feature a writing group, which encourages people to "take up the pen", why not think about giving it a go?

Carole McMinn,
Editor



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Free Writing workshops

Writing teachers Jo Emeney and Rosalind Ali are back this July to run a Hibiscus & Bays Local Board sponsored series of three intergenerational writing workshops at the ECB Library.

Open on a first come, first served basis, and free of charge, the three Sunday morning workshops will focus on practising skills in memoir, creative nonfiction, short stories and poetry. With two age-groups targeted, 15-25 and over-60s, the hope is that the group of up to 20 participants will have a lively exchange of values, backgrounds and life experiences, as well as approaches to writing and reading.



If you are interested in registering, please email rosandjo@gmail.com with an assurance that you are free on the 12th, 19th and 26th of July, 10 am-12.30pm and a suggestion of which age group you are in.

They would like to receive your phone number and address, too.

Bookings will close on the 29th June or when all places have been taken.



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Wendy's update

Auckland's residential property market remained steady through April – with school holidays and public holidays during the month activity typically softened however pricing remains relatively steady overall.

The weather is not deterring quality buyers in the Torbay/Waiake area from viewing homes – open homes and general inquiry has been busy over the past month.

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 April 2026

 <p>91</p> <p>PROPERTIES FOR SALE</p>	 <p>27</p> <p>PROPERTIES SOLD</p>
 <p>\$785,000</p> <p>LOWEST VALUE SALE</p>	 <p>\$1,728,000</p> <p>HIGHEST VALUE SALE</p>

Wendy Radcliffe
021 772 070

w.radcliffe@barfoot.co.nz

Looking After Each Other This Winter: A Community Safety Message from Police

As winter settles in across Long Bay/Torbay, New Zealand Police are reminding residents that colder months bring not only seasonal changes, but also opportunities for our community to continue looking out for one another. Keeping people safe over winter is a shared effort, built on simple actions at home, on the road, and within our neighbourhoods.

Shorter daylight hours and longer nights can increase the risk of opportunistic crime. Police encourage residents to think about home security early in the season—ensuring doors and windows are locked, outdoor lighting is working, and valuable items are kept out of sight. Even small steps such as using sensor lights or asking a neighbour to keep an eye on your property can deter offending. Vehicles should always be locked, with bags, electronics, and tools removed from view.

Winter road conditions also require extra care. Wet roads, reduced visibility, and darker commuting hours make crashes more likely. Police ask drivers to slow down, increase following distances, and be particularly alert around school zones, pedestrian crossings, and busy coastal roads such as Beach Road. Switching headlights on earlier and driving to the conditions can significantly reduce risk for everyone, including cyclists and pedestrians.

Community wellbeing is another important focus during the colder months. Winter can increase isolation, financial pressure, and health challenges, especially for older

residents or those living alone. Police see first-hand how strong community connections reduce harm. Taking time to check in on neighbours, offering help during bad weather, or reporting concerns early can prevent issues from escalating.

Severe weather is also more common over winter. Heavy rain and strong winds can cause flooding, fallen trees, and power outages. Police encourage households to prepare by clearing gutters, securing loose outdoor items, and having a basic emergency plan. Staying informed through trusted local channels helps everyone respond calmly when conditions change.

Police remain available to support the community. Suspicious activity should be reported promptly, and emergencies should always be reported by calling 111.

Non-urgent matters can be reported through 105, either online or by phone. Early reporting helps Police act quickly and keep communities safe.

By staying connected and taking simple precautions, Long Bay, Okura, Torbay and Waiake can remain a safe, resilient, and supportive place to live this winter.

*Constable Simon FOX SFDU46
Browns Bay Community Officer*



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Journeys That Go Beyond the Ordinary

From immersive cultural touring to legendary rail journeys and elegant cruising, three exceptional travel brands are redefining the way travellers experience the world.

Wendy Wu Tours has become a favourite for travellers wanting deeper cultural connections and expertly guided experiences. Specialising in fully inclusive escorted touring, Wendy Wu takes guests through some of the world's most fascinating destinations including Japan, China, Southeast Asia, India and South America. From cherry blossoms in Kyoto to the Great Wall of China and vibrant markets of Vietnam, travellers enjoy carefully curated itineraries, expert local guides and authentic experiences that go beyond the ordinary. Their touring styles range from classic escorted journeys to immersive small group and solo traveller departures.

For those drawn to the romance of rail travel, Journey Beyond delivers unforgettable Australian adventures



aboard some of the world's most iconic trains. The Ghan journeys through the heart of the Outback between Adelaide and Darwin, while the Indian Pacific crosses the continent from Sydney to Perth. The Great Southern showcases Australia's spectacular southern coastline in comfort and style. These all-inclusive rail experiences combine elegant cabins, regionally inspired dining and immersive off-train excursions that connect travellers to the landscapes and stories of Australia. Meanwhile, Viking Cruises offers sophisticated river, ocean and expedition voyages designed for curious travellers.

Known for its Scandinavian-inspired elegance and adults-only approach, Viking focuses on destination-rich itineraries across Europe, the Mediterranean, Asia, the Arctic and Antarctica. Guests enjoy refined ships, enriching shore excursions and an experience centred on culture, discovery and relaxed luxury.

Learn more about these extraordinary brands at our next FREE travel information event. Details in the advert below. Registration essential due to limited space.



FREE Travel Info Evening
Thursday 18 June
 6pm arrive for 6.30pm start
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Pink Shirt Day

On Friday 14th May the team at Unichem Torbay Pharmacy proudly wore pink shirts in support of standing up against bullying.



Bullying has a real and lasting impact – especially on the mental health and wellbeing of our children and young people. Every person deserves to feel safe, respected, supported, and included both at school, at work, and in the community.

At Unichem Torbay Pharmacy, we do not tolerate bullying of any kind in our workplace and we stand together in promoting kindness, compassion, and respect every day. A small act of kindness can make a huge difference.

Hamper winner
What a great Mother's Day - congratulations to Tanith winning our hamper. Thanks for your support Torbay Community, lots of yummy carrot cake given out to our lovely customers.



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TAKING STATINS? THIS IS A SUPPLEMENT FOR YOU - CoQ10

CoQ10 is a naturally occurring antioxidant that plays a vital role in producing energy within the body's cells. As we age, natural CoQ10 levels can decline, leaving you feeling less energized. CoQ10 supplements support heart health, promote vitality, and help maintain overall wellness. Whether you're balancing a busy schedule, staying active, or simply looking to feel your best, CoQ10 can be a smart addition to your daily routine. CoQ10 works by helping your cells produce energy and protecting them from damage. It is found naturally in nearly every cell of the body, especially in organs that require a lot of energy, such as the heart, brain, liver, and muscles.

Inside the cells, CoQ10 plays a key role in the mitochondria, often called the "powerhouses" of the cell. It helps convert nutrients from food into adenosine triphosphate (ATP), which is the body's main source of usable energy. Without adequate CoQ10, cells may struggle to produce energy efficiently, which can contribute to fatigue and reduced physical performance.

CoQ10 also acts as a powerful antioxidant. It helps neutralize harmful free radicals that can damage cells, proteins, and DNA. This protective effect supports healthy aging, cardiovascular function, and overall cellular health.

Natural CoQ10 levels tend to decrease with age and may also be reduced by certain medications, particularly statins. Supplementation may help restore healthy levels and support energy production and wellness.



Opening Hours

Monday to Friday
Saturday

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

A Night to Remember

The Long Bay Primary grounds were transformed into a vibrant wonderland earlier this term for our Light Up the Playground evening. While our students play here daily, the addition of vivid colors, upbeat music, and a festive carnival atmosphere turned a familiar space into an unforgettable experience.

It is impossible to put a price tag on an event of this magic. Seeing the school glowing and watching the smiles on our students' faces was undoubtedly a highlight of the school year.

This spectacular evening wouldn't have been possible without the dedication of our PTA. A massive thank you for your tireless work; we absolutely could not have done this without your vision and energy.

The event was a brilliant reminder of what makes our school community so special. Thank you to everyone who came out to make the night shine!

