focus on community

Issue 53
October 2026

Long Bay, Okura and Torbay



Long Bay Residents Association - Planting Day!

- 140 volunteers
- 1847 native shrubs and plants planted

See pages 16 and 17

Photograph by Keerti Siag

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Seed Bombs, Recycling, and the Great Bunny Hunt

At Long Bay Primary, nothing brings more energy to our school than a visit from our "big brothers and sisters" at Long Bay College. Whether supporting our Family Picnic, joining reading groups, or assisting with our Light Up The Playground event, these older mentors always leave a lasting, positive impression on our learners.

Recently, Prefects Lily, Sam, Thomas, Nina and Nathan—alongside the Sustainability Council—spent an engaging morning sharing their environmental knowledge through hands-on activities:

The Recycling Challenge - Sorting waste into correct categories and mastering the subtle trick of separating bottle lids before disposal.

Outdoor Nature Bingo - Getting students outside to explore the environment up close. While locating the elusive rabbit listed on the bingo card proved unsuccessful, the search party gave it everything they had!

Kōwhai Seed Bombs - A delightfully messy highlight involving seeds wrapped in nutrient-rich paper and soil. Students took their creations home to plant, setting the stage for vibrant yellow kōwhai trees to bloom across Long Bay in the coming years.







The visit sparked vital conversations about protecting our local environment and making our community an even better place to live, learn, and play. Most importantly, everyone had a blast in the process—though next time, we will definitely need to look a little harder for that rabbit!

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Content of this magazine.

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

Cost of advertising.

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

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1 page 29.7 cms x 21 cms $495+gst

We offer a free design service.

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

It might be Spring, but those winter germs are still making the rounds.

So, to all those still recovering, and those suffering, I do wish you a speedy recovery.

I am always struck by how beautiful a place we live in.

Each time I turn off the East Coast Road onto Glenvar and come over the top you see the Gulf spread out majestically before you. I always look and think "How can you ever get tired of that view?".

I have been doing that for the last 22 years.

I also love Beach Rd and the way the road loops through the Bays giving constant scenes of such beauty.

I never tire of the view – especially when the sun is shining down and the sea is that wonderful shade of blue- and feel so privileged to live in such an area. Let us never take that for granted.

It is so good to be able to celebrate with others through these pages and we have had some lovely comments back about the cover photo last time of David and Marie Gray celebrating their 70th wedding anniversary down on Long Bay Beach.

If you have a special birthday or anniversary coming up, or know of someone who does, then let us all in on the secret and share the joy!

I always love that with this magazine we celebrate the goods things and leave the bad news to the Herald and tv news! People want to read about people they know, places they can go and things they can do right here in their community.



Have a great October

Carole McMinn, Editor

editor@focusoncommunity.co.nz I 09 473 3259



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Every day is an opportunity

The rarity of seeing things for the first time or for the first time for a long time gives us a sense of what it may have been for early explorers, feeling like the first person to see something in a new world.

Exploring in the intertidal zone is an invite to explore a whole new world. Over the years we've invited thousands of young people and communities out to the intertidal zone and guided them on their own adventure. Often, we see some species time and time again which is exciting. Sometimes we see things that get the blood pumping because we haven't seen something before.

Recently, we had one of these moments. Warty/Wellington nudibranchs (Doris wellingtonensis) are the largest nudibranch in Aotearoa/New Zealand. iNaturalist has 3 unique records since 2021 in Long Bay Okura Marine Reserve. When Jamie let us know he had found one with a school group, even our office colleagues reached out for a camera to explore.

Every day is an opportunity become an explorer in your own right, so get out there and find things new to you. Reach out if you want a hand to help identify your discoveries.

MERC



Photo: Yuin Khai Foong

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Wendy's update

Peter Thompson reported that the Auckland housing market experienced a typical end of winter sales month in August, but prices went against the normal trend by holding firm.

Currently in our area we are we are seeing signs that prices are firming and are experiencing a solid buyer's market – is it time for you to start thinking about selling? A spring market brings fresh buyers and opportunity!

