

focus

Issue 50
July 2026

on community

Long Bay, Okura and Torbay



Euro Patisserie wins “Apprentice of the Year” Award

see page 14



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Young Scientists in Action

It has been an action-packed term of scientific discovery at Long Bay Primary, with our students stepping out of the classroom and into the world to explore everything from ancient innovations to environmental guardianship.

Year 2 kicked off their inquiry into technology with an exciting trip to MOTAT. They explored how inventions evolved over time to help humans survive and make our lives easier. The students realised that the speed of technological change is accelerating!

Energy was the spark for Year 4, who investigated how everything from cars to our own bodies needs energy to move. They enjoyed a visit from Science in a Van, which brought physics to life. The students compared how energy use has shifted in Aotearoa, contrasting traditional Māori geothermal spring use with early settler steam power, right up to modern solar electricity.

Year 5 turned their classrooms into labs to study materials and matter. Through a series of hands-on experiments—including making their own ice cream—they discovered how matter undergoes physical and chemical changes. They also looked at the life cycles of everyday items, learning how recycling and repurposing materials can drastically reduce our impact on the environment.



Science in a Van



Arataki Visitor Centre

Year 6 leaders focused on the future of our planet and its limited resources. A highlight of their term was a trip to the Arataki Visitors Centre, where they immersed themselves in the concept of kaitiakitanga (guardianship). They explored how communities, businesses, and individuals must work together to protect our water, soil, and forests through sustainable practices like reducing plastic waste and creating conservation areas.



MOTAT

Seeing our young learners connect big scientific concepts with real-world local actions has been inspiring. Huge thank you to the parents, teachers, and community hubs that supported our trips this term—you are helping to shape Long Bay's next generation of thinkers and guardians!

Build financial freedom

So, what does financial freedom mean for you? Have you ever considered the possibility? It's an exciting thought and one that could happen!

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Torbay Friendship Group

Torbay Friendship Group meets monthly on the 2nd Wednesday of the month at 10:00am at Torbay Community Centre.

It is a combined group for over 60's to meet and have fun together with monthly excursions, coffee mornings, games events and friendships made along the way.

It is a great way to connect with new people and make new friends.

Everyone is welcome to visit as a guest at the club meeting, or for more information contact us on email at torbayfc@gmail.com or Phone 0226910481

Vanessa McBain

Torbay Friendship Club

focus

on community

Delivered to 7200 homes and businesses in Okura, Long Bay, Torbay and Waiake monthly.

Carole 09 473 3259 or editor@focusoncommunity.co.nz.

editor's letter

July 7th is World Chocolate Day.

Chocolate is one of those things that hardly anyone can resist, whether it be white chocolate, milk or dark chocolate.

Might be a great idea to buy some chocolate on that day and share it around friends and family - it's always good to show people you are thinking of them and appreciate them, and what better way than with chocolate!

I had lots of comment last month on the cover photo. Sandra had worked at the Torbay Medical Centre for many years on reception and was a well known figure in the community and people loved to see her "hobby" and her family.

That's the great thing about community magazines they should reflect the community that they are in. People want to read about people they know, places they can go and things they can do.

The cover photo is always to me one of the hardest parts of laying out the magazine. Some months I have wonderful photos from Long Bay primary, MERC and other contributors and it is so hard to choose the best one. Last year I featured a photo from Long Bay Primary of a colour run they did. I had this funny photo of two girls sitting in large plastic buckets covered in coloured paint.

I remember that one because the printing company actually phoned me up to say it was the best cover photo they had seen in all their printing of magazines.

So, keep on sending in your stories and letting me know if anything special is happening so we can share the good news with everyone.

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259



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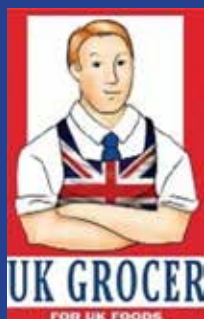
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Recognizing the history of Waiake

The beach used to be known as McGowan's Beach, after Anstruther McGowan, who came to Torbay in the early 1900's. He owned a large block of land fronting the beach and extending right up the south of the creek to the falls. He called the area Torbay because it reminded him of Torbay in England – (many academics living there). After his death in 1936, his house 'Ellangowan' and the land bounded by beach, Deep Creek Road and the creek, were bought by Selwyn Aickin. Now called Aickin Reserve to be used for children's sports. It became the land for the Torbay boating club.

Mayor Kendall's Tea Rooms' opposite Waiake Beach, were closed because the 'Permit' Tea Rooms were operating on the beach.

On the beach there were also were baches mostly owned by a group of university professors who shared a tennis court.

In 1937 the scow 'Rangi' was on a voyage from Omokoroa, Tauranga to Auckland with a cargo of timber. The crew abandoned the vessel when she overturned, made a hazardous journey in the dinghy, when it too was swamped. Two young members of the crew were washed ashore near Torbay. Read more about this from the newspaper cutting at the Homestead.



FOR HIRE

The Vaughan Homestead, Nothern End Long Bay

A quiet spot with fantastic views

Contact The Torbay Historical Society

President – Bill Ellis Secretary: Barbara Ellis - 473 6482

Email: thsinc22@gmail.com

Website: torbayhistoricalsociety.n8.nz

Local Expertise | Local Knowledge | Results



**Top Awards
Achiever
for Torbay**



Wendy's update

During May Auckland buyers returned to the market in strength – sales numbers and sales prices increasing resulting in a modest growth.

Open homes and general inquiry has been busy in the past month in our area. The amount of homes for sale in Torbay/ Waiake is at a low – it is a great time to consider selling, the buyers are waiting and wanting!

