

focus

Issue 51
August 2026

on community

Long Bay, Okura and Torbay

Dolphins playing at Long Bay

see MERC article on page 11

Photo: Patrick Burnham





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Inside Long Bay Primary's Creative Classrooms

There is some truly amazing learning happening at Long Bay Primary School right now. Creativity clearly knows no bounds when it comes to turning simple, everyday objects into things of beauty. Even better? Our students can confidently explain exactly what their creations are, how they work, and what they can do—which is really the icing on the cake.

Our Year 6 students recently took a deep dive into sustainability, creating a wide range of spectacular, sustainably-powered devices designed to entertain and help others. A motion-powered zipline really works, as does a spinning water wheel that lights up. Meanwhile,



a swing set that uses kinetic energy to generate electricity was particularly creative, clever, and a whole lot of fun.

Of course, who doesn't love cardboard boxes, paint, and bits and pieces? That is exactly how our Year 2 students felt as they engineered their own robots. Penelope's robot, "Cleaning Bot Frank," sounds particularly useful. As she explains: "It cleans the house so when my mum asks if my room is clean, I can say yes."

Energy is top of mind for everyone at the moment—especially when you open your power bill each month! Luckily, our industrious Year 4 students have also been on the case, exploring a wide range of different energy sources like hydro and nuclear power stations to create some truly amazing inventions. The nuclear

power station was well thought through.

If our students can achieve all of this with just the everyday objects available at school, imagine what they will be able to accomplish when they enter the workforce!



Penelope and Frank



Hydro Power Station



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Content of this magazine.

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

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Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

Delivered to 7,000 homes and businesses in Okura, Long Bay, Torbay and Waiake monthly.

editor's letter

This month I want to give a shout out for North Shore Hospital.

We all see the bad press that the Health Service gets, and there is no doubt there are problems.

However, three weeks ago, following a blackout as I was getting into my car, I fell backwards onto my concrete drive.

On arriving at the Emergency Department everything seemed to happen at once, CT scans, Xray and MRI, they didn't hang about.

I had sustained a serious head injury and concussion, with a fractured vertebrae in the lumbar region and a break in C4 in the neck. This means I get to wear this big neck brace for 6-12 weeks while it heals. (I am so glad it happened in winter rather than summer as it would be unbearably hot.)

I was one week on Orthopaedics and then in rehab for another 11 days.

During the whole of this time the treatment I received was amazing, from Consultants, right down to the

cleaners. Standards were high.

I felt that they saw me as a person, rather than as a patient, and listened to me when I had suggestions for my care and progress. There was an incredible amount of goodwill shown.

I was in North Shore Hospital 10 years ago and remembered the food as being awful, in fact my husband brought me in all my food as I couldn't eat their offerings. Something has changed there. The food was very good- especially the delicious homemade soups.

I am on the mend although it is a marathon, rather than a sprint, and the good news is with my wonderful husband's help the magazine will continue to be published each month.

Thank you North Shore Hospital.

Best wishes

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259

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Rotary Browns Bay is no more!

After 42 years of serving our community, we have made the difficult decision to wind up. Several factors: decreasing & aging membership, reluctance of members to take on leadership roles and increasing obligations to the international body meant that we just could not continue to function.

However, there is good news for the community...our fundraising efforts over the past few years have resulted in a significant amount of money in the account.



Fourteen not-for-profit community organisations have received donations from Rotary Browns Bay. Locally, we have supported the Goodworks Trust to provide more food parcels, MERC with funding for a leadership programme and the 'Book Buddy' project to assist low-decile schools with their literacy programmes that was started in Long Bay by Shirley Smith. Our grants will help Long Bay College students attend the national Science Forum and local youth to attend leadership programmes run by Blue Light and Outward Bound.

Other recipients include Mercy Ships, Drive4Hearts, Trees for Survival, Coastguard, the WELL Foundation and Medical Aid Abroad.

It's sad to have to close down, but there are so many worthwhile organisations that have profited from our demise.



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Wendy's update

Peter Thompson's report this month shows Auckland finished June with 6037 properties available for sale, delivering 890 residential sales - making it the strongest June in five years.

In our Torbay/Waiake area the amount of homes for sale is at a low - a great time to think about coming to the market beating the rush of spring properties. The buyers are out and about, wanting and waiting for the right one!

If you are exploring your options for selling, now is the perfect time to 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 June 2026



PROPERTIES
FOR SALE

75



PROPERTIES
SOLD

13



\$775,000

LOWEST VALUE SALE



\$1,562,000

HIGHEST VALUE SALE

Wendy Radcliffe
021 772 070

w.radcliffe@barfoot.co.nz

A Farewell Message from Your Local Community Constable

As I sit down to write this article, I realise it will be my last contribution as your local Community Constable. After four wonderful years working within the North Shore community, I am preparing to begin a new chapter in my policing career as I move into Youth Aid on the North Shore.

Looking back, I feel incredibly grateful for the opportunities I have had to work alongside so many amazing people, organisations, schools, community groups, businesses, volunteers, and residents. One of the great privileges of being a Community Constable is the chance to build relationships, listen to people's concerns, celebrate successes, and work together to make our community a safer and more connected place. Over the past four years, I have met countless individuals who generously give their time and energy to support others. Whether it has been helping at local events, working with neighbourhood groups, supporting vulnerable members of our community, or simply checking in on a neighbour, I have witnessed firsthand the strength and kindness that exists throughout our community.

The role has provided many memorable experiences, and while no two days have ever been the same, the people have always been the highlight. I have learnt a great deal from those I have worked with and will genuinely miss the daily interactions and partnerships that have made this role

so rewarding.

Although I am moving on from the Community Team, I am excited about the opportunity to work with young people and their families in Youth Aid. Supporting youth and helping them navigate challenges is an area I am passionate about, and I look forward to continuing to serve our community in this new capacity.

Before I sign off for the final time, I would like to leave you with a simple message: be kind to one another. Life can be challenging. Many people are carrying stresses that we cannot see, whether it be financial pressures, health concerns, family difficulties, or simply the demands of everyday life. A small act of kindness, a friendly conversation, a smile, or a little patience can make a significant difference to someone's day. If we can all choose kindness a little more often, our community—and indeed the world—will be a better place.

Thank you for your support, friendship, and partnership over the past four years. It has been an honour to serve as your Community Constable. I wish you all the very best for the future.

*Constable Simon Fox
New Zealand Police*



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Help Shape the Future of our community

As Chair of the Hibiscus and Bays Local Board, one of the most important responsibilities I have is ensuring our community's voice is reflected in the decisions we make. That's why I'm encouraging everyone to take a look at the Draft Hibiscus and Bays Local Board Plan 2026 and have their say before consultation closes on 23 July.

A local board plan sets the direction for our area over the next three years and helps guide where we focus investment and advocacy. It identifies the challenges we face, the opportunities ahead, and the priorities that will shape the future of our communities.

This draft plan has been shaped by the voices of our community. We drew on feedback from previous consultations, ongoing conversations across our communities, and a dedicated early engagement process held between November 2025 and March 2026. People shared their aspirations, concerns and ideas for the future. The draft plan now out for consultation reflects what we have heard so far, and this next stage is an opportunity to test those ideas to ensure we've got the priorities right.

At its heart, this plan is about ensuring Hibiscus and Bays remains a fantastic place to live as our population grows.

It focuses on creating strong, connected communities where people feel welcome, included and able to participate. It recognises the increasing importance of quality public spaces such as parks, libraries, sports facilities, halls and town centres in supporting community wellbeing and connection.



The plan also prioritises protecting and restoring our natural environment. Our beaches, marine reserve, waterways, reserves and native biodiversity are among the things that make this area so special. You'll also see a strong focus on vibrant town centres, local economic opportunities, transport improvements and ensuring growth is supported by the infrastructure and public spaces our communities need.

Of course, no plan is perfect. That's exactly why we are consulting.

We want to know whether we've got the priorities right. Are there issues we've missed? Are there opportunities we should be focusing on? What matters most to you, your family and your neighbourhood?