Thanks to Amy from Amy Ryan Wedding and Family Photographer - www.amyryanweddings.com for capturing the spirit of the night in such stunning detail.



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

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

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

National

ROSEDALE ROAD CHANGES

Auckland Transport has just had public consultation around installing a mountable roundabout at the intersection with Graham Collins Drive. The changes will also include a crossing, yellow lines, and refuge islands to help with crossing Rosedale Road.

We are excited to see these upgrades as we have been lobbying Auckland Transport for some time. You may remember a petition we did over a year ago asking for this area to be made safer for pedestrians... Hopefully these changes will positively impact safety for Rangitoto College students walking to school.



EDUCATION

Every parent wants their child to leave school confident in reading, writing, and maths – because those skills set them up for life.

A massive investment is being made in a new maths and literacy package as the next phase of the Teaching the Basics Brilliantly programme. Great progress has already been made – seeing early and encouraging results.

Schools will receive more practical classroom support, including Maths Hubs, hands-on maths resources and games, writing workbooks and digital writing tools.

There are more targeted interventions and resources for teachers and students, additional maths intervention teachers, and new literacy and maths checks.

Parents will also have more information about how their child is progressing at school.

The new budget will invest \$131 million in literacy and maths teaching – building on the progress made so far – to ensure the success of our primary and intermediate students in literacy and maths.

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.

June 18 marks World Picnic Day so let's hope the weather is perfect for dinner on the beach...

Take care, *Erica*

Do you have any stories of the early days?

Our very successful AGM was held on Saturday May 16th. We touched on many topics with many members at the meeting have been in the area for a long time. Barbara Rosser spoke about the work that Phyl Butterworth had done in 1992 to save the Vaughan Homestead which the Council planned to demolish at that time. Descendents of the Jones and Cholmondeley-Smith families (early landowners) attended the meeting and added to the conversations with their memories of the area.

David Gray, who has been studying the history of Waiake spoke about what he had discovered. The Local Board has been approached and are working on a plan to investigate and put up appropriate signs. We know that the Tainui tribe stayed for a few years. They found that there was plenty of fresh water and food. Houtu Roa, the captain went on surveying other areas on the East Coast before



crossing the isthmus to the West Coast.

Our society is looking into the history of this area to add to what we have and help the Local Board. If you have any historic stories of springs of 'healing waters', or any

other stories of early days in this area, we would like to hear from you.

The main speaker was David Verran. He spoke about transport – how people have travelled through the East Coast Bays over the years, covering many methods of travelling. – horses, walking, trams, buses and ferries etc. David has a regular article in the 'Chanel' magazine.

We are opening the Vaughan Homestead to the public at least once a month during the winter. Check our website or phone us. Remember you can hire the Homestead for small groups.



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

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The Historic Buildings Group studies structures that were built more than 50 years ago.

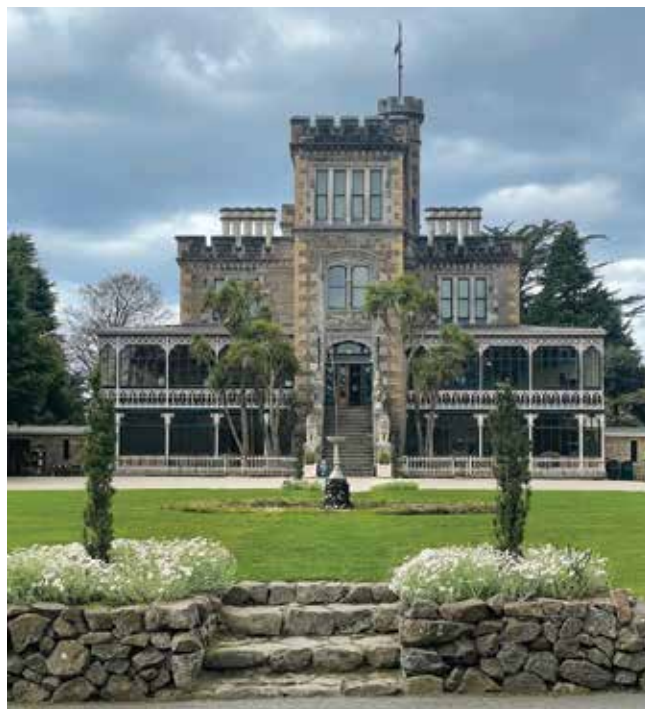
Larnach Castle, New Zealand's only Castle, was built in 1871-74 on the Otago Peninsula near Dunedin, by William Larnach, entrepreneur and politician, for his beloved first wife Eliza. It is in fact a mansion built in Gothic Revival style.

Larnach spared no expense on his dream home, featuring some of the finest materials from around the world: stone from a basalt quarry nearby, Glasgow brick, Oamaru stone, Cornwall black stone, cobbles from Marseilles and kauri from Northland.

The Godfrey family carved many of the building's intricate ceilings; a single ceiling in the main foyer took six and half years to complete. Later 20 tonnes of glass were imported from Venice to enclose the verandas to keep out the Dunedin cold. The complex eventually contained 43 rooms and needed a staff of 46 servants.

William Larnach sadly lost his life to suicide in October 1898. The Larnach family sold the house in 1906. Since 1967 it has been restored by its present owners, the Barker family, and is open to the public.

Sydney Opera House was designed by Jorn Utzon in 1957 and formally opened by the Queen in 1973. Its well-known profile of white "shells" towers to 67 metres above sea



level at the highest point and includes seven performance spaces. The cost, initially estimated at \$7 million, ended up ballooning to \$102 million, while the construction took ten years longer than expected. As the cost of this architecturally complex building continued to rise, a series of lotteries were held in New South Wales to raise funds. Eventually, most of the project was in fact funded through these State lotteries.

U3A, an organization for older folk, is unique in that in our Special Interest Groups, every member has a turn at doing the research and presenting material to friends in the group. What starts out being a bit scary, becomes our challenge and a great opportunity to learn.

Want to know more? Contact Anne Gough 0273210729.

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From Long Bay to Lubrín

Niamh Parker arrived in Torbay from Ireland when she was six years old, and attended the local schools. She spent many happy hours in and around Long Bay beach — her family lived just a short walk away on Beach Road.

Niamh now lives in Lubrín, Spain, with her wife Eppie and their dog Gracie, who officially holds the title of Head of Morale at Rock House Marketing (and takes the role very seriously).

Together, Niamh and Eppie run Rock House Marketing — a small digital marketing agency that helps small and growing businesses get their brand, website and online presence properly sorted. Niamh handles strategy, content and search, while Eppie leads on design. Between them they've spent decades figuring out what makes people make decisions — and they bring that thinking to every business they work with.

Although they're based in Spain, they work with clients across New Zealand, Australia, the UK and beyond. Distance has never been a problem — and Niamh loves any excuse to come back to Auckland, which she does as often as she can.



Right now, they're particularly keen to help small businesses on the North Shore. They've just launched something called the Rock House Starter Website — a simple, professionally built website designed specifically for owner-run businesses that are just getting started, or that have been going for a while without ever quite sorting a proper online presence. It's delivered in five working days, at a fixed price, with no hidden extras and no jargon. Just a solid, well-designed website that reflects the business properly and is ready to grow with it.

It's a good fit for trades, therapists, freelancers, consultants, cafés — any small business that knows who they are and just needs a proper place online to show it.

If that is you, or someone you know, you can find all the details including pricing at rockhousemarketing.com/services/website-design/starter-website — or get in touch directly at hello@rockhousemarketing.com for a no-obligation chat. If you mention the Torbay connection, Niamh will know exactly where you're from.

Niamh's mum Lucy — who many of you will know well — is also very happy to answer any questions or pass on your details if you'd prefer a more local first point of contact. lucybridgetcasey@gmail.com



Is your gut trying to tell you something?

Bloating, discomfort, food reactions, skin flare-ups, and changes in bowel habits are often signs your gut needs support. And it's not just digestion - your gut plays a key role in immunity, mood, and overall wellbeing.