Having worked locally specializing in selling Real Estate in the Torbay and Waiake areas for over 25 years, and living locally for over 40 years, I offer beneficial local knowledge to buyers and experience of selling in all market trends for vendors – a combination that can make all the difference when it comes to achieving the best possible result – give me a call for a chat,

Kind regards, Wendy

Torbay/Waiake *August 2026*

FOR SALE — 90 PROPERTIES FOR SALE	SOLD — 13 PROPERTIES SOLD
$800,000 LOWEST VALUE SALE	$1,250,000 HIGHEST VALUE SALE

Wendy Radcliffe
021 772 070
w.radcliffe@barfoot.co.nz

A Day-trip to Orewa for the Torbay Friendship Club

The long wait for our food was met with understanding; exasperation had turned to laughter. How could we be cross? The young waitstaff were doing their best!

Concern was more for our coach-driver – did he have a time-schedule to meet? We checked with him, but he simply said that his day was ours to waste!



Thus, a group of 'Seniors' showed their grasp of 'friendship' – and that's, after all, what our Club is about!

Our visit to the Estuary Arts Centre, in Orewa, had been rewarding and stimulating. Now, we had time to sit in a restaurant and review it all.

I think it's strange, that when we look back and review a part of life, it's often the little set-backs that stand out in our memory! In retrospect, these events might seem meaningful, exciting or, perhaps, excruciatingly funny - but, whatever the context, life's little 'glitches' often take on a positive spin and remain vivid, in our minds.

Our lunch arrived eventually – and we enjoyed it all the more, for our wait!

The motor-coach dropped us back to the Hall and we returned to homes in such diverse locations as 'The Bays', Albany and some, even further afield.

May we welcome you, as our guest.



Meetings - 2nd Thursday of each month, at Torbay Community Hall, 35 Watea Road, Torbay. Enjoy our topical speaker, a scrumptious morning tea and discover what's on, between now and Christmas.

Phone: Josie (09) 413 7317
Mobile : 027 271 6657 or e-mail
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Homeground

Simon Wilson, noted journalist and article writer for the "Listener" spoke to u3a Browns Bay about HomeGround. This, Auckland City Mission 's purpose-built central city hub is a place of transformation, healing, and community for people in greatest need [homeless people], while welcoming all Aucklanders through its doors. Simon has a deep understanding of the place as he has written a commissioned book about it.



But HomeGround is more than a building. It's a living expression of what's possible when compassion, dignity, and community come together under one roof. It provides integrated services in the same building – health care, mental and physical, dental care and social detox, to support the complex health needs and the trauma, violence, or addiction that its clients have experienced.

Its aim is to address rough sleeping, a big issue for Auckland, but a problem, up until recently, very much ignored. By wrapping its clients in a complete free service, it aims for integrated healing and rehabilitation. It should be noted that homeless people are men and women in about equal proportions.

Lying between Hobson Street and Federal Street, it features 80 apartments and includes a Calder Health Centre for health-related services, a community dining room, and various support programs. Clients live in these apartments, surrounded by the free and total support they need to heal their lives and eventually return to work. HomeGround is also the tallest wooden building in the country and its whole-of-life carbon footprint will be 80% lower than other buildings its size.

The wood used will char but not burn in a fire. Even the colours chosen to paint it have been carefully considered. Nothing like a police cell, consulting room or detention centre is ever used.

We are grateful to Simon for revealing a visionary service which was a revelation to most of our members.





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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 have proudly served as your Member of Parliament for East Coast Bays since 2017. It has been both a privilege and a pleasure to support, champion, and advocate for this wonderful community.

Since November 2023, I have also served as Minister of Education and Minister of Immigration, leading significant reforms across both portfolios. From beginning the work of reversing decades of declining student achievement in our schools, to strengthening New Zealand's immigration system, I have focused on delivering meaningful improvements that make a real difference in the lives of Kiwis.



I am asking for your support and vote once again, so I can continue representing you for another three years.

www.EricaStanfordMP.co.nz/vote

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Erica Stanford MP

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We were awarded "Excelling" in all areas in our last Education Review Office report.
Excellent long standing local reputation, operating since 1987.