You can read the draft plan and provide feedback online here: <https://akhaveyoursay.aucklandcouncil.govt.nz/local-board-plans-2026>

Local Board members are also available to come along and chat with your group or organisation about the plan and hear your thoughts- please email to arrange this: hibiscusandbayslocalboard@aucklandcouncil.govt.nz

The best plans are shaped by the people they serve. This is your chance to help shape the future of Hibiscus and Bays, and I hope you'll take the opportunity to be part of the conversation.

Alexis Poppelbaum

Chair, Hibiscus and Bays Local Board



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Hon. Erica Stanford

MP for East Coast Bays



Minister of Education



Minister of Immigration



Lead Coordination Minister for the Government's Response to the Royal Commission's Report into Historical Abuse in State Care and in the Care of Faith-based Institutions



I was first elected as the Member of Parliament for East Coast Bays in 2017, and it has been an absolute honour and privilege to represent and serve this wonderful community ever since.

Throughout my time as your local MP, I have been committed to supporting residents and helping those in need. Following the Auckland Anniversary floods, I brought together an incredible team of volunteers who helped clear flooded homes and businesses, while also delivering food parcels to hundreds of affected households.

Community engagement has always been at the heart of my work. I have hosted numerous local events, including SuperBlues gatherings for our senior residents, spoken at retirement villages across the electorate, visited businesses and schools, and thoroughly enjoyed taking part in the Browns Bay Santa Parade each year. I've also really enjoyed supporting the Breast Cancer Foundation with events, breakfasts and auction items - they are a charity close to my heart.

One of my proudest achievements this parliamentary term was helping to save North Harbour Stadium. I launched the "Save Our Stadium" campaign and, within just 10 days, more than 800 submissions were collected and presented to Auckland Council. It was a tremendous victory for our community when the Council voted to retain the stadium.

I currently serve as Minister of Education and Minister of Immigration. Since taking on these responsibilities in November 2023, I have led major reforms to reverse decades of declining student achievement. These reforms have introduced high and consistent standards across the curriculum, assessment, and reporting to parents.

I have also strengthened the immigration system to better support economic growth, protect opportunities for New Zealanders, and attract the skills our country needs. This has included taking steps to address the unsustainably high net migration levels experienced in 2023.

As someone who was born and raised in the East Coast Bays, I have a deep personal connection to this area. I attended Rangitoto College before completing a Bachelor of Arts in Political Science at the University of Auckland. Prior to entering Parliament, I worked in export roles for New Zealand manufacturers and also spent time as a television producer.

My husband and I are proud to raise our two children here in the Bays. I am passionate about ensuring East Coast Bays remains one of the very best places in New Zealand to live, work, and raise a family.

I would greatly appreciate your vote in November.



When 0% Finance Isn't Really Free

Walk through any shopping centre and you'll see signs everywhere: *Interest Free! Buy Now, Pay Later! 12-18 Months No Payments!*

But after reading the latest annual reports from several of New Zealand's largest retail finance providers, a different picture emerges. Many customers don't repay their balance before the promotional period ends and instead move onto standard interest rates of 18–25% or more.

The lesson? The cheapest-looking finance isn't always the cheapest finance.

Take a \$5,000 purchase. Most people immediately compare interest rates, assuming the lowest rate automatically means the lowest cost. In reality, the structure of the loan can have a much bigger impact on what you ultimately repay. Many retail finance products set the minimum monthly repayment at a level that keeps the account active, but doesn't necessarily clear the debt within the interest-free period. Customers who faithfully make every minimum payment can still reach the end of the promotion with a substantial balance outstanding. Add annual card fees into the mix, and some are surprised to discover the amount they owe has barely moved—or has even increased slightly—before interest of 18–25% begins to accrue.

An interest-free offer can be an excellent option if you clear the balance before the promotional period expires. But life has a habit of getting in the way. An unexpected car repair, a family holiday, or rising household costs can mean the remaining balance rolls onto the standard purchase rate, turning what seemed like a bargain into a very expensive form of borrowing.

On the flip side, many homeowners automatically add renovations or household purchases onto their mortgage because the interest rate is lower. While that can be the right decision, spreading a \$20,000 kitchen upgrade over 30 years can also mean paying thousands of dollars more (sometimes double the initial drawdown amount) in total interest than if the debt had been repaid over a shorter period.



Neither option is inherently right or wrong. The best solution depends on the purchase, your financial position, and most importantly, your plan to repay it.

That's why it's important to look beyond the headline interest rate. Ask questions like:

- How long will it take me to repay this?
- What happens if I don't clear the balance during the promotional period?
- What is the total amount I'll repay over the life of the loan?
- Is there another lending structure that better suits this purchase?

Many of our conversations aren't about finding the lowest advertised interest rate. They're about helping people understand the true cost of borrowing and choosing a finance structure that fits their goals, not just today's purchase.

When it comes to finance, the cheapest-looking option isn't always the one that costs you the least.

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Making lending about people, not percentages.



MERC enjoys Dolphin Time!

Photos by Patrick Burnham

It's dolphin time! During this time of year dolphins seek sheltered environments to birth and reproduce. These activities have massive energy demands so they will also be feeding to fuel themselves.

This means we should see pods of dolphins cruising up and down the coastline close to shore presenting an opportunity to see them from land.

If you have an opportunity to see them from the water, please remember there are rules to keep them and us safe. Remind yourself of the rules so you aren't held up if the opportunity presents itself. Orca and pilot whales are considered dolphins for these rules.



Rules include that swimming is prohibited when juveniles are present. A good guide to this is any animal $\frac{2}{3}$ the size of an adult is likely considered a juvenile. Rules also determine how many vessels are allowed around them, at what speed and which direction of travel.

Drone flying is also captured by rules. Without a marine mammal permit, drones are prohibited from flying within 150m from dolphins.

If you're lucky enough, the dolphins don't know the rules, and they might bring themselves close to you. If that happens, consider yourself lucky and enjoy the moment!

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Children's Ark 282 Glenvar Road, Torbay
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U3A Browns Bay Cycling Group

What makes Auckland – especially the North Shore – tick? Most of us view it from our swiftly moving cars. On a bike you just see different sites more slowly even if the bike is an ebike. There is time to actually stop to admire a view, ask questions or have a breather. Coffee with the exploring group is a great opportunity to consolidate what we have experienced.

A group of about 20 cyclists from u3a Browns Bay regularly cover nearly 30 kilometres at a variety of sites, meeting once a month.



In December we enjoyed our return journey from Point Wells to Omana – just South of the Tawharanui Peninsula. To begin the year, we explored the Ara ki Uta ki Tai shared path from Ngapipi Road on the waterfront, through Meadowbank and right to the end. In March we rode through the new subdivision at Hobsonville, while in April nine riders had a wonderful ride exploring pathways in the Shakespear Park/Gulf Harbour area at the end of the Whangaparāoa peninsula. In June we looked around Northcote and the Onepoto Basin



Could your hormones be trying to tell you something?

Mood changes, low energy, disrupted sleep, cravings, weight changes, and irregular cycles can all be signs that your hormones need support. And it's not just women; hormones play an important role in the well-being of men and teens too.

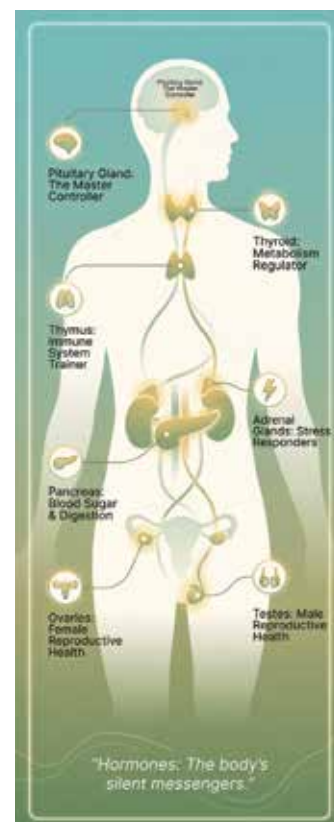
At Max Health, we look at the bigger picture. Stress, sleep, nutrition, digestion, and blood sugar balance can all influence hormonal health.