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Changing Hearing for Good in Long Bay and Torbay

Picture a person wearing hearing aids. What do you see? What do they look like? How much did they pay for them? Do they look like you?

The intuitive answers to these questions for many New Zealanders highlight the barriers preventing nearly 500,000 people with hearing loss from seeking treatment and improving their quality of life. That's 58% of New Zealanders living with hearing loss who don't wear hearing aids. With an aging population, the prevalence of untreated hearing loss will only increase if these myths are not addressed. The team at Triton Hearing Browns Bay are on a mission to change this, smashing misconceptions, one barrier at a time.

Located at 13 Bute Road, our inviting space is where your journey to better hearing begins. From a warm welcome at the front desk to personalised care from our experienced audiologists, Triton Hearing Browns Bay promises a supportive environment every step of the way.

Together, the team at Triton Hearing Browns Bay is committed to delivering better hearing solutions with outstanding care and support. With experience across everything from: **Free hearing checks, tinnitus management, hearing aid fittings and providing expert funding guidance.**

As part of Triton Hearing's Better Hearing Guarantee, clients have access to the very latest advancements in hearing technology – ensuring solutions are tailored to individual lifestyles, environments and levels of hearing loss.



"Life with hearing aids is so much better. With the benefit of bluetooth aids I can hear my cellphone clearly. When I have the devices in the crickets or bell ringing stops and I can hear the birds and noises of everyday life clearly. I like the ability to control settings and it doesn't matter if they get a little wet in the rain." – Triton Hearing Client

One of the newest innovations available is the **Phonak Audéo™ Sphere**. Designed for people who regularly spend time in social settings, Audéo Sphere uses advanced sound processing to help prioritise speech while reducing background noise. Whether it's dinner with friends, family gatherings or busy cafés, it supports clearer conversations and greater confidence in group environments.

For those seeking a more discreet, custom-made solution, the **Phonak Virto™ R Infinio** offers a different approach. Individually moulded to sit comfortably within the ear canal, Virto R Infinio combines a secure, personalised fit with powerful AI-driven sound technology. Suitable for mild through to profound hearing loss, it delivers natural sound clarity while remaining subtle and comfortable for everyday wear – ideal for active lifestyles or those who prefer an in-ear design.

Both options reflect how far hearing technology has evolved – offering not just amplification, but intelligent sound processing designed to support real-world listening.

Now's the time to give it a go! Pop in and meet the friendly team to discover the amazing benefits of the latest hearing technology.

Call 09 478 5050 to discuss your hearing with the experts or book your free hearing check.

***Terms and conditions apply. To learn more, please visit our website; www.tritonhearing.co.nz. ***



TRITON
HEARING

Torbay Garden Club Focus June

Garden Club members staged a vibrant, eye-catching display at our May meeting. With seasons seemingly overlapping or out of kilter, there were chrysanthemums, roses, dahlias, camellias, a supposed spring flowering deep blue sandpaper vine, and even a magnolia on show! This kaleidoscope of colour was enhanced by the newly painted hall interior.

Paul Crowhurst, a former landscape gardener, gave an informative talk on container gardening. He says the most important factors in successful container planting are water, food and the size of the pot. Paul recommends an 80-litre pot which will sustain a lemon tree, a large shrub or multiple vegetables, whereas a bucket sized pot will grow only one cabbage but require the same maintenance. Potting mixes all contain the same basic mixture of fibre – bark, coconut fibre or wood pulp - pumice, and fertiliser. It is the latter that determines the cost of the mix. Paul maintains good results can be obtained from the cheaper mixes if sheep pellets or blood and bone are incorporated. Paul also favours liquid fertilisers as they meet two requirements in one.

Large potted plants should be root pruned every 4-5 years, as by then the roots will be pot bound, starving the plant of nutrients. Put the pot on its side for 1-2 weeks to dry out which will shrink the root ball and make

extraction easier. Using an old saw, cut down halfway between the trunk and the edge of the pot on one side, or more if badly congested, cut 15cm off the bottom, then replot with fresh mix. Paul also had some cost-saving tips: worm tea is an insecticide as well as a fertiliser if it covers the leaves, use cheap test pots or old household paint to seal the inside of terracotta pots, and 2 Tbsp dish liquid in a 1 litre sprayer of water will suffocate sucking insects.

If you would like to view a wonderful flower show each month or learn more valuable gardening tips, please come and join us, you will be made very welcome. To find out more, contact us at torbaygardenclub.co.nz



In the garden in June:

Plant seedlings of broad beans, lettuces, onions, peas, shallots, silverbeet and spinach. Strawberries and garlic can go in now. Plant rosemary for winter roasts. For instant colour, plant alyssum, calendula, pansies, stock, primula, polyanthus, viola, sweet peas, cyclamen and hellebores. Plant deciduous trees, shrubs and roses as they become available.

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Our Intertidal Zone

Mairangi Bay Fishing Club members were pleased to see the Government impose a two year, NO-TAKE restriction on the intertidal zone around Whangaparoa and as far north as Kawau and Omaha Bays. This was in response to large numbers of people (bus loads on occasions) significantly overharvesting sealife in the intertidal zone (the zone between the high and low tide marks).

Barnacles, periwinkle snails, oysters, mussels, sea squirts, starfish, whelks and kina were all being targeted in the rocky areas and the populations were becoming severely depleted.

Most East Coast Bays residents have not experienced this because the intertidal zones in the Bays ceased to be abundant with sea life more than a generation ago. Part of the reason is water quality but excessive harvesting over the years also had a significant effect. Today, the only abundance is kina and because of their over-abundance they have sensibly been excluded from the Whangaparoa restrictions.

Those who lived in The Bays for a generation or more will recall being able to “do the twist” in the sand in front of the Surf Club to collect half a bucket of tua tuas or pipis to make pipi fritters or walk along the rocks at low tide and see the starfish in the shallows or walk on Takapuna Beach after an easterly blow and pick up scallops.

However, those who walk regularly along “the pipe” between Mairangi and Murrays will have noticed the resurgence of juvenile little black mussels, along the rocks. This is fantastic to see as these little bivalves filter the water and contribute to the health of the Gulf. They are edible but



should be left alone to do their valuable work.

Members were disappointed to learn that the Whangaparoa restrictions would not extend down the coast to include the East Coast Bays which is what had been proposed.

Some will have watched the videos that Jonno Riddler’s team released during his record-breaking swim down the East Coast to support efforts to ban destructive bottom trawling. One episode featured an interview with Hamish Wilcox, three times World 470 Champion with sailing partner David Barnes and involved in four America’s Cup campaigns. David says:

“I arrived in Auckland (from Christchurch) when everything was pristine. We would go down to the beach as kids ... as eight year olds. We would find scallops and crayfish along East Coast Bays beaches. In my lifetime I have seen the degradation of the ocean on my doorstep.”

David picks up a Whelk shell and continues:

“When these things go broke and there is no more, then there is no more. It’s finished for our kids, our grandkids. There is nothing left. We can’t replace it. It is gone.”

Fortunately, we have an environmentally conscious and proactive Local Board and action has been taken to try and have the restrictions extended down the coast. A proposal to extend the closures has progressed to the Public Consultation stage.

This is an opportunity for the community to support the restoration of this part of our Big Blue Backyard. We have until 12 June to make submissions and there is a simple proforma at: <https://form.jotform.com/luellabartlett/mpi-auckland-coromandel-review>

MPI’s Option 3 would provide the strongest level of foreshore protection.