Children's Ark 282 Glenvar Road, Torbay

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09 473 0242

Torbay Garden Club Celebrates Spring







Once again, the weather gods were against us prior to our Spring Show in September. A bout of heavy rain followed by strong, cold south westerly winds is not conducive to producing perfect blooms. But although the quantity may have been slightly less, it was amazing to view the vibrant floral display produced by our dedicated gardeners. Daffodils, iris, polyanthus, freesias, orchids and camellias filled the hall with their colour and fragrance. The quality of the fruit and vegetable exhibits was excellent, and our preschool entrants added a wonderful dimension of their own, entering imaginative pieces into the "Jar of Flowers" and "Painted Rock for the Garden" classes. Torbay Kindergarten and Children's Ark made a big contribution to the Children's Section, and a vividly painted large palm frond was also entered for display alongside the Painted Rock class. It is wonderful to see the results of young people's involvement in these activities and it definitely added a unique dimension to our show. The winners received children's gardening supplies from Bunnings to encourage them further in this worthwhile activity. We strongly encourage and look forward to even more preschool participation in this event next year.



We are extremely grateful to our sponsors who supported us so generously again this year, resulting in some excellent raffle prizes. Tickets for these sold fast! Our heartfelt thanks go to our raffle sponsors, Kings Plant Barn Takapuna, Central Landscape Supplies Albany, Mitre 10 Mega Albany, Bunnings Constellation Drive, Woolworths Browns Bay, New World Long Bay, 4Square Torbay and the Torbay Butchery. We also want to extend our grateful thanks to our other long-time sponsor of the Spring Show, Wendy Radcliffe and Tony Cederwall at Barfoot and Thompson Torbay.

Congratulations to all of the winners, especially Hilary Collins who had an amazing array of entries and won the coveted Carlysle Tankard.

If you would like to join our club of welcoming, like-minded people, please head to our website torbaygardenclub.co.nz. We have some interesting garden trips coming up and of course our Rose Show on 4th November.

In the garden in October: This is the main growing season of the year, so all plants will benefit from some feeding. Conditions should be perfect now to plant all your summer veggies, not to mention an abundance of stunning annual and perennial flowers available now. Plant lettuces, beans, peas, carrots, radish, spinach and beetroot. Seeds of pumpkin, eggplant, courgettes, capsicum and tomatoes can be sown in trays now or directly in the garden at the end of the month.









The True Cost of Doing Nothing

We spend a lot of time thinking about the cost of doing something, and probably far less time thinking about the cost of doing nothing.

It's an easy trap to fall into. The roof has started leaking, but it's only a small leak… The work ute is getting a little unreliable, but it still starts most mornings… That piece of equipment would make the business more productive, but the old one still does the job…

So, we wait.

After all, spending $5,000, $20,000 or $50,000 today feels expensive. Doing nothing feels free.

The hidden problem is that doing nothing often has a price tag too, and is usually paid in tomorrow's dollars at a much larger cost.

Take that small roof leak. Fixing it today might be a relatively straightforward repair. Leave it another year and suddenly you're dealing with damaged insulation, rotten timber, mould, ruined ceilings and a repair bill several times larger.

The same applies in business.

An ageing work vehicle might be paid off, which makes keeping it feel like the cheaper option. But what is it really costing in repairs, downtime and lost productivity? If your vehicle is sitting at the mechanic instead of on a job site, the cost isn't just the repair bill, it's the work you weren't able to do.

Or perhaps there's a piece of machinery, another vehicle or new technology that would allow your business to take on more work. It's easy to focus solely on the cost of buying it. But what about the revenue you're turning away by not having it?

Even our finances can fall into the same trap. Credit card balances and other high-interest debts are easy to leave ticking away in the background, particularly if the minimum repayments feel manageable. But months can quickly become years, and the cost of waiting can quietly add up.

None of this means you should borrow money every time



something needs fixing or an opportunity comes along. Taking on any form of credit should always be considered carefully, and borrowing money will always have a cost.

But when weighing up a financial decision, it's worth looking at both sides of the equation.

Instead of only asking "**What will it cost me to do this?**" Ask: **"What could it cost me if I don't?"**

Sometimes paying for the roof repair now prevents a much larger bill later. Replacing an unreliable vehicle keeps a business moving. Investing in equipment creates enough additional income to more than cover its cost. Restructuring expensive debt can stop years of unnecessary interest accumulating.

Whether it's your home, your business or your finances, putting something off can feel like the safest option because it costs nothing today.

But doing nothing isn't always free… sometimes, it can be the most expensive option of all.