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Snapper at its best!

It's winter and it's a little more challenging to find the fish in close but they are still there for the taking.

For those who are contemplating how they might enjoy their catch, here are a couple of suggestions:



Barry's BBQd Snapper Fillets

A 36 to 40 cm fish is ideal to feed two persons

Fillet the snapper but do not skin or scale the fillets. Skin and scales need to be left on the fillets.

Lay the fillets skin down and cut the backbone wedges out without puncturing the skin.

- Drizzle some Olive Oil over the flesh and spread it along the length of the fillets.
- Place the fillets, skin down, on a bbq grille (grille not hotplate) and cover them with the lid of a baking dish or some such. Cook over a medium heat.
- Cook until ready. To check readiness, part the flesh from time to time.

You will be amazed how the flesh puffs up.

Serve with salt and pepper and a drizzling of lemon BUT if you like a bit of spice, a sprinkling of piripiri before you cook is a good option.

Simone's Baked Lemon Grass and Chilli Fish

- 3 teaspoons of finely grated lemon grass
- ½ cup of sweet chilli sauce
- ¼ cup of water
- 2 tablespoons of fish sauce
- 2 kaffir lime leaves finely chopped or finely grated zest of 2 limes

- 2 tablespoons of lime juice
- 2 cloves of crushed garlic

Preheat oven to 180-200°C. Place skinned and boned fillets in a shallow baking dish, Combine all other ingredients and pour over the fish. Bake until fish is cooked.

Serve with tossed salad.



Tides August 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Sat 01	02:50	0.6m	08:57	2.8m	15:02	0.5m	21:19	2.9m		
Sun 02	03:30	0.6m	09:36	2.8m	15:40	0.5m	21:59	2.9m		
Mon 03	04:11	0.5m	10:16	2.8m	16:20	0.5m	22:40	2.9m		
Tue 04	04:53	0.5m	10:57	2.8m	17:03	0.6m	23:23	2.9m		
Wed 05	05:37	0.5m	11:42	2.8m	17:51	0.6m				
Thu 06			00:09	2.8m	06:24	0.5m	12:32	2.7m	18:45	0.7m
Fri 07			01:00	2.8m	07:17	0.5m	13:29	2.7m	19:46	0.8m
Sat 08			01:56	2.7m	08:15	0.6m	14:33	2.7m	20:52	0.8m
Sun 09			02:58	2.7m	09:20	0.6m	15:42	2.8m	21:58	0.7m
Mon 10			04:04	2.7m	10:26	0.5m	16:47	2.9m	23:02	0.6m
Tue 11			05:11	2.8m	11:29	0.4m	17:48	3.0m		
Wed 12	00:02	0.5m	06:14	2.9m	12:28	0.3m	18:44	3.1m		
Thu 13	00:59	0.4m	07:11	3.0m	13:21	0.2m	19:36	3.2m		
Fri 14	01:52	0.3m	08:05	3.1m	14:11	0.2m	20:26	3.2m		
Sat 15	02:43	0.3m	08:54	3.1m	14:59	0.2m	21:14	3.2m		
Sun 16	03:31	0.3m	09:41	3.1m	15:45	0.3m	22:00	3.1m		
Mon 17	04:17	0.3m	10:27	3.0m	16:30	0.4m	22:46	3.0m		
Tue 18	05:02	0.4m	11:12	2.9m	17:16	0.5m	23:30	2.9m		
Wed 19	05:45	0.5m	11:57	2.8m	18:04	0.7m				
Thu 20			00:15	2.7m	06:30	0.6m	12:45	2.6m	18:55	0.8m
Fri 21			01:01	2.6m	07:19	0.8m	13:38	2.5m	19:51	0.9m
Sat 22			01:51	2.5m	08:13	0.9m	14:37	2.5m	20:50	1.0m
Sun 23			02:45	2.4m	09:13	0.9m	15:38	2.5m	21:49	1.0m
Mon 24			03:44	2.4m	10:13	0.9m	16:34	2.5m	22:43	1.0m
Tue 25			04:42	2.4m	11:09	0.8m	17:25	2.6m	23:32	0.9m
Wed 26			05:36	2.5m	11:57	0.7m	18:10	2.7m		
Thu 27	00:18	0.8m	06:25	2.6m	12:39	0.6m	18:52	2.8m		
Fri 28	01:00	0.7m	07:09	2.7m	13:19	0.5m	19:32	2.9m		
Sat 29	01:41	0.6m	07:50	2.8m	13:57	0.5m	20:11	2.9m		
Sun 30	02:22	0.5m	08:30	2.9m	14:36	0.4m	20:51	3.0m		
Mon 31	03:03	0.4m	09:10	2.9m	15:16	0.4m	21:32	3.0m		

Times adjusted for Daylight Saving.



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Torbay Garden Club

Sunshine and glorious views out over the Hauraki Gulf greeted our members this year as we gathered at the Bays Club in Browns Bay to celebrate our 73rd birthday. The tables were beautifully dressed, thanks to lovely floral arrangements from a couple of our members, setting a festive scene for a very enjoyable lunch. 73 years on, the club continues to bring together people who share a love of gardening, and occasions like this are a wonderful reminder of the friendships that have grown alongside it.



Fancy seeing a beautiful flower display each month, or picking up some valuable gardening tips along the way? Come along and join us, new faces are always welcome. To find out more, visit us at www.torbaygardenclub.co.nz.

September also brings one of the highlights of our calendar, our annual Spring Show. This year the show will be held on Wednesday 2nd September, from 12pm to 2pm, and is open to the public once again. Come along and see a wonderful display of spring blooms, vegetables and floral arrangements, and of course we have our Children's Section open to under 5's. It's a fantastic way to get kids into the garden and show off their creativity. More information will be available on our website at www.torbaygardenclub.co.nz.



In the garden in August:

If you've got cover crops in, now's the time to dig them in. They'll break down within a few weeks, feeding the soil with nutrients and organic matter. Get your seed potatoes sprouting too, they need to go in the ground in September for a Christmas harvest. Finish off any rose pruning and get new roses planted, along with gladioli, hebes, lavatera, nemesia, cornflower, larkspur, phacelia, scabious and sweet pea.

TORBAY GARDEN CLUB

SPRING Show

WED 2ND SEPTEMBER
12PM - 2PM

RAFFLE

PLANT SALES

\$2

ENTRY

www.torbaygardenclub.co.nz

Beating the Winter ills - soothing sore throats this Winter

A sore throat is one of the most common reasons that people visit their local Pharmacy, particularly in colder months.

While most sore throats are caused by viral infections, such as the common cold or flu, they can also result from bacterial infections like strep throat, allergies, dry air, reflux, smoking, excessive voice use or environmental irritants.

Fortunately, there are a wide range of treatments available to help relieve discomfort and support recovery.

Knowing the cause of your sore throat can help determine the most appropriate treatment.

Common causes include-

- Viral infections (most common cause)
- Bacterial infections including "strep throat"
- Seasonal allergies.



- Dry indoor air.
- Smoking or vaping.
- Acid reflux
- Voice strain
- Environmental pollutants.

Most viral sore throats improve within a week with supportive care, while bacterial infections may require assessment by a health care professional, and in some cases, antibiotics.

The soothing benefits of honey

Honey has been traditionally used for

centuries to soothe sore throats. It's thick consistency forms a protective coating over irritated throat issues, helping to reduce the sensation of "scratchiness" and discomfort.

Honey also stimulates saliva production, keeping the throat moist and making swallowing more comfortable.

Research suggests honey may help relieve throat irritation and cough symptoms, particularly before bedtime.

While Manuka honey has unique bacterial properties evidence is stronger for its use in wound management than sore throats. For sore throats honey is viewed as a soothing remedy rather than a cure.