Tides June 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Mon 01	01:37	0.8m	07:44	2.7m	13:57	0.6m	20:15	2.9m		
Tue 02	02:17	0.8m	08:25	2.7m	14:35	0.6m	20:54	2.9m		
Wed 03	02:58	0.8m	09:05	2.7m	15:13	0.7m	21:32	2.8m		
Thu 04	03:39	0.8m	09:45	2.7m	15:50	0.7m	22:11	2.8m		
Fri 05	04:21	0.8m	10:25	2.6m	16:29	0.7m	22:52	2.8m		
Sat 06	05:05	0.8m	11:06	2.6m	17:11	0.8m	23:35	2.8m		
Sun 07	05:50	0.8m	11:49	2.6m	17:55	0.8m				
Mon 08			00:20	2.7m	06:37	0.8m	12:35	2.6m	18:45	0.8m
Tue 09			01:08	2.7m	07:26	0.8m	13:26	2.6m	19:40	0.9m
Wed 10			01:58	2.8m	08:18	0.7m	14:21	2.6m	20:40	0.8m
Thu 11			02:51	2.8m	09:12	0.6m	15:22	2.7m	21:40	0.9m
Fri 12			03:47	2.8m	10:09	0.5m	16:24	2.8m	22:39	0.7m
Sat 13			04:44	2.9m	11:06	0.4m	17:24	3.0m	23:36	0.6m
Sun 14			05:43	3.0m	12:03	0.3m	18:22	3.1m		
Mon 15	00:32	0.5m	06:42	3.0m	12:59	0.2m	19:17	3.2m		
Tue 16	01:28	0.4m	07:40	3.1m	13:53	0.2m	20:11	3.3m		
Wed 17	02:23	0.4m	08:37	3.1m	14:46	0.2m	21:04	3.3m		
Thu 18	03:19	0.4m	09:32	3.1m	15:38	0.2m	21:57	3.3m		
Fri 19	04:15	0.4m	10:26	3.1m	16:31	0.3m	22:50	3.2m		
Sat 20	05:11	0.5m	11:19	3.0m	17:24	0.4m	23:44	3.1m		
Sun 21	06:06	0.5m	12:12	2.9m	18:18	0.6m				
Mon 22			00:37	3.0m	07:00	0.6m	13:06	2.8m	19:15	0.7m
Tue 23			01:30	2.9m	07:53	0.7m	14:01	2.7m	20:14	0.8m
Wed 24			02:22	2.8m	08:46	0.7m	14:58	2.6m	21:12	0.9m
Thu 25			03:14	2.7m	09:39	0.8m	15:55	2.6m	22:06	0.9m
Fri 26			04:05	2.6m	10:31	0.8m	16:50	2.6m	22:57	0.9m
Sat 27			04:56	2.6m	11:21	0.8m	17:40	2.7m	23:45	0.9m
Sun 28			05:45	2.6m	12:08	0.7m	18:27	2.7m		
Mon 29	00:29	0.9m	06:33	2.6m	12:51	0.7m	19:10	2.8m		
Tue 30	01:12	0.8m	07:18	2.6m	13:32	0.7m	19:50	2.8m		

Times adjusted for Daylight Saving.

Making Stredwick Reserve beautiful

For the last 5 years the Long Bay Chinese Association have worked with Restore and the Hibiscus and Bays Local Board in supporting their work.

The reserve at Stredwick is now looking lush, thanks to all of their efforts.

The next date for this work is Tree planting day 13th of June 10am-12pm.

Frank Sun



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Sales Associate, Team Emerson



The long awaited Ikea

I love Ikea.

I have been to many , several times, Brussels (Belgium) Southampton and Bristol (UK) and Sydney (over the ditch!).

I love wandering around the room layouts as it inspires me to look at my rooms in a new way.

I love the ground floor kitchen equipment area with the many gadgets and a wonderous array of cook and serving ware.

After having had a good wander around the new Ikea at Sylvia Park I was not disappointed.

We finished the outing off with Swedish meatballs in the restaurant (great value at \$13.99 and coffee at \$3.50).

I was particularly struck with the children's bedroom ideas as they were practical as well as imaginative. They really have great ideas around storage.

Well worth a visit.

Carole McMinn





ACTIVE AGEING EXPO 2026

Wednesday 22 July
10am - 2pm

East Coast Bays
Leisure Centre



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What's On In June at Browns Bay Library

June is an exciting time of year for us, with winter setting in and whānau coming to spend time in our wonderful warm library.

Our program are full of intrepid learners, and we want to take the time to thank the volunteers that make our program like Digital Seniors and Code Club possible. We are always looking for coding volunteers for Tuesday's Code Club for kids, so if you have an interest in this area, please reach out to us.

Don't forget that Digital Senior coaches are to here help with your tech troubles every Tuesday from 10am – 12pm. No need to book.

Our wonderful North Shore Soroptimists will be teaching teens, the magical ways of how to upcycle clothing into functional projects using innovative sewing techniques with special Rangatahi Upcycling Sewing Classes.

We have loads of free programs every week and this month, these special events are:

- Creating Charismatic Characters: Author talk with Megan Nicol Reed and Gavin Strawhan
Book sales and signing will be available.
Thursday 4 June
5.30pm – 6.30pm
- From Trash to Treasure Waste Workshop with Trash Free Taiaotea
Thursday 11 June 5.30 – 6.30pm
- From Trash to Treasure Waste Workshop for Mandarin speakers
Saturday 13 June 10am -11.30am



- Love Food Hate Waste Microgreen and Sprout Growing Workshop
Sunday 21 June 2.30pm – 4pm. Bookings at compostcollective.org.nz
- Screen Smart Parenting Talk in Mandarin
Friday 26 June 10.30am – 12pm

Calling all teen budding writers to our Sunday Intergenerational Writing Workshops in July with Jo Emeney.

July 12, 19 (10-12.30) & July 26 (10-1.30)

Work alongside older adults to create memoirs, short stories, creative non-fiction and poetry.

Email rosandjo@gmail.com with your name, address, phone number and ability to attend all three sessions.

Want a quiet space to read and relax, we have Quiet Hour every Wednesday during school terms from 1 – 2pm in the Children's, Teens and Makerspace zones.

Digital Together at Your Local Library

All libraries now offer support with digital council services—making it easier for you.

We can assist you with an My Auckland account so you can report problems, register dogs and more online. We will be closed on Monday 1st of June for the King's Birthday holiday.

For all our upcoming program and events, please make sure you follow us on Facebook, visit aucklandlibraries.govt.nz, or email ecblibraryevents@aucklandcouncil.govt.nz to receive the monthly events brochure by email.

Happy mid-year to everyone and we look forward to seeing you in the library soon.



16 Year Old Emily's Story

This photo was taken on Emily's 16th birthday - giving her very first donation at Constellation Drive Donor Centre.

She knew she wanted to donate as soon as she could - and she did it all thanks to her mum, Shea. Since she was a baby, Emily remembers watching her mum donate.

Inspired by her, she couldn't wait to follow in her footsteps.

Emily says "To be able to help someone who I don't even know with such a simple and easy act is a privilege I feel incredibly lucky to have".

What a way to celebrate your birthday!

New Zealand Blood Service

t: 09 520 8186

65 Constellation Drive, Rosedale, Auckland 0632



Torbay Theatre News

Our June Club Night will be held on Saturday 13th June at 7:30pm in the cosy Gate Theatre at the Torbay Community Hall.

These popular evenings are always full of fun, variety and community spirit, with short performances ranging from music and comedy to theatre, poetry and improvisation. Whether you would like to perform or simply enjoy the entertainment, everyone is welcome.

Entry is a \$2 gold coin donation, and performers can register their interest by emailing clubnight@torbaytheatre.com.



Photos from Jenny's children's classes

STAGE DOOR PERFORMING ARTS presents:

"Finding Oli-Ompompom"

An interactive show for kids of all ages to be staged in the July school holidays.

This promises to be a fun-filled frolic featuring wonderful characters all searching for the legendary "Oli-ompompom" who, according to unreliable reports, lives at the end of the rainbow.

Auditions will be held on Saturday 30 May at the Gate Theatre, Torbay Community Hall, from 10.30–11.30am. Children aged 5 to 12 are welcome to come along to audition.

Please email jennywhisken@gmail.com to secure an audition slot, also keep an eye out for news on social media.

www.facebook.com/stagedoorperformingarts

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



BACKSTAGE CLUB

Backstage Club continues to be a welcoming and busy part of our theatre community, meeting every Wednesday morning from 10am–12pm at the theatre. From set building and painting to costumes, props and all things backstage, there is always plenty happening – along with good conversation and lots of laughs.