Whether you are exploring your options, preparing to make a move, or simply keeping an eye on the market 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 May 2026



**PROPERTIES
FOR SALE**

73



**PROPERTIES
SOLD**

17



\$650,000

LOWEST VALUE SALE



\$1,710,000

HIGHEST VALUE SALE

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Staying Safe from Scams: A Message from New Zealand Police

As our community becomes increasingly connected online, New Zealand Police are seeing a continued rise in scams affecting everyday people across the North Shore. This winter, we're encouraging Long Bay/Torbay residents to stay vigilant and take a moment to think before responding to unexpected messages, calls, or requests for money.

Scammers are becoming more sophisticated, often posing as trusted organisations such as banks, courier companies, or even Police. These messages may arrive by text, email, phone call, or social media, and often create a sense of urgency—claiming there is a problem with your account, a missed delivery, or a payment that needs immediate attention. Their goal is to get you to act quickly without stopping to verify the information.

A good rule of thumb is simple: if something feels off, it probably is. Police encourage you not to click on links in unexpected messages, and never provide personal or financial information unless you are certain who you are dealing with. If contacted by someone claiming to be from your bank or another organisation, hang up and call the official number directly.

We are also seeing cases where scammers impersonate family members or friends, asking for urgent financial

help. These can be particularly distressing. If you receive a message like this, take a moment to verify it by contacting the person through another method before taking any action.

If you believe you have been targeted by a scam, report it. Even if no money has been lost, your information can help Police and partner agencies track patterns and warn others. You can report scams through 105, and Netsafe also provides support and advice for online safety.

Scammers rely on trust and quick decision-making. By slowing down, staying cautious, and looking out for one another, we can protect ourselves and strengthen our community.

Together, we can make this a safer place—both offline and online.

*Constable Simon FOX SFDU46
Browns Bay Community Officer |
Auckland | New Zealand Police
Clyde Road, Browns Bay,
Auckland 0630
Safer Communities Together*



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Family 2 Family

Family 2 Family is an annual campaign we have been a part of for the last 6 years.

Together with the community our goal is to raise food donations for those in need in our local community.

We are proud to have partnered with De Paul House the last few years! De Paul House are an amazing organization, based here on the North Shore. It provides housing and support services for those most vulnerable in our community, focusing on families with dependent children. They have been particularly thankful for the support this year as their community pantry supplies are very low.

This year our goal was 200 bags!

The logistics of the campaign work in three different ways, The community could help by:



1. Grab a bag from NWLB - fill up with non-perishable groceries and drop back to our instore donation bin
2. Grab a pre-filled \$20 bag and donate at checkouts
3. You can donate and buy bags online and even swap those New World dollars into donations!

Thanks to the incredible generosity of our community, 178 bags were donated to support families through De Paul House.

While we didn't quite hit our original target of 200 - Marcus and I have topped it up with another 40 bags (\$800 dollars worth of groceries), bringing the final total to an amazing 218 bags - that's \$4,360 worth of groceries heading to families who need it most.

At a time when many are doing it tough themselves, the kindness and generosity shown by our community has been incredibly special.

Alex Te Brake (Ally) New World Long Bay
55b Glenvar Ridge Road, Long Bay

Mānawatia a Matariki

Reflecting, remembering, and honouring those that we have lost this Matariki.

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Erica's Editorial

Hon. Erica Stanford

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

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

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

National

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EDUCATION

Since I became a Minister, I'm incredibly proud we've reached a major milestone of funding almost 1,400 new classrooms.

We inherited a school property system nearing crisis, with cost blowouts, maintenance delays, and uncertainty for schools.

Some classrooms were in such poor condition that mushrooms were growing in them. No student deserves to learn in such an environment.

Budget 2026 funds the redevelopment of up to 10 schools and delivers up to 232 new classrooms, while saving \$300m through offsite manufacturing and reinvesting it back into schools.

Schools are also being helped to go even further, with solar panels for up to 500 schools.

This is about fixing the basics and building the future.



GET INTO THE TRADES

Trades Academy places are set to double, increasing from 10,000 to 20,000, giving more students the opportunity to develop practical, job-ready skills while still at school.

This means greater access to hands-on learning, real industry experience, and clear pathways into apprenticeships, further training, and skilled work.

For the first time, vocational subjects will be fully integrated into the qualification system and designed in partnership with industry.

There is also increased investment in developing new vocational subjects as part of New Zealand's refreshed senior secondary qualifications.

From construction to the primary sector, students will gain the skills employers are looking for.

HAVE YOUR SAY



Auckland Transport is proposing changes to the East Coast Road and Spencer Road intersection. Their intention is to make it safer and easier for everyone to use.

The proposal includes installing traffic lights, a new footpath, relocating bus stops and shelters, adding broken yellow lines near the intersection, and introducing new school bus stop routes.

What do you think about the proposal? Below is the link to read all the details and have your say by 25 July 2026:

<https://haveyoursay.at.govt.nz/ecr-spencer-safety-improvements>

NEED HELP?

Dealing with government departments can be challenging. We often hear from people who are struggling to make progress with ACC, IRD, MSD, Auckland Council, and many others.

If you're finding yourself in a similar situation, we're here to help where we can. Please feel free to get in touch with my office.

Take care,

Erica

MERC - Honouring Matariki

Gathering together, mourning those we have lost during the past year, looking forward to the year ahead, reconnecting with the environment. All great things for us all to do and Matariki is the traditional time in Aotearoa/New Zealand to do this.