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The Handles Seek Local Women for Summer Football

The Handles are calling on local women to join their team for the Summer Football League, starting Thursday 29 October at East Coast Bays FC.

The team began when a group of women, inspired by watching their daughters play football, decided it was time to get on the field themselves. From that simple idea,



The Handles - affectionately short for "love handles" - were born.

Now entering their 5th season, the team is looking for new players who want to stay active, meet people and enjoy the camaraderie that comes with being part of a genuinely supportive group. The Handles bring together women from all walks of life, united by a love of football, plenty of laughter and the kind of team spirit that makes everyone feel welcome.

For many members, the team has become much more than a weekly game. At a stage of life that can bring changes such as children leaving home, menopause or a shift in career, The Handles offer connection, encouragement and friendship, with no judgment and no pressure to be the best player on the pitch.

No football experience is needed, just a willingness to give it a go. There's no



pressure and no politics, just a fun, stress-free environment with plenty of laughs thrown in.

The Handles are proudly supported by Handle Solutions and Fantail & Turtle at Smales Farm.

Anyone interested in joining The Handles for the summer season is encouraged to get in touch with Andrea Brett 021 825 397 andreabrett@gmail.com

MAX Health Store
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Detoxification seems to be one of the latest trends

Before you detox...

Your body is designed to detoxify every day through the liver, digestive system, kidneys, skin, and lungs. But before starting a cleanse, it's important to make sure the foundations are in place.

Digestion, bowel regularity, hydration, nutrition, and sleep all play a role in supporting healthy detoxification.

At Max Health, we focus on supporting your body's natural processes rather than quick fixes.

From probiotics and digestive support to fibre, herbal tonics, and nutritional guidance, we're here to help.

Pop in and chat with one of our qualified practitioners.

Opening Hours: Mon to Fri 9.30am to 5.30pm Saturday 10am to 4.30pm
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www.maxhealthstore.co.nz

A Proud Night

It was a very proud night for the team at New World Long Bay as we attended the annual New World Retail Awards, celebrating the incredible people and stores across the North Island.

We were thrilled to be named Runner Up for Bakery of the Year, placing 2nd out of 108 New World stores across the North Island. After placing 3rd last year, we were especially proud to move up another spot this year. What an achievement for our incredible Bakery Team!

We were also incredibly proud to be named as one of just 10 finalists for Store of the Year. While we didn't take out the top spot, being recognised among the best stores in the North Island is an achievement our entire team can be incredibly proud of.



The recognition reflects the passion, creativity and hard work our team puts into creating something special for our local community every day. Our bakery is a huge part of that. Almost everything is made right here in-store by our talented bakery team, from our much-loved freshly baked sourdough, breads, pastries, cookies, cakes and famous donuts. The team are constantly creating new ideas and putting their own spin on customer favourites, creating beautiful products with care and a whole lot of love. We are incredibly lucky to have such a talented team.

But these awards are a reflection of our whole NWLB team. Every department plays a part in creating the experience our customers enjoy, and we are incredibly grateful for the energy, care and pride our team brings to the store every day.

A huge congratulations to all of the winners on the night. The incredible standard being set across New World stores throughout the North Island continues to raise the bar, and we're proud to be part of it.

Most importantly, thank you to our wonderful Long Bay community for continuing to support us, shop local and love what our team creates. We couldn't do it without you.

Making Your Grocery Shop Easy

"Less time shopping. More time for everything else."

Life is busy, so getting your groceries should be easy. At New World Long Bay, we're making online shopping simple, convenient and flexible, with options to fit around your day.

CLICK & COLLECT: Order online and pick up when you're already out and about.

HOME DELIVERY: Stay home and let us bring your groceries to you.

EXPRESS DELIVERY | NEW
Need a quick top-up? Our new Express Delivery gets your groceries to your door when you need them fast. Available within 4km of New World Long Bay, it's perfect for those moments when you've run out of milk, need an extra ingredient for dinner, or simply don't fancy another trip to the supermarket.

SHOP ONLINE
SCAN HERE TO GET STARTED







PICKED WITH CARE...

Behind every online order is our amazing Online Team, carefully choosing the freshest produce and best-quality products, then packing your groceries with the same care we'd give your shop in-store.