Whether you have theatre experience or simply want to get involved and meet new people, you are warmly invited to drop in and see what we do.

For more details, or to join:

www.torbaytheatre.com

See also: Facebook/Insta, or ph 022-097-4106

35 Watea Rd, Torbay

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LONG BAY COMMUNITY CLEAN UP

Lets work together to keep Long Bay
looking beautiful!

Saturday
20th June
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

Bukhara 88 Te Oneroa Way	09 971 1100
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
Surf Club Long Bay 4/56 Bounty Rd	09 473 0908
Birds of a Feather 1/56 Bounty Rd	09 220 2116

Gifts

White Sands Interiors Village Square	027 389 5757
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Laundromat

Spin Fresh Laundromat 89 Te Oneroa Way	
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Hair Care

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

Unichem Long Bay Pharmacy

Quality advice and care 55a Glenvar Ridge Rd	09 553 8773
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Lumino For dental health care

57 Glenvar Ridge Road	09 473 1400
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Nom Original Thai Massage

55a Glenvar Ridge Rd.	021 389 991
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Real Estate

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

Harcourts For community living

mingliu.co.nz	027 519 6826
--	--------------

Supermarket

New World

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

Wine Shop

Liquorland

Large range of wines, spirits and beers 7/88 Te Oneroa Rd	09 473 0065
--	-------------

Vet Clinic

Evening Vet

1/89 Te Oneroa Way	09 217 9249
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COMMUNITY IS EVERYTHING



Some lovely moments from our community celebrations over Easter and Mother's Day. It was wonderful to reward the creativity of our younger generation and celebrate the amazing mothers and mother figures in and around Long Bay at BestStart Kindy.

OUR AWARDS



We're incredibly proud to have achieved the Titanium Award for 2025-2026, a reflection of our team's commitment, consistency, and high standards. A huge thank you to our amazing clients and community for your trust and support. We couldn't have done it without you. We're motivated more than ever to continue raising the bar and aiming for this achievement again next year.



★★★★★ 5 Star Rated by Rate My Agent

WORK WITH THE BEST



When the banks can't help

Renovating should add value to your home, not create long-term financial drag by stretching a short-term project across your entire mortgage.

When most people think about funding a home renovation, they go straight to their mortgage, top up the loan, spread it back out over 25-30 years, and call it a day.

However, in some cases this may not be the best solution financially, or if you are "equity trapped" (meaning your current mortgage balance is at or above the bank's loan-to-value ratios) it may not even be an option at all. Especially with house prices flat or declining over the past year a lot of homeowners have found themselves in this pickle, especially if they have bought near the property peak.

What many people don't realise is that there are other ways to fund renovations without refinancing your entire home loan. For smaller to medium-sized projects like kitchens, bathrooms, landscaping, heat pumps, roofing, or even urgent maintenance, shorter-term lending can sometimes make more financial sense than adding the cost onto a 30-year mortgage.

While mortgage rates are often lower, spreading a \$20,000–\$50,000 renovation over decades can significantly increase the total amount repaid over time. In some cases, a slightly higher interest rate over a much shorter term may actually cost less overall and help homeowners clear the debt faster.

Another challenge with traditional bank lending is speed and flexibility. Renovations rarely go exactly to plan – quotes change, hidden issues appear behind walls, and costs can escalate quickly once work begins. Banks often require detailed quotes, valuations, consent documentation, and lengthy approval processes before releasing funds, which can slow projects down considerably.

Alternative lending solutions can sometimes provide a more practical option, particularly for homeowners needing to move quickly or bridge a funding gap mid-project.



In some cases, homeowners may also be able to leverage other assets such as vehicles, equipment, or investments rather than relying solely on home equity. This can be especially useful for self-employed borrowers or families who have strong income and repayment ability but limited usable equity in their property.

The key takeaway is that renovation lending doesn't always have to mean refinancing your mortgage.

Whether it's a bank, specialist lender, or a combination of both, understanding all the available options can help homeowners structure renovations in a way that works for both their home and their long-term financial position.

MTF Finance Albany – 7G Triton Drive, Rosedale
09 954 1334
albany@mtf.co.nz
mtf.co.nz/albany



Kitchens last decades, paying for it shouldn't...

Renovating should enhance your home and lifestyle, not create long-term debt by bundling short-term costs into a 25-year mortgage. Speak with us to see how we can help fund your next project with sensible terms & local service.



Tidepool Discovery Week

Get ready to discover the hidden world beneath the waves! From 13–19 June 2026, MERC’s Tidepool Discovery Week is bringing our local community together to explore the incredible intertidal coastline during some of the year’s best spring tides.

We have family-friendly events happening across Auckland and this is your chance to get hands-on with sea stars, crabs, anemones and other fascinating marine life found in local tidepools. Guided by MERC’s experienced instructors, explorers of all ages will learn how to safely navigate tidepools, identify marine creatures, and help protect our fragile coastal ecosystems.

Schools and youth groups can also book customized tidepool adventures, with the educational outcomes as a priority and tailored to what you are learning in the classroom.

We have events happening in Takapuna, Long Bay and Waiake and Army Bay. Don’t see your local beach?

Let us know and we may be able to add it to our event list.

Whether you’re a curious first-timer or a lifelong ocean lover, Tidepool Discovery Week is your invitation to step into Auckland’s underwater world – no snorkel required!

For more information or to book please visit our website - <https://merc.org.nz/tidepool-discovery-week/>



Have you ever wondered what lies beneath the tides?

COME AND EXPLORE WITH US DURING OUR

Tide Pool Discovery Week

13–19 June 2025

PROUDLY SPONSORED AND RUN BY:



Catherine Liu & Team

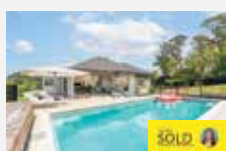
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Migrant exploitation in New Zealand

For many people who move to New Zealand on temporary work visas, the chance to build a better future is full of promise. But unfortunately, some migrant workers find themselves in workplaces where they are treated unfairly or even unlawfully. This is **migrant exploitation**—and it is against the law. Migrant workers have **the same minimum employment rights as New Zealand workers.**

What is exploitation?

Exploitation can take many forms. Some workers feel pressured to accept poor treatment because they are worried about their job or visa.

Examples of exploitation can include:

- Bullying, intimidation, or harassment
- Employers taking passports or travel documents
- Being charged excessive amounts for food or accommodation
- Being forced to live in overcrowded or substandard housing
- Not being paid correctly—or not being paid at all
- Being asked to pay money in exchange for getting or keeping a job

- Threats against the worker or their family members

This behaviour is illegal and support is available.

Migrant exploitation should be reported to Employment New Zealand. Interpreters are available.

A visa designed to protect workers

If a migrant worker holds an Accredited Employer Work Visa (AEWV) and needs to leave their job because of exploitation, they may be able to apply for a Migrant Exploitation Protection Visa. This visa allows workers to leave an exploitative employer quickly and stay legally in New Zealand while looking for work. Workers must report the exploitation to Employment New Zealand. If the situation is confirmed, they will receive a letter that can be used to apply for the protection visa through Immigration New Zealand.

Support while finding a new path

Leaving a job due to exploitation can create financial stress, and the Migrant Exploitation Protection Visa does not automatically provide financial support. There may still be options. Information about this support is available from Work and Income.

A law protecting workers' wages

Recent changes to the law made it a

criminal offence for employers to intentionally withhold wages or deliberately fail to pay workers what they are legally owed.

Knowing your rights matters

If you're unsure about your situation—or concerned about someone else's—it can help to talk to someone who understands the system and, can guide you through your options. Many of the interviewers/volunteers at the CAB Browns Bay are bi/multi-lingual and have knowledge. Please call in and ask for their advice.