Wanting to honour Te Tiriti and encourage the community to lean into Matariki, we've been putting on Matariki events since 2019. Matariki becoming a public holiday in 2022 provided us all with an opportunity to set the weekend aside for each other. For MERC this has let us put long weekend Matariki camps for all to come, learn and celebrate. As Matariki follows the lunar calendar, like the timing of Easter and Chinese New Year, it occurs at slightly different times each year when compared to the gregorian calendar.



This year the Matariki viewing period is 8-11 July, with 10 July being the public holiday. Our Matariki weekend camp runs from 10-12 July.

This year we are so grateful to receive the support of Hibiscus and Bays Local Board and New World Long Bay allowing us to offer over \$260 of value for \$100 per adult or \$75 for kids. We'd love to spend the weekend with you.



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**LIVE LOCAL.
LIST LOCAL.**

X marks your vote!

Every general election year, the CAB supports many people with information and advice. CAB's across Aotearoa play an important role in helping people to understand and participate in the election process. This support will be especially important considering the changes to voting rules this year. CAB volunteers can advise people on the following:

- explaining how to enrol,
- to check or update enrolment details,
- helping people understand where, when, and how to vote,
- providing guidance for first-time voters or people unfamiliar with the election process,
- supporting people to access enrolment services, including completing forms or uploading documents,
- helping people understand their options for advance voting, overseas voting, or voting outside their electorate,
- supporting disabled people to access voting services,
- explaining how personal information is collected and protected by the Electoral Commission, and,
- how to go on the unpublished roll

Some important election dates to be aware of include:

6 August – Last day for Māori who are already enrolled to change roll types.

4 October – Election writ issued; anyone enrolling after this date will require a special vote.

21 October – Overseas voting opens.

25 October – Final day to enrol to vote.

26 October – Advance voting begins.

7 November – Election Day.

27 November – Official election results declared.

Key Changes for 2026. There are significant voting rule changes for this election which may impact many clients. Enrolment deadline now applies before voting - people must now be enrolled by midnight on 25 October 2026 to vote. Unlike previous elections, people will no longer be able to enrol during the advance voting period or on election day. People enrolled in the wrong electorate will only be able to cast a party vote, not an electorate vote.

If you require advice on any aspect pertaining to casting your vote in the upcoming general election, call in and see one of the friendly interviewers at the CAB Browns Bay.

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 0630



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restorehb.org.nz/planting-days



*With many hands the
work will be done
He rau ringa, e oti ai*



Tired but wired?

Feeling overwhelmed, running on empty, or struggling to switch off at night? Stress doesn't just affect your mind; it impacts your nervous system, sleep, energy, and mood.

In winter, many people feel more depleted, yet push through without the support their body needs.

At Max Health, we focus on restoring balance, supporting your nervous system, improving sleep, and helping your body respond to stress more effectively.

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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.



Children's Ark 282 Glenvar Road, Torbay
www.childrensark.co.nz
09 473 0242

Torbay Garden Club celebrates Matariki

Albeit ahead of schedule, Matariki was celebrated in style at our June meeting. Bianca Fallon, our guest speaker, opened our meeting with a karakia (blessing) followed by a pepeha, introducing herself in Maori citing her ancestral ties to her geographical landmarks and tribal waka. Bianca is a Mauri Rongoa, or healer, using the traditional Maori system of holistic healing involving herbal remedies, spiritual healing and traditional bodywork. Plant remedies utilise over 200 native species with preparation and harvesting guided by strict cultural protocols (tikanga). The plentiful Kawakawa plant (*Piper excelsum*) known for its heart-shaped leaves is a versatile healer used in poultice form to treat cuts and wounds and also chewed to relieve toothache. A leaf infusion will thin the blood and is a tonic for stomach and joint issues. There are strict protocols for harvesting these leaves and those with holes in are

for infusions, whole leaves for poultices. Bianca went on to enlighten us on the maramataka, or traditional Maori lunar calendar with respect to how phases of the moon influence garden tasks such as planting, weeding and harvesting crops.



Following Bianca's interesting and informative talk, members enjoyed a variety of delicious home-made soups. There was much interest in a scaled down version of 5 classes of exhibits involving a flower, a vase of flowers, native foliage, a fruit or vegetable and a houseplant. Members were invited to choose the best in each category with our prizegiving later awarding chocolate bars to the winners. Our usual raffle wound up proceedings with a beautiful pale pink *Zygocactus* and a Spring Festival camellia on offer among other gardening products. In July we will be celebrating our 73rd birthday with a lunch at the Bays Club in Browns Bay.

If you would like to hear interesting speakers, increase your gardening knowledge as well as participate in wonderful social occasions, please visit our website at www.torbaygardenclub.co.nz or email us at torbaygardenclub@gmail.com. You will be made very welcome.

In the garden in July:

Plant asparagus and rhubarb, the latter either from divided crowns or seedlings from a garden centre. It loves deep moist soil in full sun. Pull weeds now as they provide shelter from greedy slugs and snails. If winter is getting you down, plant flowering annuals in pots to brighten your outlook. Prune hydrangeas and roses on a dry day and let the cuts heal before spraying the latter with copper and winter strength oil.



Bakels NZ Supreme Pie Awards

Congratulations to Dara Chhom from Euro Patisserie in Torbay for winning first place in the Apprentice Pie Maker Awards.

Dara crafted a high quality Mince and Cheese Pie for the Gourmet Meat category and submitted a perfectly balanced Lamb Ragu with Smoked Gouda Pie.



Euro Patisserie creates and bakes succulent pies and beautiful cakes. We also sell bread, rolls, filled sandwiches and a great range of drinks.