Unichem
Torbay Pharmacy

Unichem Torbay Pharmacy
Phone 473 9629 Fax 473 0730

1040 Beach Road, Torbay
Email info@torbaypharmacy.co.nz

TREATMENT OPTIONS FOR SORE THROATS

Difflam® Range

Difflam offers one of New Zealand's broadest ranges of sore throat products, including throat sprays, lozenges and gargles. Many Difflam products contain benzydamine, a topical anti-inflammatory ingredient that helps reduce inflammation while providing pain relief. Selected products also include local anaesthetics to temporarily numb throat pain or antiseptic ingredients to help manage bacteria associated with some throat infections. Difflam also offers povidone-iodine gargles designed to assist in treating sore throats while other products provide symptomatic pain relief.



Betadine® Sore Throat Products

Betadine Sore Throat Lozenges are designed to relieve sore throat discomfort and contain antiseptic ingredients that help kill bacteria commonly associated with sore throats. Honey and Lemon flavoured lozenges provide soothing relief while being iodine-free, making them suitable for people who cannot use iodine-containing products.

Natural Relief with Manuka Honey Lozenges

Many New Zealanders also choose natural soothing products, including Manuka Health Manuka Honey Lozenges. Lozenges containing genuine New Zealand mānuka honey can help coat and soothe an irritated throat, providing comfort while the throat heals. Honey-based lozenges are often a useful option for mild throat irritation or alongside other symptomatic treatments.



Opening Hours

Monday to Friday
Saturday

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

Consumer Guarantees Act (CGA) and Fair- Trading ACT (FTA)

A few clients of the CAB Browns Bay have recently enquired about their "rights" when they have recently purchased an item, and it has turned out to be defective/unsuitable for the task/or not performed up to expectation.

The CGA covers goods purchased from a trader, but does not cover private sales, items bought for resale, Garage Sales, nor items purchased from an individual seller on Trade Me or Facebook's Marketplace.). Further, the purchased goods normally have to be used for personal or household use and not used for commercial use.

The FTA protects consumers from being misled when they are purchasing goods or services. The Act makes it illegal to mislead or deceive consumers, make false representations or engage in unfair practices. Further the Act covers all advertising, selling of goods and services by traders. Private sales are not covered by the Act. Further, the FTA covers anything said about a product or service, either verbally or in writing and includes impressions given by pictures, advertisements, promotional material or a sales pitch. The Act also covers things which are not said – i.e. important information being left out!

So, if you have purchased an item and believe that the process and outcome with the purchase was "flawed", then call in to the CAB Browns Bay and discuss the matter with one of the friendly interviewers. The interviewers will need to know, what you have done so far in regard to the purchase; what you would like to happen; Is there a quote or estimate? What questions did you ask the seller about the item? And if you have any written documentation (e.g., receipts, invoices etc.). The interviewer will then suggest the next course of action.

Phone: 09 479 2222 or 021 896 985

Email: brownsbay@cab.org.nz

1-5 Clyde Road, Browns Bay, Auckland 0630

Citizens Advice Bureau

Ngā Pou Whakawhirinaki o Aotearoa



Bought a lemon?

We offer consumer advice and support. Knowing your rights is really important.

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Browns Bay
Phone 09 479 2222

**LET'S
Talk**

Is it worth selling IN WINTER?

1. Less competition on the market
2. The buyers who show up are serious
3. Your agent can focus on you
4. Shouldn't we wait until after the election?

Call me to have a chat about your next move.

Alison Cameron

021 468 562

alison.cameron@harcourts.co.nz



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Behind Every Great Result

No two property sales are ever the same. Some homes sell in just a few days, while others take months. Some attract a single offer, while others receive many before the right buyer emerges.

The key is remembering that it's not about accepting the first offer, it's about achieving the best possible outcome. Every campaign requires a different strategy and experience, persistence and knowing when to negotiate are what ultimately deliver the strongest result.

Every property is different and so is every selling strategy.

If you're considering a move, let's chat about the best approach for your home.

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ALAN WHITE
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PERFORMER 25-26

JUST SOLD

SOLD

Days On Market - 28
Inspection Attendees - 36
Online Views - 12,500

29A Acacia Road, Torbay

SOLD

Days On Market - 150
Inspection Attendees - 84
Online Views - 21,000

66A Hebron Road, Waiake

SOLD

Days On Market - 5
Inspection Attendees - 2
Online Views - 400

26 Penzance Road, Mairangi Bay

SOLD

Days On Market - 35
Inspection Attendees - 15
Online Views - 9,000

106/585 Beach Road, Rothesay Bay

SOLD

Days On Market - 150
Inspection Attendees - 118
Online Views - 43,000

3 Andara Close, Pinehill

SOLD

Days On Market - 130
Inspection Attendees - 125
Online Views - 38,000

45A Seine Road, Forrest Hill

Thérèse Leslie 021 022 66192 | Jiang Kou 021 087 93257 | Leigh Storey 022 685 7041

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.



Torbay Historical Society

Remembering the shops and businesses in Torbay. The photos (from Bill Ellis collection) show the corner of Beach Road and Toroa Street. 'Shoprite' was the store in the early 1980's. Then came the Video Ezy store which hired videos and sold lotto tickets. Now the building is occupied by the Scout Café.

The first Torbay Newsletter (1992) advertised businesses, many of which are still here. One business no longer here is the Book shop. Remember when we had a Post Office?

In the 1970's there was a newspaper called 'Waiake Village News'. We have only a few copies so if anyone has some we would love to see them. Businesses advertising included:

Torbay Health Foods, 1 County Road

'The Shop' Hebron Road (for all your books)

Waiake Drapery and Stationery 1, Hebron Road

Doctors in Torbay were Dr. Gray, Dr. Reid, Dr. Gurr and Dr.



Ord at Northcross. Phone numbers are interesting too. – eg 86 261.

Doctor David Gray is helping with the research into Waiake Waters. Thank you David for all your expertise.

In the newspaper there is an article about the Maori living at Waiake. They gave the name for the island 'Kamaka Mutu Iti.' (little rock island) This was followed by the story of why the island is 'Tapu'

Remember you can hire the Vaughan Homestead and visit us. During the winter we will open to the public when the weather is suitable and we have volunteers to open it. Check our website or phone us.

WORK WITH THE *Best*



41 BOUNTY ROAD, LONG BAY

“PROFESSIONAL, PATIENT AND NICE

We had a very positive experience working with Ming Liu on the sale of our Long Bay property. Our property was in the over \$3 million price range, where the buyer pool is naturally more limited, especially in the current New Zealand economic and property market conditions. Selling a high-value home in this environment was not straightforward, but Ming provided professional advice, a clear sales strategy, and steady guidance throughout the entire process. From the beginning, Ming helped us understand the market, position the property properly, and make informed decisions at each stage. She was proactive in following up with potential buyers, keeping communication moving, and making sure every serious enquiry was handled carefully. We really appreciated her persistence, professionalism, and ability to keep the process progressing even when the market was challenging. What stood out most was her communication and care. Ming kept us well informed, explained things clearly, and was always considerate of our feelings and concerns. Selling a family home can be stressful, particularly in a softer market, but her calm approach and thoughtful support gave us confidence. In the end, Ming helped us achieve the price we were hoping for, which we truly appreciated. We are very grateful for her hard work, market knowledge, and commitment throughout the campaign.”

Xiang & Ling Ling (Vendor) Sold on 25 May 2026

“FANTASTIC GUIDE FOR FIRST-TIME NZ BUYERS IN LONG BAY!

We recently bought our first home in New Zealand, and Ming was an incredibly responsive and helpful guide throughout the entire process. Her knowledge of the Long Bay area is absolutely unmatched because she knows the neighborhood inside and out. As first-time buyers here, we had a lot to learn, and Ming really helped us understand how the NZ market works. She went above and beyond, even driving us around in her car to view properties, and her communication before, during, and even after handover has been excellent. If you want an agent who is highly efficient, extremely knowledgeable about the local area, and stays on top of every detail, we highly recommend Ming!”

Daniela & Falko (Buyer) Sold on 25 May 2026



7 BOUNTY ROAD, LONG BAY

“MY GO-TO AGENT!!