Citizens Advice Bureau Browns Bay
 Phone: 09 479 2222 or 021 896 985
 Email: manager.brownsbay@cab.org.nz
 1-5 Clyde Road, Browns Bay, Auckland

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



- ✓ Sunday 21st June
 - ✓ Sunday 19th July
 - ✓ Sunday 16th August
- *** Planting Day ***

Join our volunteer working bees to transform the Vaughans Stream corridor:

- Weeding
- Planting
- Managing pest plants
- Connect with locals & enjoy the environment



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



Restore
 Hibiscus & Bays

RESTORATION WORK



Why choose us for your child?

We have an extremely stable team of 14 qualified teachers with a combined 120+ years of experience.



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.



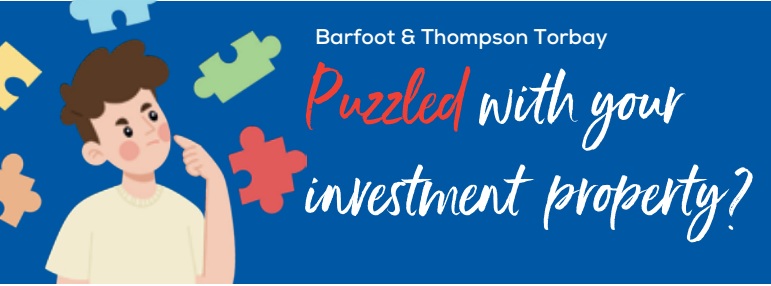
Children's Ark 282 Glenvar Road, Torbay

www.childrensark.co.nz

09 473 0242

Quizzes

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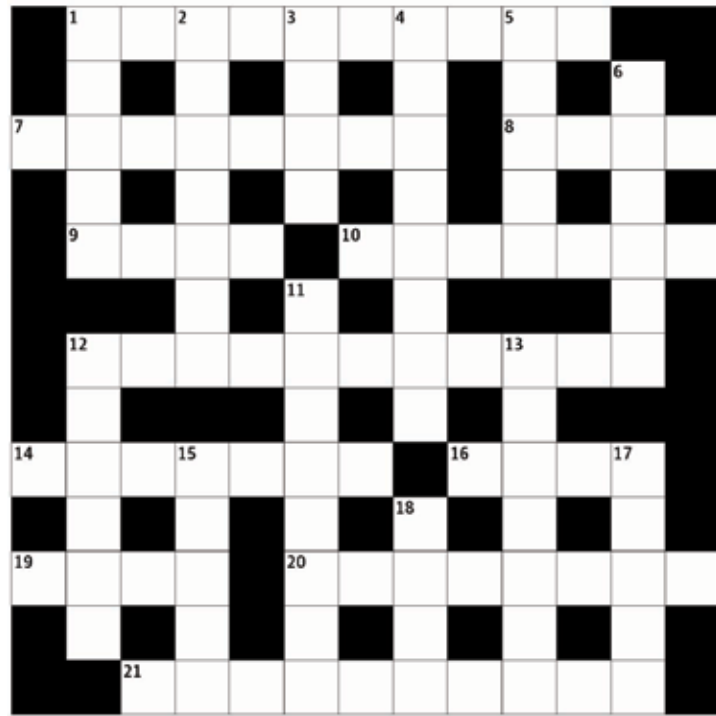
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| EMIRATES | DELTA | AIR NEW ZEALAND |
| AIR CANADA | MALAYSIAN | HAWAIIAN |
| EGYPTAIR | AIRCALIN | SINGAPORE AIR |
| AER LINGUS | OLYMPIC | VIRGIN |
| ETIHAD | QATAR | UNITED |
| FINNAIR | AIR FRANCE | JETSTAR |

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

HEYHALT

25 good, 30 very good, 35+ excellent

CROSSWORD



Across

- 1 Northern European capital city (10)
- 7 Parts of speech (8)
- 8 Probability of occurrence (4)
- 9 Diplomacy (4)
- 10 Unpaid debts (7)
- 12 South American Capital city (6,5)
- 14 Study in some detail (7)
- 16 Famous female singer or actress (4)
- 19 Tidy (4)
- 20 Involving excited activity (8)
- 21 South Pacific capital city (10)

Down

- 1 Unit of measurement of precious stones (5)
- 2 Admired, stylish way of doing things (7)
- 3 Small Pacific island (4)
- 4 Nationality of Mozart (8)
- 5 Run away to marry (5)
- 6 Loves very much (6)
- 11 Praising oneself and ones achievements (8)
- 12 Often carries by demonstrators (6)
- 13 Clothing (7)
- 15 Wood or metal shaping machine (5)
- 17 Not a citizen of the country (5)
- 18 Capital city in the Alps (4)

SUDOKU

	9		4					
		8	6					7
4	1						8	
			6					9
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	5						3	2
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CHOOSE US TO MANAGE YOUR PROPERTY

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BARFOOT & THOMPSON
PROPERTY MANAGEMENT

Gluten free, dairy free, sugar free (only natural sugars used)

I have become very interested in "alternative" ways of baking for the increasing number of people who are intolerant to some basic foods. If you are not gluten intolerant, then by all means use SR flour. It is the gluten in the flour which binds the mixture, without gluten often they are crumbly. I found the "fibreousness" of the beetroot and the banana helped with the binding. I hope these recipes work for you.

Red Velvet cupcakes

Ingredients

1 medium beetroot cooked and grated
250 grams olivani
250 grams dates – blitzed to a paste
3 eggs
1 teaspoon baking soda
1 tablespoon cocoa
250 grams coconut flour (or any flour alternative)

Method

Cream the Olivani and the dates together.
Add the beetroot and mix well
Beat in the eggs.
Stir in the flour and the cocoa.
If mixture seems a bit stiff add some orange juice.
Place into muffin tins
Bake at 175°C fanbake for 12-15 minutes (depends on size of muffin tins.)



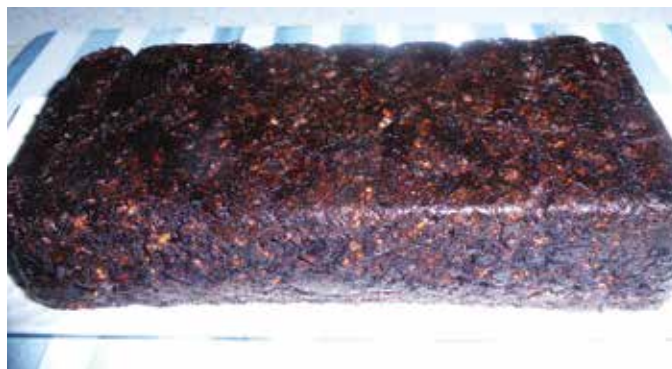
Cake (can't think what to call this one!)

Ingredients

200gs dates
120 grams oats
2 ripe bananas
2 eggs
1 teaspoon baking soda
Pinch salt.

Method

Put oats and baking soda in a bowl.
Mash the bananas and mix in.
Blitz the dates in a blender and mix in.
Beat the eggs together.
Stir in the beaten eggs.
Place in a loaf tin. This type of cake bakes better as a large cake than as small cakes.
Bake for 35 minutes 175°C fanbake.



Three hints for using your microwave

Cooking brown rice

I love brown rice, but it is a pain because I like to cook it for 45 minutes in the microwave.

To save time I microwave enough rice for 5 meals and cook for the required 45 minutes.

I then use one portion for the meal that day and bag the other four portions. They will keep 5 days in a fridge if you can freeze them.

Reheat when needed.



Warming plates

If I am having a hot meal, I like hot plates. I cannot bear the food growing cold quickly.

However, juggling the oven to fit in plates around a cooking meal is hard.

Place the plates in your microwave with a ½ cup of water (most important) and heat for one minute per plate.

Leave in microwave with door closed until needed.

Works a treat!



Cooking onions

If you are trying to watch your cholesterol levels rather than frying onions prior to using in a casserole do this instead.

Chop you onions and spread over a plate. Lightly sprinkle with salt.

Microwave for 5-6 minutes (depends on how large the onion pieces are) and until they are soft.

They can then be placed into the casserole, no messing frypan and no oil.