Euro Patisserie 1028 Beach Rd. Torbay 09 473 7535

Live Like you will die tomorrow

Keep Learning like you will live for ever – U3A Browns Bay

U3A 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.

Current Affairs Group

This group discuss events of political importance or social interest happening in the world, internationally or locally. We add history to give context around the present. Meetings start with a quiz - the winner having the privilege of composing the next quiz.

Each meeting members of the group present an international topic and then domestic topics, leading on to discussions.

Recent international topics included a look at the background to issues between the USA and Iran. Starting with Iran's nationalisation of the British controlled oil industry in 1951, leading to a US coup in 1953, providing Western support for the Shah. The Shah introduced rapid modernisation in the 1960s, but this deepened social inequality and angered religious leaders, notably Ayatollah Khomeini, who was exiled. In the 1970s corruption, authoritarian rule, and economic strains led to mass protests which culminated, in 1979, with the Shah fleeing and Ayatollah Khomeini returning. A referendum abolished the monarchy and created the Islamic Republic under Khomeini's leadership. Since then, the US has enforced various international sanctions against Iran regarding their nuclear ambitions and human rights record.



Recent domestic and social topics have included; whether New Zealand will become a republic; Gloriavale Christian Community; Loneliness; and Artificial Intelligence's role in society today, in education, disinformation, employment and data centre resources.

There is always so much more to discuss!

U3a Brown Bay welcomes new member. Go to our website – u3abb.nz for more information and you can also sign up or call Anne Gough (027 3210729).

Tides July 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Wed 01	01:54	0.8m	08:01	2.6m	14:11	0.6m	20:29	2.8m		
Thu 02	02:35	0.8m	08:42	2.7m	14:49	0.6m	21:08	2.9m		
Fri 03	03:16	0.7m	09:22	2.7m	15:26	0.6m	21:46	2.9m		
Sat 04	03:57	0.7m	10:01	2.7m	16:05	0.6m	22:26	2.9m		
Sun 05	04:39	0.7m	10:41	2.7m	16:45	0.6m	23:07	2.8m		
Mon 06	05:21	0.7m	11:23	2.7m	17:28	0.7m	23:50	2.8m		
Tue 07	06:06	0.6m	12:07	2.7m	18:15	0.7m				
Wed 08			00:36	2.8m	06:53	0.6m	12:56	2.7m	19:09	0.8m
Thu 09			01:26	2.8m	07:44	0.6m	13:52	2.7m	20:09	0.8m
Fri 10			02:19	2.8m	08:41	0.6m	14:54	2.7m	21:12	0.8m
Sat 11			03:18	2.8m	09:41	0.5m	15:59	2.8m	22:15	0.7m
Sun 12			04:20	2.8m	10:43	0.4m	17:03	2.9m	23:16	0.6m
Mon 13			05:23	2.9m	11:44	0.3m	18:03	3.0m		
Tue 14	00:15	0.5m	06:26	3.0m	12:42	0.3m	19:00	3.2m		
Wed 15	01:13	0.4m	07:25	3.0m	13:37	0.2m	19:54	3.2m		
Thu 16	02:09	0.4m	08:21	3.1m	14:29	0.2m	20:46	3.3m		
Fri 17	03:03	0.3m	09:14	3.1m	15:20	0.2m	21:37	3.3m		
Sat 18	03:56	0.3m	10:05	3.1m	16:09	0.3m	22:27	3.2m		
Sun 19	04:47	0.4m	10:55	3.0m	16:59	0.4m	23:17	3.1m		
Mon 20	05:36	0.5m	11:43	2.9m	17:49	0.5m				
Tue 21			00:05	2.9m	06:25	0.5m	12:33	2.8m	18:41	0.7m
Wed 22			00:54	2.8m	07:14	0.6m	13:25	2.7m	19:36	0.8m
Thu 23			01:43	2.7m	08:05	0.7m	14:20	2.6m	20:33	0.9m
Fri 24			02:34	2.6m	08:58	0.8m	15:18	2.5m	21:30	1.0m
Sat 25			03:26	2.5m	09:54	0.8m	16:16	2.5m	22:24	1.0m
Sun 26			04:21	2.5m	10:49	0.8m	17:09	2.6m	23:15	0.9m
Mon 27			05:14	2.5m	11:40	0.8m	17:58	2.6m		
Tue 28	00:02	0.9m	06:06	2.5m	12:26	0.7m	18:42	2.7m		
Wed 29	00:47	0.8m	06:53	2.6m	13:07	0.7m	19:23	2.8m		
Thu 30	01:29	0.8m	07:37	2.6m	13:46	0.6m	20:03	2.8m		
Fri 31	02:10	0.7m	08:17	2.7m	14:24	0.5m	20:41	2.9m		

Times adjusted for Daylight Saving.

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Is Now the Right Time to Sell?

Many people assume it's best to wait until spring to sell, but winter can actually offer some real advantages. With fewer properties on the market, there's often less competition, helping your home stand out to motivated buyers who are still actively searching.

To make the opportunity even better, we're currently offering FREE marketing* for a limited time. If you've been considering a move, now could be the perfect time to explore your options.

Get in touch with the team for a no-obligation chat about your home's value and to learn more about our current promotion.

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13 Ceramco Place, Torbay

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280C Glamorgan Drive, Torbay

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School Holiday Fun and Community Connections at Albany Village Library

Albany Village Library has plenty of exciting activities planned to keep curious minds busy. From an astronomy talk with telescopes to a hands-on chemistry class, piggy bank making, there's something for everyone. Look for school holiday publicity, scan the QR codes, visit our Facebook page, or pop in!