I was on the fence of whether or not to sell my home. It was our family home that got us through Covid so a lot of memories had been created there. Ming actually took the time to get to know me as a person not just a vendor. And after buying and selling houses over the last few years this really stood out to me. She was respectful and mindful throughout the whole process. Although I'm a bit sad to see the house go I'm very happy with the sale as it is going to another family. But mostly I'm happy with the sale as it was done with integrity which is rare nowadays. Bottom line is I will always go to Ming first.”

Jo (Vendor) Sold on 16 Jun 2026

“PROFESSIONAL, RESPONSIVE AND EASY TO WORK WITH

Working with Ming was a wonderful experience from start to finish. She took the time to truly understand what our family was looking for and was always thoughtful in recommending properties that matched our needs. Throughout the entire process, Ming was incredibly responsive, patient, and attentive. She maintained regular communication, kept us updated every step of the way, and was always available to answer questions or provide advice. Her dedication and attention to detail gave us confidence during what can often be a stressful and emotional journey. What impressed us most was that she genuinely cared about helping us find the right home, not just completing a transaction. Her professionalism, honesty, and commitment made a real difference, and we are very grateful for all her support”

Chunyan (Buyer) Sold on 16 Jun 2026

MORE CLIENT REVIEWS



COMMUNITY UPDATES

AWARUAIIKA YOUTH PARK UPDATE

Awaruaika Youth Park plans include an adventure play area with a flying fox, a social space, pump track, multi-use court, kick-a-ball area as well as much needed facilities with public toilets.

COMPLETION DATE

October 2026 to April 2027.



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Lovely on cold days

Sweet and Sour Chicken

Ingredients

2 large chicken breasts cut into 2-3 cms cubes
2 tablespoons flour
Salt
Pepper
Large red pepper cut into 3cms cubes
2 brown onions. Peel and cut into 1/8ths
2 cups rice.

Sauce

½ cup tomato ketchup
2 garlic cloves.
⅓ cup white vinegar
1 tablespoon lemon juice.
½ cup brown sugar.
⅔ cup water
¼ cup soy sauce
1 tablespoon cornflour for thickening.

Method

Place the chicken cubes, flour and seasoning into a bag, seal and shake so pieces are well coated.

Place seasoned rice on to cook.

Make the sauce by just placing all the ingredients in a saucepan and adding the cornflour. Stir as it comes to the boil and thickens.

Heat some oil in a frypan and fry off the chicken pieces set to one side and fry off the peppers and onion until soft.

Add the chicken back in and pour the sauce over.

Serve with the rice - serves 4.



Hearty Chicken Soup

When you have a roast chicken save the skin and bones.

Ingredients

Chicken stock.
Any root veggies-
carrots, swede, parsnips
and some more onions.
Potatoes – for thickening,
(dried potatoes are
excellent to use.)
Salt and pepper.



Method

Place chicken, skin and bones in a saucepan with water. Add a chopped onion and simmer until everything is soft.

Strain the stock out and pick out the onion and any bits of chicken flesh.

This is then the base for your soup.

Add chunks of carrot, onion, swede, parsnip, kumera and cook until all the veggies are soft.

Blitz the mixture in a liquidiser.

Pour into serving bowls.

Add a swirl of cream.

Yummy! Just what you need on a cold day.

Roast Chicken

How to make one chicken go a long way.

Last week I purchased a fresh chicken for \$7.99.

I took it home and roasted it and made three roast dinner meals from the chicken.

The “scrappy” bits of chicken I put into mayonnaise and made sandwiches for two people the next day.

I used the carcass and skin and made into a stock and then made into the soup featured on this page, which served two people two days running.

What value and so easy!



Kids' play revives the Torbay Theatre July tradition

Gold, dragons, kings and more: Torbay kids search for 'Oli-Om Pom Pom'

Torbay Theatre's annual kids' show returned to the Gate Theatre over the July school holidays with an original production shaped by the performers themselves.

Twelve young actors took on roles of storybook characters in search of a mythical problem solver in *Finding Oli-Om Pom Pom*. The script was developed by the cast under the guidance of director Jenny Whisken.

Each picked a character and developed a story around them, including a king whose crown was unfortunately misplaced, a pirate who needed gold, and a dragon who couldn't breathe fire. Whisken then shaped and polished the script into a 40-minute show, which ran at the Gate Theatre from July 15th to 18th.

For the children - aged between seven and thirteen - the play was an opportunity to get on-stage experience in a local environment.

"What I enjoyed the most was acting different characters," said Yara D'Arc, who played a 'croc with an annoying tick tock,' as well as a bus driver.

"My favourite part was seeing my friends in the audience," said Julius Llanos-Small, who played a pirate.

The actors juggled late script changes as the show evolved, on top of the challenges of learning lines and dealing with pre-show nerves. But the result was worth it, they said.

"I loved how it all came together at the end," said Valentina



Oli-Om Pom Pom Cast

Llanos-Small, who played the King's Assistant and Alice from Wonderland.

Whisken said she enjoyed the energy and enthusiasm of the young cast and watching the kids develop their characters.

"I have loved channelling their creativity into what is now a little show for kids by kids.

The experience gives the actors skills - including respect, group sensitivity and confidence - that will serve them well in all aspects of life," she said. "I hope the kids found a happy, safe place where everyone is equally important, where there is no competition, where every idea is unique and welcomed," said Whisken.

Next up for kids' drama with Stage Door Performing Arts is *Murder Mystery*, a melodrama full of suspicious characters and based on the game *Cluedo*.

For more details, or to join:

www.torbaytheatre.com

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

35 Watea Rd, Torbay



Catherine Liu & Team

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✉ catherine.liu@raywhite.com

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www.rwalbany.co.nz

Restore = Hibiscus and Bays Planting Day

In June, on a beautiful sunny day, a great turnout of volunteers- many from the Chinese Community-got working and completed the riparian margin around the stormwater pond with 154 plants, plus some maintenance of previous planting.

What a satisfying morning of volunteering!

Thanks to Browns Bay New World for the baked goods and the fruit.

To see when next planting day is planned www.restorehb.orf.nz/plantingdays



Yoga for Everybody in the Bays

Yoga is for everyone, regardless of age, flexibility or experience. It offers an opportunity to move with awareness, improve strength and mobility, and find a sense of calm in everyday life.

I teach two welcoming community classes designed to make yoga



accessible and enjoyable for all.

Chair Yoga is a gentle practice using a chair for support, making it ideal for older adults, beginners, people with mobility challenges or anyone wanting to improve balance, flexibility and confidence in movement.

For those seeking a more active practice, Flow Yoga is a vinyasa-inspired class that links breath and movement to build strength, mobility and mindfulness. Options are offered so participants can practise at their own pace.

Class Schedule

- Flow Yoga: Mondays, 9:30 – 10:30AM, Outram Hall Community Centre, 478 Beach Road, Murrays Bay.
- Chair Yoga: Fridays, 9:00 – 10:00 AM, St Anne's Hall, 756 Beach Road, Browns Bay.

Pricing

- First class free
- Casual class: \$15
- Five-class pass: \$50

For bookings or enquiries:

Phone: 027 297 2759

Email: yoga.with.jimena@gmail.com

Instagram & Facebook: @yoga.with.jimena

Linktree: <https://linktr.ee/yoga.with.jimena>

Whether you are stepping onto the mat for the first time or returning after a break, you are warmly welcome to join our friendly local yoga community.



August Highlights at Albany Village Library

With the school holidays behind us, we're looking back on a vibrant July filled with learning, creativity, and community connection. As we head into August, we're excited for another month of inspiring events and opportunities at the library!

We Read Auckland is returning to Auckland Libraries in August! From 1 August, read fantastic books freshly picked for We Read Auckland 2026. These titles are written by well-known favourites and debut authors from right here in Tāmaki Makaurau.



Look out for books by Barbara Dreaver, Barry Soper, Charlotte Grimshaw and many more! Enjoy fast access for all with multiple copies and two-week loans. No holds, no renewals - no waiting! Borrow from any library. Selected titles will be available on Libby and OverDrive for our e-reading Besties.