Torbay & Long Bay Medical Centres

f follow us on facebook

Ask us about Manage My Health

IT'S OKAY TO TALK: SUPPORTING MENTAL HEALTH LOCALLY

At Torbay and Long Bay Medical Centres, we believe mental health is just as important as physical health—yet it's often the area people find hardest to talk about. In a strong community like ours, it's easy to assume everyone else is coping well, but the reality is that many people experience stress, anxiety, low mood, or burnout at different points in their lives.

As we move into the cooler months, changes in routine, shorter daylight hours, and less time outdoors can all affect how we feel. It's common to notice dips in motivation or energy, and for some, these changes can become more persistent. Recognising these early signs is an important first step. Feeling overwhelmed, withdrawing from others, changes in sleep, or losing interest in things you usually enjoy are all signals that it may be time to check in with yourself—or someone you trust.

One of the most effective ways to support mental wellbeing is through connection. A simple conversation with a friend, neighbour, or family member can make a meaningful difference. Staying engaged in community activities, even in small ways, helps reduce isolation and builds a sense of belonging. In the bays, we are fortunate to have many opportunities to stay connected, whether it's a walk along the beach, a local group, or a shared coffee with someone you trust.

It's also important to remember that you don't have to manage everything on your own. Seeking support is a sign of strength, not weakness. Our teams at both Torbay and Long Bay Medical Centres are here to listen without judgement and to work with you to find the right support. If you need support, you can contact our clinic on 09 477 9000 to speak with our team. You can also reach out anytime to the free national service by calling or texting 1737, where trained counsellors are available 24/7 to listen and support you.

For parents and caregivers, mental health conversations are equally important for young people. Creating an environment where children and teenagers feel safe to express their feelings can have a lasting positive impact. Sometimes, simply asking "How are you really doing?" and taking the time to listen can open the door to meaningful support.

Looking after your mental health doesn't always require big changes. Small, consistent actions—getting enough rest, spending time outdoors, limiting screen time, and maintaining routine—can all contribute to a more balanced state of mind.

As a community, we are stronger when we look out for one another. If you or someone you know is finding things difficult, please reach out. At Torbay and Long Bay Medical Centres, we are here to support your wellbeing every step of the way.

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS

CONNECT

TALK & LISTEN.
BE THERE. FEEL CONNECTED

BE ACTIVE

DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR HOOD

Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE

TAKE NOTICE

REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES.
SEE OPPORTUNITIES. SURPRISE YOURSELF

Mental Health Foundation
1800 131 1310 675
www.mentalhealth.org.au

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

Debbie's Story

I have done training with Lynne for many years.

I attended her large group classes in the past, when she was running a large group, at a church community hall in Torbay, and found them to be fun and encouraging. I have engaged and done her small group classes, which are intimate and challenging and would suggest them to anyone who is fairly fit and able, without knee replacements or other health issues. If you can move more freely, think about joining her small group, they are fantastic.

I am still training with Lynne, presently doing personal training, which is focussed and life changing.

I am always astounded at the depth of Lynne's knowledge, skills, and experience. I am always touched by how deeply she cares about her clients. Lynne's skills and knowledge cannot be exaggerated.



A little while ago, at the end of 2025, I had a more serious fall. But I found myself strong enough to pull myself up. Getting myself up, for me was an eye-opener on the importance of stretching and strengthening. If I hadn't learn to stretch and strengthen the correct way, with Lynne guiding me through little tweaks to suit my body, my injury would have been more serious.

I had several stitches in my knee and

wondered how I would do my exercises, because I didn't want to lose what I had gained.

I need not have worried. It all worked out perfectly, as Lynne did seated chair exercises with me, without having to work my legs. We did core, inner thigh, pelvic floor, arms and buttock moves, with stretching.

It is astounding the knowledge of chair work Lynne has and how she was able to work around my knee injury.

I have been taught to allow my body to move with fuller range of motion, and without this, my fall would have been worse.

I am now a great advocate of stretching especially, and more so than ever now. Investing in my health, but more so my fitness, to ensure that I go forward in years, strong and able to move more freely, is the best choice I made.

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.

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The Biometrics Method Corrective Exercise Specialist | Sports Advanced & Remedial Massage Certified



✉ lscott@thebodytonicgroup.com  [thebodytonicgroup](https://www.facebook.com/thebodytonicgroup)  [thebodytonicgroup.com](https://www.thebodytonicgroup.com)

Lynne Scott - 021 204 3280

Why Clarity And Advice Matter In Estate Planning.

When Mark's Aunty Beth moved into a retirement village, she made a new will and enduring powers of attorney. As she didn't have any children of her own, she appointed Mark - one of her six nieces and nephews - to be her attorney, because they were especially close.

She intended for all her nieces and nephews to benefit from her estate when she passed, but wanted Mark to receive more, given he'd been good to her over the years. Beth decided to leave her share portfolio to all her nephews and nieces, divided between them. Mark would also receive the residue which would include any money in her bank accounts and the money she got back from the sale of her apartment in the village.

A few years later, Beth had a fall and broke her hip. It wasn't possible for her to go back to her independent apartment. She spent some time in the hospital part of the village, but her health started to rapidly decline, and the village suggested that she be assessed. The assessment noted a marked cognitive decline, as well as the physical. Mark was called in to discuss the next steps.

The village now had care suites that could be purchased - this would still give Beth a lovely independent room of her own but would also mean that she would get the care that she needed. The cost of the care suite was relatively significant. The village had said that it could be paid for from the sale proceeds of the apartment when it was eventually sold, but because Beth had purchased the apartment when it was relatively cheap, she would still need to pay a top up amount to the village to cover the cost of the care suite. Mark contacted the investment advisors and withdrew enough from the portfolio to purchase the care suite and enough to pay for Beth's care on an ongoing basis, as the weekly care cost was large and Beth didn't qualify for the residential care subsidy. When the care suite sold Mark decided to just put them in a term deposit in Beth's name as the share market was a bit shaky and he thought it was better to go "safe" in the meantime.

Sadly, a few months later, Beth passed away. Mark went to see her lawyer and found that he was appointed executor of her estate together with the lawyer. He saw that he had been left a sixth of the share portfolio as well as the residue of her estate. Mark explained to the lawyer that there was hardly anything left in the share portfolio as the



money had been withdrawn to pay for the care suite and that he had invested the apartment proceeds in the bank. The lawyer told Mark that because Beth had specifically said that her nephews and nieces were to get the share portfolio and he receive the residue, he would now get the lion's share of her estate.

Mark was distraught. He had not meant to reduce the amounts that his cousins would receive from Beth's estate and genuinely thought he had been doing the right thing for Beth. He also had no idea about what was in Beth's will. He knew at least one of his cousins would be furious about receiving less than she would have if the share portfolio had remained intact, and he braced himself for a will dispute and an investigation into his actions as Beth's attorney.

This highlights the importance of being transparent when updating your will and involving those affected in the discussion, helping to reduce the risk of misunderstandings and unintended consequences.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Protecting Family Assets *For Future Generations.*

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

Thoughtfully navigating modern family dynamics when planning your generational wealth transfer helps prevent future conflicts and ensures everyone's intentions are respected.

A specialist can guide you in finding the right structure tailored to your needs. Protecting your family's wealth for generations to come.

Contact our Trusts and Wealth Protection Team for specialist asset structuring and planning advice.

Crazy comedy feature by local filmmaker Christian Nicolson

Local artist/filmmaker, Christian Nicolson, soon celebrates the 10th anniversary of his feature film, 'This Giant Papier Mache Boulder is Actually Really Heavy', playing at Devonport's Vic Theatre, Sunday 28th June, which will include a directors Q and A.

The movie is about 3 ordinary guys who get sucked into a parallel universe of B-grade sci-fi and go on a perilous adventure to get home. It's filled with space battles, giant lizards, kooky robots, Amazon women. It cost \$100,000 to make, which Christian self-funded and made it over a period of 4 years. Building most of the props and sets himself, his wife made costumes and did the catering. It was the biggest creative challenge of his life.