All Auckland Council libraries, arts and community centres will be closed for the Matariki public holiday on Friday 10 July 2026. Mobile libraries and Access Services will also be closed. Enjoy a wonderful Matariki with whānau and friends.

Thank you to everyone who has supported the Albany Village Seed Library. It is fantastic to see local gardeners sharing seeds, growing connections, and helping create a more sustainable community. We appreciate every seed donation and look forward to seeing the collection

continue to grow.

English Conversation Corner has been a success! It's wonderful to see community members coming together each week to practise English, build confidence, and make new connections! English Conversation Corner is Fridays from 11am–12pm. Anyone is welcome to come along!

Some of our regular programs take a break over the school holidays- Wriggle & Rhyme, Jiggle & Wriggle, Mandarin Storytime, Japanese Storytime, and Code Club. These will resume after the school holiday.

We're excited to introduce BrainCharge, a new monthly program held the last Thursday of every month. The next session is Thursday 23 July, 11am–12pm. BrainCharge is an Auckland Council Libraries program designed to support brain health, cognitive stimulation, and social connection for older adults.

Suitable for mixed-ability groups, open to anyone wanting to keep their brain active. No booking is required.

For updates on our events and programs, visit OurAuckland or follow Albany Village Library on Facebook at facebook.com/albanyvillagelibrary.



Champion Brass Concert Celebrates Historic Win

North Shore Brass will perform a victory concert on 25 July to celebrate their historic win at the New Zealand Brass Band championships at Wellington in April. The band was crowned the New Zealand champion band by winning the A grade championship, the first time it has won the event in its 103-year history.

"We came home with 11 trophies across our organization, with soloists also taking home the silverware across many sections" said Band President Owen Melhuish

Many of these world class soloists will feature in our concert of champions along with the band's percussion section who were judged the best section at the championships.

"We want to celebrate this success with our local supporters, family and friends at North Harbour Stadium on Saturday 25 July at 7.30 pm. The concert will



be led by champion conductor Nigel Weeks who has chosen music that inspires and motivates, moves and challenges – all the qualities it takes to win a national championship," says Melhuish

The audience is cabaret style in the North Harbour Lounge. Tables of eight \$300, adults \$40, seniors \$35 and students \$20. Bookings are recommended via Eventfinda.co.nz or email : owen@mortgagesupply.co.nz

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MAY
2026

Median Sale Price	\$1,200,000	+2.1%	▲
Sales	560	-4.9%	▼
Median days to sell	45 days	-1 day	▼

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

NORTH
SHORE

MAY
2026

Median Sale Price	\$1,186,000	0.9%	▲
Sales	311	-10.1%	▼
Median days to sell	49 days	1 day	▲

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

7 Bounty Road, Long Bay



41 Bounty Road, Long Bay



7 Hopetea Street, Long Bay



17 Humenga Place, Long Bay



LONG BAY NEWS



167 Glenvar Ridge Road, Long Bay
(next to New World Long Bay)
09 971 2665 | longbay.opshop@spca.nz



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Tēnā koutou Community!

East Coast Bays Library will be shining a light on Matariki, Makerspace, and meaningful literature this month.

Our events and school holiday activities are focused on intergenerational learning and fun.

Come with your whānau or friends for all ages experiences to celebrate the nine stars of Matariki, our place, our world and the universe.

Don't miss out on these amazing events:

For Tech enthusiasts:

Friday 4 July 4pm – 5pm

East Coast Bays Library 3D printer and Makerspace launch.

Come to find out more about 3D printing and how you can use this new service. RSVP at Humanitix.com if you'd like to join us.

3D Printer Coding Workshop (Booking required)



For literature lovers:

- Sunday 12th, 18th and 26th July
Intergenerational Writing Workshops with Jo Emeney. Teens are invited to sign up to work alongside older adults
- Thursday 2 July 5.30pm – 6.30pm
Author Talk with Maria Gill on her new Young Adult novel *"A Flame in the Dark"* about NZ WWII spy Nancy Wake. Suitable for ages 13+



- Thursday 9 July 4pm – 5.30pm
Author Talk with Dr Neil Hutchison on his book *"Molly and Dr Neil: a true story"* about his adopted albatross

School holiday activities

For Tamariki and Whānau:

- Chinese Language Week Movie screening
- Te Reo Māori movie screening
- Evening Star Gazing with Auckland Astronomical Society
- Weaving Putiputi Flowers with Harakeke Flax (Bookable)
- Dream Snail Making
- Weaving Ika Fish with Harakeke Flax (Bookable)
- Upcycle Pot Making and Seed Planting

For seniors:

- 22 July 10am – 2pm
Active Ageing Expo – We'll be at the Browns Bay Leisure Centre on 22 July to showcase what we have to offer.
- Friday 17 July 10am – 11.30am
Brain Charge for seniors. Special guest presenter, Clinical Nutritionist and Naturopath "Philip Dowling"



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and team.