We're excited to be hosting a free writing workshop for adults and are giving you the first chance to book before everyone else. Ever wanted to write your own life story? Join writer, editor, and screenwriter Janice Marriott for a 2-hour memoir writing workshop where you'll learn how to shape your experiences into a meaningful story. With a wealth of writing experience, multiple writing residencies, and the prestigious Margaret Mahy Medal (2018) to her

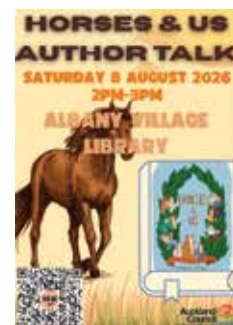
name, Janice brings a lifetime of knowledge and insight to guide your writing journey. Open to adults aged 18+. **Sunday 9 August, 1pm-3pm.** Secure your tickets on eventbrite.co.nz!

Are you a teen who loves horses, writing, or both? Come along to the **Horses & Us writing workshop** with NZ author Johanna Emeney on **Saturday 8 August, 2pm to 3pm.** Register via Humanitix.

We will be hosting a **Korean Friendship Group** with Age Concern on **Wednesday 19 August from 1pm-2.30pm**

Interested in learning to crochet? We will host a **Crochet Class** running weekly on **Saturday afternoons at 1pm-2.30pm**, running from Saturday 22 August until Sat 26 September. Sessions are suitable for those aged 12+. Bring your own crochet hook! Register via Humanitix!

We look forward to seeing you at Albany Village Library this August! For more information, follow us on Facebook, check out the OurAuckland website, or come pick up one of our monthly newsletters for info on our regular programming and special events!



GET YOUR BLOOD BUDDIES TOGETHER

Winter's here and the dreaded lurgies are about.

Constellation Drive Donor Centre **needs blood and plasma donors.**

65 Constellation Drive, Rosedale

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NZBLOOD

COMMUNITY PLANTING DAY Vaughan's Stream



Restore
Hibiscus & Bays



**JOIN US TO PLANT
NATIVE TREES**

All welcome - no experience needed!



SUNDAY 16 AUGUST 10AM - 2PM

Meet opposite Dynamic Physio,
55a Glenvar Ridge Road

Growing something special at Vaughan's Stream, Long Bay

BRING: Gardening Gloves | Clean spade (if you have one) | Water/snacks | Tools, plants & guidance provided.

For more information and full event details:

restorehb.org.nz/planting-days

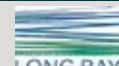


*With many hands the
work will be done*

He rau ringa, e oti ai



Hibiscus and Bays
Local Board



Auckland Council

Torbay & Long Bay Medical Centres

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Ask us about
Manage My Health

NZ DIABETES

CHANGE TO SCREENING GUIDELINES FROM 1ST JULY 2026



New Zealand's diabetes diagnosis guidelines are changing to align with international standards.

What this means for you:

Diabetes is commonly diagnosed using a blood test called HbA1c, which measures your average blood sugar over the past 2-3 months.

The current updated NZ diagnostic framework:

HbA1c (main test used for diagnosis)

- Normal (no diabetes): < 42 mmol/mol
- Prediabetes: 42 - 47 mmol/mol (previously 41-49)
- Diabetes: ≥ 48 mmol/mol (lowered from ≥ 50)

The threshold for diagnosing diabetes has been lowered. This means some people who were previously classified as having pre-diabetes may now be diagnosed with diabetes.

If this change affects you, there is no need to worry. Earlier diagnosis allows treatment and support to begin sooner, helping reduce the risk of long-term complications.

What is diabetes and pre-diabetes?

Type 2 diabetes occurs when the body cannot effectively control blood sugar levels. Over time, this can increase the risk of complications.

Pre-diabetes means blood sugar levels are higher than normal but not yet in the diabetes range. This is an important warning stage where lifestyle changes can often prevent progression to diabetes.

Managing blood sugar early can:

- Reduce the risk of heart attack and stroke
- Protect kidney health
- Prevent nerve damage and foot problems
- Reduce risk of vision loss
- Improve long-term energy and wellbeing

If you have been told you have pre-diabetes, or you are at increased risk of diabetes, we encourage you to book an appointment early. Support at this stage can often prevent progression to diabetes. At Torbay Medical Centre we will work with you.

Working alongside your doctor to support your diabetes care:

Diabetes Nurse

- Regular foot checks to detect early nerve or circulation changes
- Monitoring of blood sugar and cardiovascular risk
- Support with medications and care planning
- Ensuring appropriate referrals and ongoing follow-up

Health Coach / Health Improvement Practitioner

- One-on-one support for lifestyle change
- Help with goal setting and motivation
- Advice on nutrition, physical activity
- Ongoing encouragement and follow-up

Diabetes prevention works best as a partnership between you and your healthcare team. With early detection, lifestyle changes, and ongoing support, many people can delay or prevent type 2 diabetes.

If you would like support or more information, please contact the practice reception team.

If you are invited to a FREE diabetes annual review with the nurse, please book in. Your health is worth it.

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

Early in the year 2020, I injured my shoulder, by falling off 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 remember one day 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?". 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, and being unable to sleep and move my arm with ease. I had other treatment, which I gave a try but they 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 about how my body works so 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 with 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! I also no longer live with constant pain - what a relief!

It is an incredible combo!

Thank you Lynne for all your knowledge and support.

Nina

EXERCISES THAT WORK! Stretch | Flex | Strengthen

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

Ladies Small Group Classes

No running, jumping or heavy machines

Days: 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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Lynne Scott - 021 204 3280

Torbay Friendship Club

Torbay Friendship Club is a combined no profit social group for over 60's that meets monthly from February to December to hear club updates, a ten-minute talk from a club member before a social tea or coffee followed by a guest speaker.

In July we heard from actors Michael Hollows and Gail Daughtry about the production of the New Zealand film called "Where Beauty Hides". This is being premiered in August and in Bridgeway Cinemas in September.

We do a monthly excursion together and enjoy "connoisseurs coffee morning" at different venues, craft, and board games during the month.



Actors Micheal and Gail



Hamper winners at our Mid Year Lunch

Our recent activities have been our mid-year lunch with hamper prizes at Aubergine in Takapuna, lunch at Diakoku, Albany and taking part in Active Aging Event in Browns Bay. In August we are going to Estuary Arts in Orewa to see the local artist exhibition.

Please join us as a guest at our meeting 10:00am start on the 2nd Thursday each month at Torbay Community Hall, 35 Watea Road, Torbay

Contact us torbayfriendshipclub@gmail.com

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	
--	--

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
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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
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Vet Clinic

Evening Vet

1/89 Te Oneroa Way	09 217 9249
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East Coast Bays Library News

We enjoyed a super busy and lively July with Matariki celebrations and activities for the whole Whānau and the launch of our 3D printer.

If you'd like to know more about the 3D printer service, please email ecblib@aucklandcouncil.govt.nz or pop in to grab our terms of service flyer.

For August we are celebrating Family History Month with 2 free workshops being presented by our friends from NZ Society of Genealogists. Please go to humanitix.com for more information, or to book, if you would like to attend.

Thursday 18 August 2pm – 3.30pm

Introduction to DNA research and Free Family History Resources

Thursday 25 August 2pm – 3.30pm

Managing Your Family Tree – Software and Online Family Tree Management Tools

For literature lovers this month we celebrate poetry and local authors:



We Read Auckland 1 – 31 August

Auckland's month-long local reading and writing festival is back this August!

Celebrate the stories of our city with quick-access books, free author events and writing workshops featuring top writers from Tāmaki Makaurau.

And from 1 August, fantastic books freshly picked for We Read Auckland 2026 from Tāmaki Makaurau authors will be added to our Bestie collection.

Look out for details on Auckland Libraries website.



National Poetry Day - Open Mic at the Library

Friday 28 August 3.30pm – 5pm

National Poetry Day is your chance to share your love of poetry. Come and celebrate with

us and share your own poem or favourite poetry written by others in this free, welcoming open mic event for everyone. Put your name on the list now to get a spot at the mic stand, or come along to hear from others at this all ages event. Visit Humanitix.com or contact the library to join.