A SNEAKY TIP FROM THE TEAM:

You can leave notes with your order in the 'note' tab! Want green bananas? Ripe avocados? A particular flavour of our famous donuts? Just let our team know what you'd prefer. We can't always guarantee every request, but we'll always do our best to find exactly what you're after.

NW
Long Bay

"ON AIR"!

Next month we take to the airwaves in a musical show set in a radio station during the 1940s. The popularity of music from this period is reflected in the number of singers and actors who flocked to audition, and it looks set to be a jolly good show!

At the heart of *On Air* is the Torbay Theatre Choir, a group set up by Dragan Atanasov, starting with some of the cast of last year's *HMS Pinafore* and adding new singers, young and not so young, all the time. Dragan always hoped that this choir would be a body of singers ready to form the core of musicals at Torbay Theatre, and such is proving to be the case.

On Air is written by Nancy Combs, adapted from open-domain scripts from genuine wartime radio shows, and involves the humorous goings-on in a radio station helping keep morale high, both at home and for the lads abroad – at Christmas. Music of the time includes Frank Sinatra, the Andrews Sisters, *Chattanooga Choo-choo, In the Mood* …

Nancy Combs and Sarah Munnik, both founding members of the choir (Sarah Munnik played Cousin Hebe in *HMS Pinafore*) are co-directors, with Dragan Atanasov as Music Director. The team are delighted with the calibre of people who turned up to audition, to add to the burgeoning choir already singing together every week. The cast is a very talented and experienced group of singers and actors.

The choir is still open to new members, so if you are interested, please contact Dragan on 0210-271-0739.



Dragan and the choir in last year's Christmas show.



Some of the choir in humorous mode [Rob with Fireplace]

Tickets available now! On our website: www.torbaytheatre.com

On Air:
November
Thursday 19th, Friday 20th, Saturday 21st, Sunday 22nd (matinee)

Thursday 26th, Friday 27th, Saturday 28th, Sunday 29th (matinee)

Backstage Club

No musical or play can come to life without the special people who build, paint, sew, coiffe, make up, and maintain. We also need new and / or trainee stage managers and backstage crew. If this sounds like you, join our committed creatives every Wednesday morning 10-12 in the Gate Theatre at Torbay Hall. Just drop in to meet the gang, or phone to offer your services if you can't do Wednesdays.

For more details, or to join:
www.torbaytheatre.com
See also: Facebook/Insta, or ph 0210-294-0630
35 Watea Rd, Torbay

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From a Coffee Conversation to Community Regeneration

Photos by Keerti Siag Photography

The Story Behind Vaughan Stream's Restoration - by Michelle Beard, Gareth Roberts, Nick Jones and Dick Downing.

Three years ago, over a coffee, Long Bay residents Nick Jones and Dick Downing sparked an idea that has grown into a community-led regeneration project focused on Awaruaika - Vaughan's Stream and its surroundings. United by a passion for community development and environmental restoration, they began to imagine what might be possible.

Awaruaika - Vaughan's Stream - Community Planting Day

With expert guidance from Restore Hibiscus & Bays and Long Bay Residents Association and the Vaughan Stream Team leading the way, local residents and the wider community gathered on 16 August 2026 for an inaugural planting day.

Auckland City Councillor Victoria Short and Local Board Chair Alexis Poppelbaum opened the planting. They reflected on the impressive turnout and the long-term impact of this work. As Dick Downing put it, "If people get involved in a place, they care for a place".

Around 140 volunteers spread out along the stream and planted 1,847 native trees and shrubs including koromiko, tōtara, harakeke, kōwhai and tī kōuka (cabbage tree), helping to control erosion, suppress weeds and restore riparian























habitat for native wildlife. Kahikatea were also planted as a symbol of the long term vision which was so beautifully captured by a participant who shared, "I'm going to bring my grandchildren here and show them the trees that I've planted."

For many, the day reinforced just how special the area is. As Gareth Roberts described it, "Vaughans Stream corridor, Awaruaika is like a treasure in Long Bay." And on this planting day, that treasure was cared for by a community determined to see it thrive.

The day was made all the better thanks to contributions from:

- Auckland Council Community Parks, which provided the plants
- Long Bay Regional Park lent their spades and other resources
- Food was provided by New World Long Bay and New World Browns Bay; and
- Shore Friends cooked a delicious barbecue

Support also came from Mountains to the Sea Conservation Trust and Recreation Solutions.