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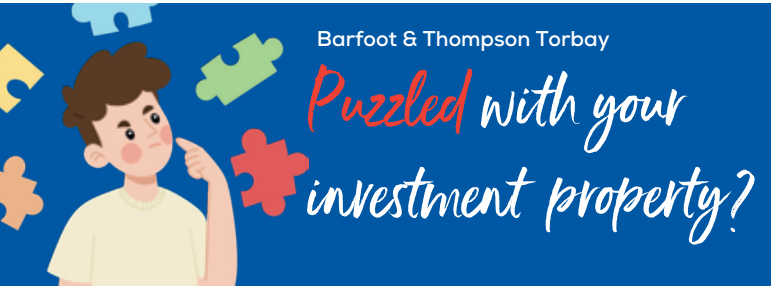
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Quizzes

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Answers Page 30



2026 WORLD CUP TEAMS

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

ALGERIA
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MEXICO
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NORWAY
PANAMA

PORTUGAL
QATAR
SCOTLAND
SENEGAL
SPAIN
SWEDEN
TUNISIA
URUGUAY

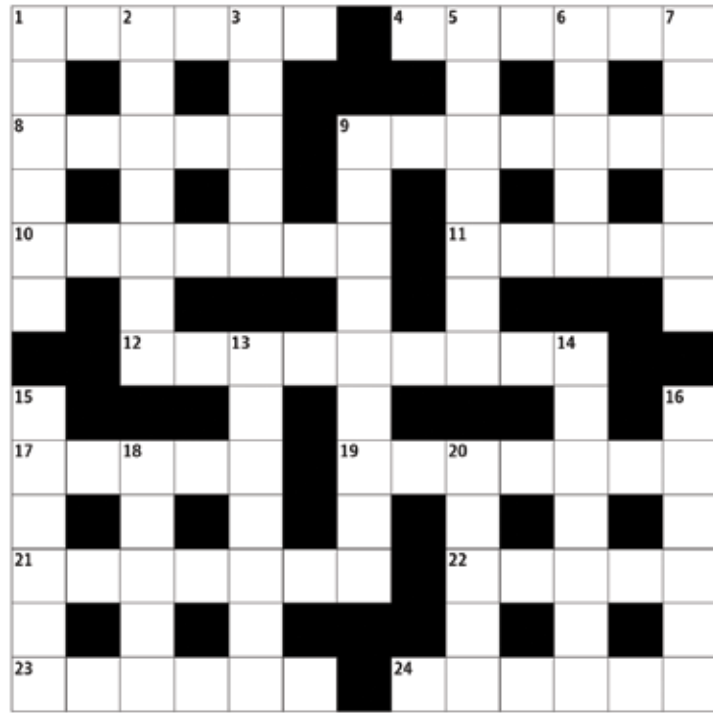
WORD PUZZLE

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

EMBRIT

25 good, 29 very good, 32+ excellent

CROSSWORD



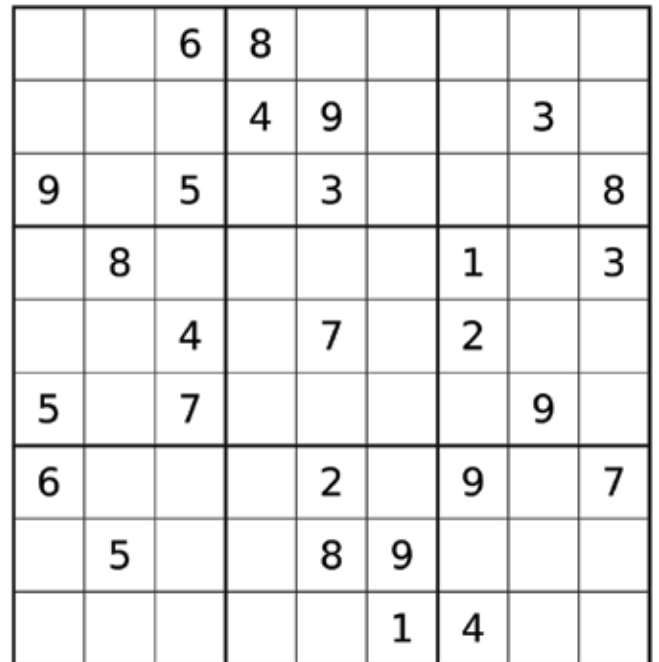
Across

- 1 Wriggle or twist the body (6)
- 4 Advertising phrase (6)
- 8 African mammal related to giraffe (5)
- 9 Position or bearing of one's body (7)
- 10 Lock for a gate (7)
- 11 Religious offering (5)
- 12 Flagrantly wicked or corrupt (9)
- 17 Come in (5)
- 19 Lessen the intensity of (7)
- 21 Unnamed person (7)
- 22 Increase girth (5)
- 23 Make improper advances (6)
- 24 Severe trial or experience (6)

Down

- 1 Stands with head and shoulders bent forward (6)
- 2 Native of East African nation (7)
- 3 Prefix relating to the nose (5)
- 5 Country of southern Africa (7)
- 6 Short, low sound (5)
- 7 Female relatives (6)
- 9 Inscrutable facial expression (5,4)
- 13 Gives up or does without (7)
- 14 Wrap a baby tightly in cloth (7)
- 15 Things thrown overboard and washed up ashore (6)
- 16 Edible part of a nut (6)
- 18 Language spoken in parts of Sri Lanka (5)
- 20 One who plants seeds (5)

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High School Musical

Torbay Theatre is delighted to announce that - High School Musical - will take to the stage later this year, directed by the talented Emily Clarkson.

We are thrilled to welcome Emily back to the director's chair after the theatre's sold-out season of *Grease* in 2023 and *The Last Five Years* in 2024.

Emily has also been appointed the new President of Torbay Theatre – a wonderful boost for our theatre community.

Auditions for High School Musical were held in June, but there are still opportunities. We are looking for additional performers, backstage crew, set builders and anyone keen to be part of the production team. Whether your passion is on stage or behind the scenes, we would love to hear from you.

Keep an eye on our social media channels for performance dates and ticket information.

The July school holidays are approaching fast, Stage Door Performing Arts is preparing for its upcoming children's production - Finding Oli-Ompompom.

This interactive adventure follows a group of well-known literary characters on a magical quest to find the mythical Oli, promising plenty of fun for children aged 4 –12.