Visit www.poetryday.co.nz to explore more poetry day celebrations.



Pōhutukawa Singers are looking for tenor singers

Local community choir, Pōhutukawa Singers, based in Albany, is a mixed voice (SATB) choir with a wide ranging repertoire, spanning a variety of music genres.

Following on from our recent successful mid-year concerts we will be commencing rehearsals around mid-August for our end of year concerts. These are scheduled for Friday 27 November and Sunday 29 November and the program will include a selection of Christmas music as well as our usual mix of other song genres.

We are a welcoming and supportive group of around 25 to 30 members who share the joy of ensemble singing while also aiming for a high standard of performance under the expert guidance and tuition of our talented music director, Esther Leefe.

While we currently have reasonably good numbers in our Soprano and Alto sections, we would particularly welcome



enquiries from any Tenors and/or Baritones who may also be able to sing tenor parts. Previous choral singing experience or other relevant singing ability, along with an understanding and knowledge of written music would be a significant advantage.

Our rehearsals are on Monday evenings from 7.00pm to 9.00pm at Pinehurst School, Bush Road, Albany.

For further information about this opportunity, please phone or text Geoff on 021 1706590 or email to gcollinsnz@gmail.com

Quizzes

sponsored by

Answers Page 34



MEDICAL TERMS

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

DOCTOR
HOSPITAL
NURSE
DISEASE
INJURY
SURGERY
PATIENT
SPECIALIST

MEASLES
COUGH
INFLUENZA
TREATMENT
MEDICINE
PHARMACY
ARTHRITIS
FRACTURE

BLOOD
HEALTH
WELLNESS
SICKNESS
WARD
OPERATION
DIABETES
REHAB

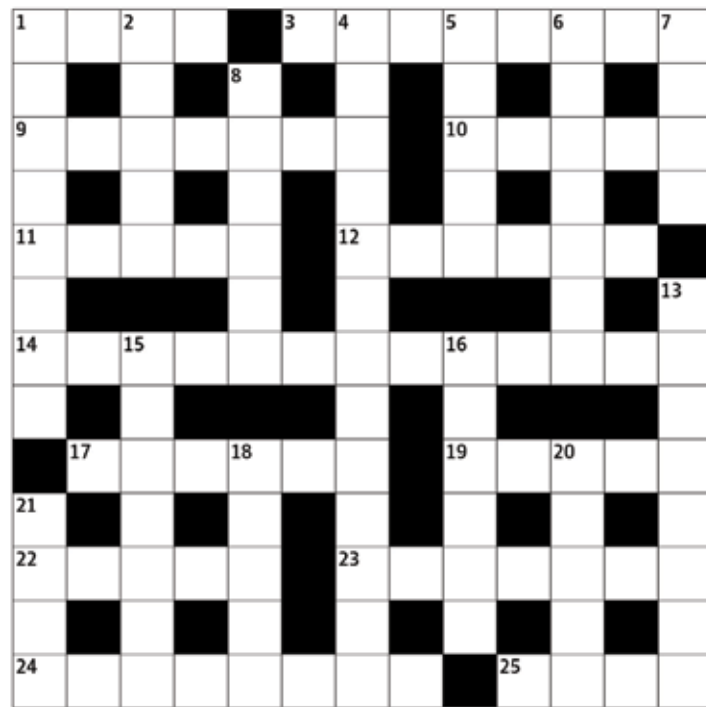
WORD PUZZLE

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

HIGLDT E

30 good, 35 very good, 39+ excellent

CROSSWORD



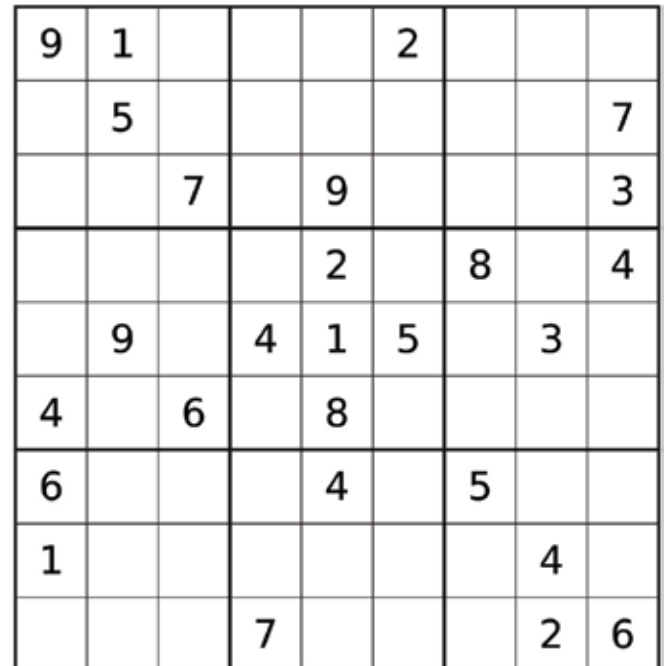
Across

- 1 Woodwind instrument (4)
- 3 Shares secret (8)
- 9 Part of a circle (7)
- 10 In the best position (2,3)
- 11 One who gives blood (5)
- 12 Make longer (6)
- 14 Not before a stated time (2,3,8)
- 17 Plan or arrangement (6)
- 19 Take money out of account (5)
- 22 Pass on to another (5)
- 23 Great skill or style (7)
- 24 The quality of being opposite (8)
- 25 Part of the eye (4)

Down

- 1 Dark glass-like rock (8)
- 2 Body part (5)
- 4 Seemingly (2,3,4,2,2)
- 5 Remain on the surface (5)
- 6 Improvement in relations between nations (7)
- 7 Drinks in small amounts (4)
- 8 Funeral vehicle (6)
- 13 Has a speech impediment (8)
- 15 Diplomatic (7)
- 16 Places Cargo (6)
- 18 Mistake (5)
- 20 Adds burden (5)
- 21 Journey (4)

SUDOKU



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PROPERTY MANAGEMENT

Mid-Winter Inspiration: Where Will Your Next Journey Take You?

As the cooler months settle in, there's no better time to dream about your next escape. Whether you're planning a relaxing beach holiday, an unforgettable adventure, or the journey of a lifetime, the world is full of incredible experiences waiting to be discovered.

Today's travel options are more exciting than ever. Cruise lovers can choose from intimate expedition ships exploring remote coastlines, luxurious small ships, all-inclusive voyages, or the vibrant atmosphere of larger ocean liners. River cruising continues to grow in popularity, offering the perfect "floating hotel" experience, unpack just once while sailing through some of the world's most fascinating cities, villages and landscapes, stepping ashore each day to experience local culture, history and cuisine.

If you're seeking authentic cultural



experiences, small group touring offers a wonderful way to travel. Expert local guides, like-minded travellers and carefully crafted itineraries take you beyond the tourist hotspots, connecting you with local communities and hidden gems while taking the stress out of planning.

Perhaps it's time to tick off a bucket-list adventure. Witness the breathtaking beauty of Antarctica or the Arctic,

experience an African safari, explore the vibrant cultures of South America, or discover Europe's timeless charm.

Closer to home, Australia and the Pacific Islands remain favourite choices for an easy getaway, while Thailand, Bali and Vietnam offer exceptional value with rich cultures and tropical warmth. North America also promises unforgettable experiences, from Alaska cruises and the majestic Rocky Mountaineer to California's sunshine, New York City's iconic sights, spectacular national parks and magical winter holidays.

If you're looking for inspiration, expert advice and the latest travel trends, join us at Shore Travel's upcoming Travel Expo Evening (details below). Meet leading cruise lines, tour operators and travel specialists, discover exclusive offers, and start planning your next unforgettable journey.



The Travel Lounge FREE Mid-Winter Travel Expo Evening

Thursday 20 August | 5pm – 7pm
Pupuke Golf Club, Drop in anytime

Join Shore Travel for an exciting evening of travel inspiration. Meet leading travel experts, discover incredible destinations, and start planning your next journey.