It was written by Christian and his brother-in-law, Andrew Beszant, for a competition called Make My Movie and the winner got \$100,000. Christian came second and decided to make it anyway, with his own money. He had an art sale,



bought a Red camera (like Peter Jackson uses) and got to work making stuff, auditioning cast, building sets and finding locations. It got into several film festivals worldwide, won multiple awards and got a cinema release in New Zealand and the US. Christian was contacted by mega movie producers Lord/Miller (directors of Project Hail Mary) to have a meeting. He pitched his next movie, which was considered for months until they got busy with other, more important projects like the Lego Movie and Spiderman. But it was a fun moment, though. Currently, Christian is involved in many other projects and is developing his next feature... 'Space Warriors in Space'. Come see this fun film at The Vic in Devonport on June 28th.

Watch the trailer and buy tickets www.thevic.co.nz/movie/thisgiantpapiermacheboulderisactuallyreallyheavy

Torbay Tennis Club men's coffee group

Several years ago, members of Torbay and Mairangi Bay clubs started a Thursday morning men's tennis/coffee group. This has continued to grow so Torbay Tennis Club decided to make it a permanent fixture on the club's roster. Every Thursday, this ever-growing group of players, aged from 30 to 80+ years, gathers at Torbay Tennis Club from 7.30 am to play doubles tennis.

At the end of the morning, a trophy called the Colin Bishop



trophy, created as a memorial to one of their fallen comrades, is awarded to a deserving player. This is awarded for anything from the best player to the best serve or sometimes, the brightest shorts or the most enthusiastic victory! It is a testament to lasting camaraderie and friendship that welcomes new members with open arms and a warm smile. The tennis is followed by a coffee and catch-

up at the local cafe.

The attitude of the group matches the ethos of Torbay Tennis Club, which is known as a friendly and joyful club. The club would love to see the creation of a similar female coffee group. If there are any experienced players keen to join in this social tennis morning, feel free to come along for a free trial on any Thursday morning. Or just join up! It is only \$99 for this special Thursday morning men's group or just \$320 for full membership, which gives you full access to the club and other sessions. See our website www.torbaytennis.org.nz for the club nights that suit. We have Monday women's night, Tuesday men's night, Wednesday mixed social, Thursday morning men's coffee group, and a Friday social night for juniors, as well as group coaching classes and interclub. We look forward to seeing you soon.



Cultivating Community at Albany Village Library

May was an exciting month at Albany Village Library as we celebrated the successful launch of our new Seed Library. It was fantastic to see community members come along to learn about the project, collect seeds, and share their enthusiasm for growing. The Seed Library is more than just a collection of seeds. It is a way for our community to connect, learn new skills, grow fresh food and flowers at home, and help preserve locally adapted plants for future generations. We look forward to seeing the library continue to grow as more people borrow, grow, save, and share seeds.

As winter settles in, don't let the cooler weather stop you from getting involved in gardening. June is a great time to learn, plan, and connect with others who share a passion for growing. Whether you're an experienced gardener or just starting out, we have some fantastic events coming up.

Microgreens & Sprouts Workshop

Saturday 27 June 2026, 1:00pm - 3:00pm

Discover how easy it is to grow fresh, nutritious microgreens and sprouts at home. Perfect for the colder months, these quick-growing crops can be cultivated indoors and provide a simple way to enjoy homegrown produce year-round.

Our Plant and Seed Heritage Talk

Sunday 28 June 2026, 2:00pm - 3:00pm

Explore the fascinating stories behind the plants and seeds we grow. This engaging talk will look at the cultural,

historical, and community importance of seed saving, and why protecting plant heritage matters now more than ever.

These events are a wonderful opportunity to learn something new, meet fellow gardeners, and be part of a growing community. While winter may slow the garden down, it is often the season when ideas, plans, and connections begin to take root.

For information about our regular programming, follow the Albany Village Library Facebook page, or grab one of our handy brochures when you next visit! We look forward to seeing you at the library this winter!



Working with Wood

My name is Ernie and I live in Torbay.

I am a qualified cabinet maker by trade.

Over the years, I have developed a passion for building handcrafted furniture from solid reclaimed timber, creating unique pieces for both homes and gardens.

Unfortunately, after sustaining a back injury, I have struggled to secure new employment in my field.

Because of this, I started building and selling furniture to help support my family financially, while still being able to use the skills and craftsmanship I have learned over the years.

I really enjoy giving reclaimed timber a second life and creating pieces that are both practical and unique.

Most of my work is custom-made, and I enjoy working with people to create something special for their homes or outdoor spaces.

Check out my facebook or give me a ring if you have something custom in mind, to see how you can access that perfect piece of furniture for your home or garden.

For more information phone me on 0224028721 or visit my Facebook page: Ernie De Lange.



Looking for something unique for your home?
I build handcrafted furniture from reclaimed timber - coffee tables, console tables, shoe racks, cutting boards & more.

- CHEESE BOARDS
- SHOE RACKS
- CONSOLE TABLES
- CUTTING BOARDS
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Health and Wellbeing

Jasmine's Thai Massage – for ladies only. 7 Babbington Place Torbay. By appointment only. Phone 0222474753 or 0224739419.

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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.

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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.

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A Fond Farewell

Earlier this term, the Long Bay Primary school hall was filled with more than students and staff; it flowed with three decades of gratitude. We gathered to honour Julie Butler as she embarked on her well-deserved retirement.

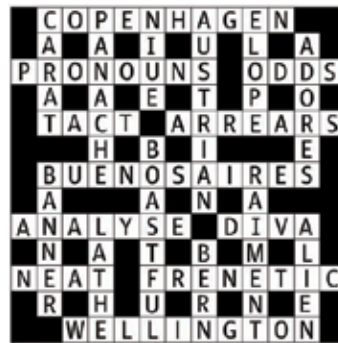
Julie's journey at Long Bay has been remarkably full-circle. Over thirty years, she has shaped the heart of our school through various lenses: as a passionate classroom teacher, a guiding team leader, Assistant Principal and Acting Principal. It was her role as a school parent that provided her with a well rounded perspective across the whole school.

Her fingerprints are visible everywhere. Whether it was her steadfast championing of environmental initiatives or her vibrant creative influence that brightened our school, Julie ensured Long Bay Primary was a place of growth and beauty. While her list of formal achievements is too long to print, her legacy lives in the generations of students she inspired to be curious and kind.

Julie, thank you for your unwavering dedication. We wish you nothing but the very best for this next chapter. You leave behind a school that is better, greener, and brighter because of you.



Puzzle Answers



Word Puzzle

ale, alt, ate, aye, eat, eta, ethyl, halt, hat, hate, hath, hay, heal, health, healthy, heat, heath, het, hey, late, lath, lathe, lay, lea, let, lye, tale, tea, teal, the, they, thy, yea, yeah, yet



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3	9	6	8	4	7	2	1	5
2	1	5	3	8	4	9	7	6
4	3	9	6	7	1	8	5	2
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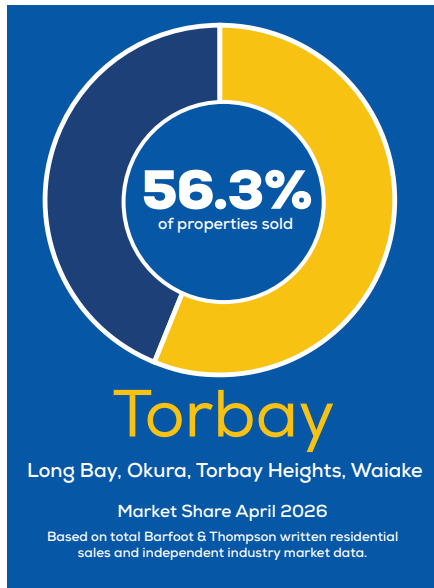
I'm proud to be recognised once again as the #1 Sales Consultant for Harcourts Cooper & Co. Thank you to every seller who's trusted me. It's been an honour to be part of your journey. To those I haven't met yet, I'd love to help you take your next step with care, confidence, and proven results.

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