If you or your child would like to get involved, please email jennywhisken@gmail.com.

Performance dates and opening night details will be announced on our social media pages.

Torbay Theatre Choir, directed by Dragan Atanasov,



Photo from *Grease* performance (2023)

warmly invites new members to join this enthusiastic and welcoming group.

The choir is building an exciting program for the rest of the year, including performances at Club Nights and plans for a larger showcase later in the year.

Anyone interested can contact Dragan on 0210-271-0739.

Backstage Club: The gang meets at the theatre every Wednesday morning from 10 am to 12 pm – come join them!

For more details, or to join our community:
www.torbaytheatre.com or ph 022-097-4106
info@torbaytheatre.com

You can find us here: 35 Watea Rd, Torbay

See also Facebook & Instagram:
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Help keep the Doctor away with our apple recipes

While apples are plentiful and reasonably priced these are sure to please. Quick and Easy to make.

Apple Scrolls

A quick and easy way to make this delicious treat.

Ingredients

1 packet of puff pastry defrosted
2 large apples, peeled, cored and chopped quite finely.
1 cup sultanas
Brown sugar
Cinnamon

Method

Roll out the pastry into a rectangle, turn so the longest length of the pastry is before you.

Spread over the apple and sprinkle with brown sugar, leaving about 2 cms of pastry without any filling.

Sprinkle the sultanas over the apple and the cinnamon.

Roll the pastry into a long scroll and wet the plain pastry edge. Press the roll over so that this seals the scroll.

Cut into 6 cms pieces and place in patty tins.

Bake for 20 minutes on 180°C.

Serve with ice cream or whipped cream.



Apple Crumble = Lovely to eat on a cold day

Ingredients:

3-4 apples - peeled, cored, diced
½ tsp cinnamon
½ tsp ginger
½ cup SR flour
½ cup rolled oats
½ cup brown sugar
75g melted butter

Method

Place fruit in the bottom of a baking dish.

Sprinkle fruit with cinnamon, ginger, and 2-3 tsp of the brown sugar. Mix well so fruit is evenly covered with sugar and spices.

Combine flour, rolled oats, melted butter, and the rest of the sugar in a separate bowl. Spread over the fruit mixture.

Bake at 180°C for 45 minutes.

Serve with custard or whipped cream.



Apple Roses

I first made these about 30 years ago, when they became popular for the first time. An easy recipe that looks so professional.

Ingredients

4 sweet apples peeled, cored and sliced on a mandolin
packet of puff pastry- defrosted
Lemon juice
Melted jam
Cinnamon
Brown sugar

Method

Sprinkle the apple slices with lemon juice and place in a microwave for 1



minute to soften the slices.

Roll out the pastry and cut into 6 cm ribbons.

Spread the melted jam over the pastry strip and sprinkle some sugar and cinnamon.

Lay the apple slices overlapping by half a slice until you get to the end of the strip. Carefully roll up and place in a patty tin.

Fill the tin and bake for 25 minutes at 180°C.

Serve with whipped cream.

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Life onboard is equally impressive. Accommodating just 245 guests, every stateroom and suite features a private



balcony with spectacular polar views. Guests can relax in the heated Blue Lagoon outdoor pool, indulge in the spa and wellness facilities, or savour exceptional French-inspired cuisine at Nuna restaurant, curated by Michelin-starred chef Alain Ducasse.

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Torbay & Long Bay Medical Centres

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WHEN TO SEE YOUR GP: DON'T IGNORE THESE COMMON SYMPTOMS

As healthcare professionals, we often see patients who have delayed seeking medical advice because they hoped a symptom would simply go away. While many minor illnesses do improve on their own, some symptoms should not be ignored.

One of the most important things you can do for your health is to listen to your body. Persistent changes, even if they seem minor, can sometimes indicate an underlying health issue that benefits from early assessment and treatment.

A cough that lasts more than three weeks, unexplained weight loss, ongoing fatigue, changes in bowel habits, or persistent pain should be discussed with your GP. While these symptoms often have simple explanations, they can occasionally signal a more serious condition that requires investigation.

Skin changes are another area to be aware of. New moles, changes in existing moles, or skin lesions that bleed, itch, or do not heal should be checked. Early detection of skin cancer significantly improves treatment outcomes.

Many people also put off discussing mental health concerns. Feeling persistently anxious, stressed, low in mood, or struggling with sleep can have a significant impact on daily life and overall wellbeing. Your Torbay and Long Bay Medical Centre teams are here to provide support and connect you with appropriate services when needed.

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.

For older adults, falls, balance problems, memory changes, and medication concerns are all good reasons to book a review. Small issues identified early can often prevent bigger health problems later.

Preventative healthcare remains one of the most effective ways to stay well. Regular blood pressure checks, cervical screening, immunisations, diabetes reviews, and cardiovascular risk assessments can help identify health concerns before symptoms develop.

As we move through the winter months, respiratory illnesses become more common. If you have worsening shortness of breath, chest pain, high fevers, or symptoms that are not improving, please seek medical advice promptly.

At Torbay and Long Bay Medical Centres, we encourage our community to prioritise their health and seek advice when something doesn't feel right. No concern is too small to discuss. Early assessment often provides reassurance, and when treatment is needed, it is usually most effective when started early.

Your health matters, and we're here to help.

OPENING HOURS

Monday 8:00 -5:00

Tuesday 8:00 -5:00

Wednesday 8:00 -5:00

Thursday 8:00 -5:00

Friday 8:00 -5:00

For urgent medical attention there is Shorecare at:
50 Greville Rd - 09 486 7777 ext 2 (8am to 8pm daily)
or 74 Tahoroto Rd (Smales Farm) 09 486 7777 ext 1
(open 24/7)



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

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

My story - I Got My Life Back

Early in the year 2020, I injured my shoulder, by falling from my skateboard.