Cruises | Tours | Expeditions | Tailor-Made Trips

Attendees go in the draw for door prizes.

Register at: hello@shoretravel.co.nz
or Phone: (09) 489 2597
www.shoretravel.co.nz



When Life Changes, So Should Your Will.

Joy and her late husband, Eric, hadn't been able to have children much to their regret. However, they were very close to their godchildren, acting as surrogate aunt and uncle to the four children. Sadly, ten years ago, Eric died suddenly after a massive heart attack.

He and Joy had completed their wills a couple of years before he died, leaving everything to each other and then if they both died to a mixture of family members and charities.

After Eric's death, Joy decided to update her will. Under her current will, the executor was Eric's older brother. That was no longer appropriate, as he was in his late 70s and might die before Joy. She also wanted to revise the gifts in her will to reflect discussions she and Eric had before his death.

Joy's main asset was the family home which was now worth a substantial sum. She also had some cash in the bank which supplemented her pension. She decided that she would leave the house to her godchildren on the basis that that was the lion's share of her estate, and the balance would be divided between the three charities she and Eric had agreed upon.

This meant that even if she spent all her cash, the godchildren would receive the proceeds of the family home after it was sold. Joy also appointed her lawyer to act as the executor of her estate. She thought it was good to have someone neutral in the role, and as her lawyer would need to be involved if she died anyway, it just made sense.

After three years Joy decided that she wanted to move to a retirement village. She was struggling to keep up with the grounds and the housework in her larger house. She had lots of friends who had moved into villages, and she was also feeling quite lonely without Eric and thought it would be great to have more company. One of her goddaughters took her to several retirement villages and she settled on one that she really loved. It had great facilities, and the people were very warm and friendly.

When Joy went to the lawyer to sign the papers for the sale of her home and the purchase of the occupation right to the apartment in the village, the lawyer suggested she review her will. Joy remembered the rough proportions between her godchildren and the charities and said that she might look at it to make sure it was still ok. Now that the cost of buying in the village was less than her home, she would have more cash, but needed time to think it over.



Joy didn't go back to the lawyer about updating her will as she was having too much fun with her new life in the village and her lawyer never followed up with her.

Two years after moving into the village, Joy had a stroke and ended up passing away with pneumonia in hospital a few days later.

Her godchildren were sad but pleased for Joy that she had been able to enjoy her last few years, even though it was without Eric. They were surprised, however, when they read Joy's will. The will specifically left them Joy and Eric's family home. That had been sold when Joy had moved into the retirement village, but the wording remained the same – it didn't relate to the sale proceeds of the home. The lawyer told them that as that asset no longer was in Joy's estate they would receive nothing under her will and her entire estate would go to charity.

Joy's godchildren were not the greedy type, but this did not seem fair, and they didn't think it would have been what Joy wanted. They decided to take their own legal advice. The lawyer they saw said that the best thing to do would be to try and negotiate with the charities, but that there was no guaranteed chance of success.



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 *A Valid Will?*

It is recommended to review your will every five years, or whenever your circumstances change.

When you make a will you are creating a lasting legacy for your loved ones, with the opportunity to have your say.

Significant milestones such as marriage, separation, death, a change in your assets, or expanding your family can affect your assets being distributed in the way you want them to be.

Ensure your final wishes are respected and get advice that reflects your personal situation. Contact our Trust and Wealth Protection team to review your will.

Classifieds

Accommodation

Fully furnished accommodation North Shore
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Vision Accounting Solutions Ltd.
www.visionaccounting.co.nz 09 415 0319.
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hello@jellyfishsolutions.co.nz

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

Handyman. Born and bred in Torbay. Martin is a qualified cabinet maker and experienced professional. Allsorts Property Maintenance is available for property maintenance, odd jobs, decks, fences and garden services. Call Martin Bassett on 0274526515.

Lindsay Painting. Interior/exterior. Phone Clive 0274812231.

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

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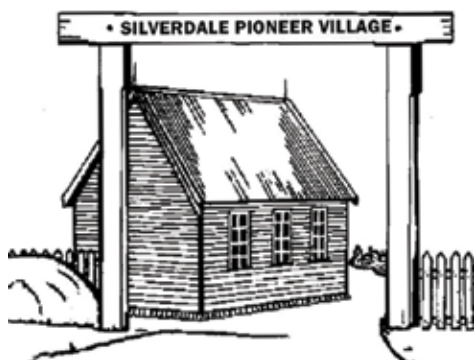
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Coast Roofing Ltd – Long run roofing, new roofing, re roofing and repairs. Local Torbay resident, 35 years experience. Free quotes Ph Matt 0272746159

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



Silverdale Pioneer Village

NEW VOLUNTERY SECRETARY REQUIRED

Do you have good computer and administration skills? Do you enjoy working as part of a team of enthusiastic volunteers? We need you!

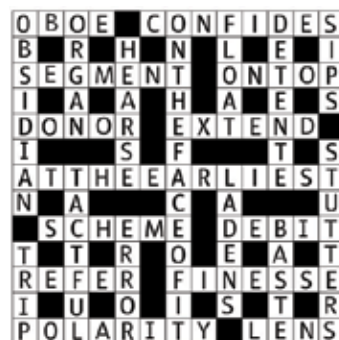
The Silverdale Pioneer Village needs a new Secretary. This is an unpaid voluntary role which includes dealing with emails, helping to co-ordinate events, and helping to welcome visitors to the Pioneer Village.

If you would like to know more email us on pioneerovillage1968@gmail.com.

15 Wainui Road
Ph: (09) 426 8272

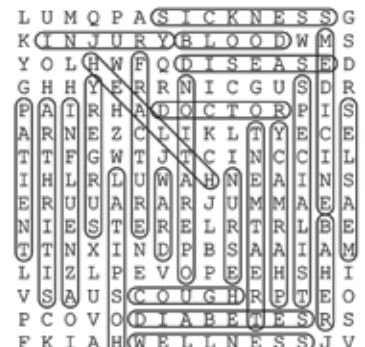
E-mail: pioneerovillage1968@gmail.com

Puzzle Answers



Word Puzzle

deli, delight, die, diet, dig, edit, eight, eld, gel, geld, gelt, get, gild, gilt, glide, held, het, hid, hide, hilt, hit, idle, led, leg, lei, let, lie, lied, light, lighted, lit, lithe, the, tide, tie, tied, tilde, tile, tiled



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

focus
on community



Is your house feeling too small all of a sudden?

Scan here to see
what everyone's
saying about
Wanly Tsang.



Did the holidays reveal you've outgrown your home?

The school holidays may be over, but they often highlight whether your home still works for your family. Maybe the kids have outgrown sharing a room, working from home has become a challenge, or you simply wish for more space. If you've been thinking, "We might need a bigger place," you're not alone. For many families, the holidays are the moment they realise it's time to consider their next move. The first step is simply exploring what's possible. If you're thinking about a home that better suits your family's next chapter, I'd be happy to chat through your options.



5 Star Rated by Rate My Agent

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

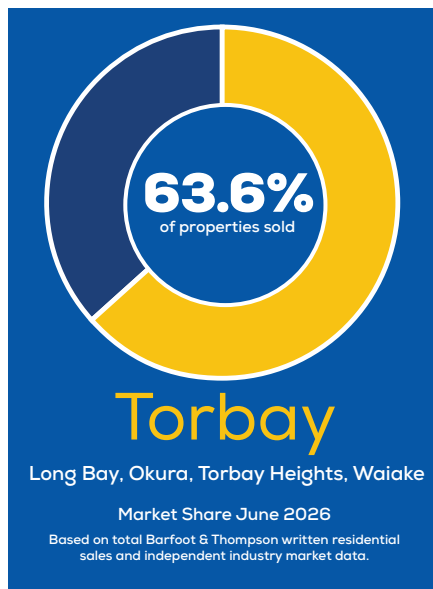
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North Shore

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& Team**



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Tiki Jiang
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Heather Jones
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Shashank Khoka
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Eva Li
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