After many appointments going to physiotherapists and doctors; I had no relief. My pain was constant. I was living with this gnawing pain and almost resigned myself to this way of living. I couldn't see a life without pain.

I remember, one day, that Lynne mentioned to me, "Why don't you try my remedial massage?"

At first, I thought "that would be nice, but would it solve my issue?". Feeling I had nothing to lose I gave it a try, and in the end, I GOT MY LIFE BACK! No pain, no more pain killers, no more complaints.

I started with Lynne doing remedial massage therapy, which 'fixed' my shoulder after 9 months of constant pain, being unable to sleep and move my arm with ease.

I had tried other treatments which did

not work. Knowing her professionalism, dedication and understanding of the body, I decided to book in for her exercise consultations and personal training – this was the game changer!

I learnt so much, I decided to join her small group classes.

I have never done movements and exercises like this before, even after years of going to various commercial gyms and booking in for different types of classes.

Lynne's exercises are uplifting and her technique gives the best results. The exercises are helping me to work with ease. (I sit in front of a computer all day). My pelvic floor and core are stronger,

I have lost weight and I am more flexible! It is an incredible combo! I cannot recommend Lynne enough!
Nina



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Lynne Scott - 021 204 3280

Reviewing Affairs *After Major Life Changes.*



Cathy's health had recently started to deteriorate. She was in her late 80s and was still successfully living in her own home. However, her children had recently started to notice that she did not seem to be keeping on top of things as well as she used to.

They arranged for her to have a St John's monitor, as they were increasingly worried that she might fall, and they started to look at retirement villages for her. However, before they could make much progress on the village, Cathy had a stroke and ended up in hospital. Her capacity was immediately diminished.

When Cathy's son, James, came to the hospital, staff wanted to know who held Cathy's enduring power of attorney. James was not sure. He was fairly certain his parents had these in place because, when Cathy's husband had been in hospital before he died, Cathy was able to make decisions on his behalf as his attorney. James told the hospital that he would check with Cathy's lawyer.

James got in touch with Cathy's lawyer, who advised that unfortunately Cathy had never updated her enduring powers of attorney after her husband died. Their powers of attorney had appointed only each other, and there were no alternate attorneys. This meant that Cathy had nothing in place, and an application would need to be made to the Court for James to be appointed as Cathy's property manager and welfare guardian, given that Cathy no longer had the capacity to make decisions for herself.

James let his sister, Susie, know that this was the process. She was happy for James to take on this responsibility, which was helpful as it would save costs and time if they were both on the same page. However, Susie did want to help find a suitable village for Cathy. It was no longer going to be feasible for her to live in an independent living apartment. They would need to find a care suite for her with hospital-level care.

Cathy and her husband had set up a trust many years ago, on the basis that if one of them went into care, they would

qualify for the residential care subsidy. The trust owned the family home that Cathy had been living in and had enough in term deposits to pay for the care suite for Cathy. Cathy's lawyer told James that, despite the trust, it was unlikely Cathy would qualify for the subsidy given the value of the family home. James and Susie were keen to keep the family home, at least until the real estate market improved. Their lawyer suggested applying for the subsidy and seeing what Ministry of Social Development said.

The lawyer was right - MSD denied Cathy the subsidy, despite the family home being in the trust. However, their contact person did say that, if they took the property out of the trust and put it into Cathy's name, they could apply for the residential care loan to help pay for Cathy's care. The loan is an interest-free loan, payable on the sale of the property or Cathy's death (whichever occurred earlier) and would be secured by a caveat on the property.

James decided to do that, but this brought its own complications because of Cathy's lack of capacity. James' father was still on the title to the property, as nothing had been done with the trust after he died. This made the process a little more cumbersome and expensive.

Cathy's story shows how matters can become very complex and expensive if you do not review your affairs regularly, particularly after a change in circumstances. James and Susie could have been spared cost and delay if Cathy's affairs had been in order.

When a loved one loses capacity, families are often dealing with enough emotional stress already. Keeping your legal affairs up to date can help ensure those closest to you are able to focus on supporting you, rather than navigating avoidable legal and administrative hurdles.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Do You Have An *Enduring Power Of Attorney?*

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

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

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

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

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!

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Puzzle Answers

SCURRY FLAGON
N G H E A E
OMANI PASTURE
O N N O O N D
PADDOCK TITLE
Y A E H D
NEFARIOUS
J O F W F
ELVER ATSTAKE
T O G C T D N
SUCROSE ADDON
A A O I L L E
MELODY ORWELL

Word Puzzle

berm, bet, bier, bit, bite, biter, brie,
brim, emir, emit, ire, item, merit,
met, mire, mite, mitre, remit, rib,
rim, rime, rite, term, tie, tier, timber,
timbre, time, timer, tire, tribe, trim

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

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

focus

on community

WOULD YOU SELL IF THE PRICE WAS RIGHT?



You might be surprised
what **buyers** are paying
this winter.

Why are some homes selling faster this winter?



**Less competition
now.**

Fewer properties on the market
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to stand out.



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Motivated buyers are still searching
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Many homeowners assume winter is a slower time to sell, but the reality may surprise you. With fewer properties coming to market, motivated buyers have fewer homes to choose from, creating strong competition for quality properties across the North Shore.

If you've been considering a move in 2026, now could be the perfect opportunity to discover what your property is worth in today's market.

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#1

Harcourts
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Let us help you get ready to sell this **Winter**



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