With so many volunteers, the morning planting was completed in time for a lunchtime shower of rain which watered them in perfectly.

What began as a coffee conversation has become a collaborative effort involving residents, community organisations, environmental groups, local leaders and volunteers, all working together to restore Awaruaika while creating stronger connections across the Long Bay and wider North Shore community.

For more information, visit www.longbay.nz and www.restorehb.org.nz

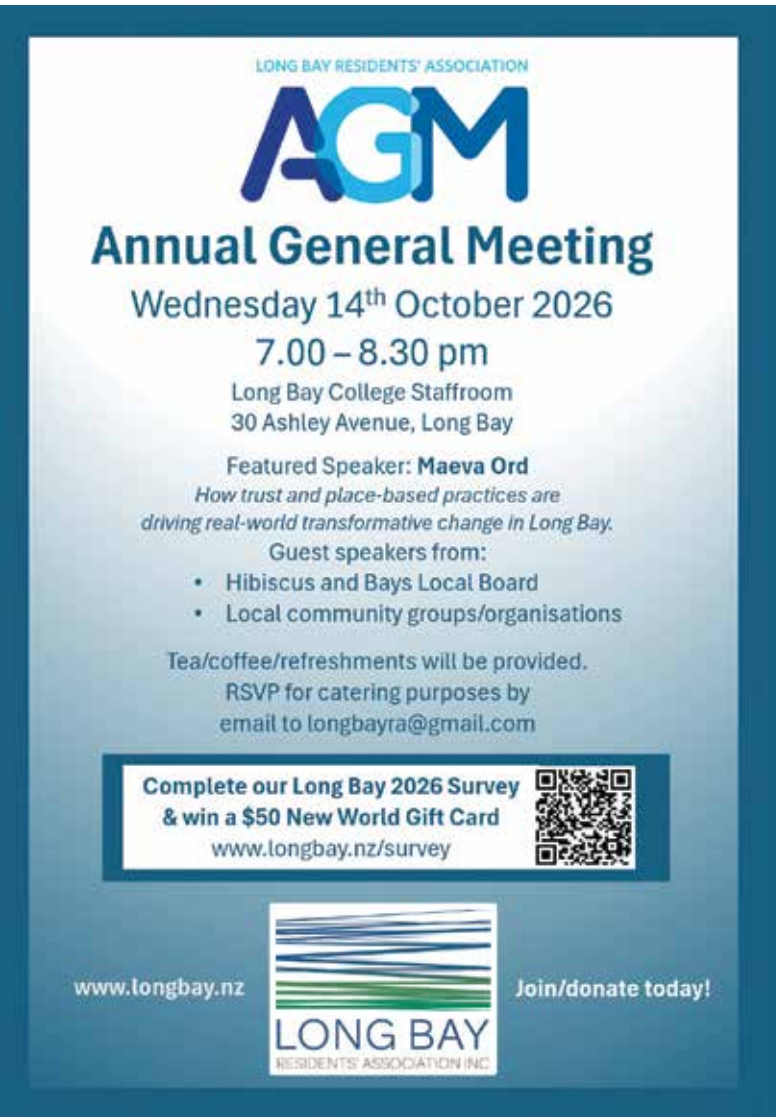
What's Happening at East Coast Bays Library

Tēnā koutou Community! Welcome to East Coast Bays Library, where in October where we'll be offering a bit of history, election assistance and a school holiday programme of your dreams.

2026 General Election Advanced Voting



East Coast Bays Library will be an "Advanced Voting" place for the 2026 General Election this year from Tuesday 27 October to Friday 6 November.
Bring your EasyVote card if you have one, for quicker voting.
Our hours will be:
Monday, Tuesday, Wednesday, Friday 9am – 5pm
Thursday 9am – 6pm
Saturday, Sunday 9am – 4pm
We will not be a voting site on election day, Saturday 7 November
We can also assist you with enrolment online or with a paper form before the close off date of 25th October.
For official information about enrolling and voting, visit vote.nz





Auckland Heritage Festival

This Auckland-wide event runs until 11 October and promotes the special heritage of our city Tamaki Makaurau. We have an exhibition of historic photos on display on the foyer art wall, celebrating our local history. You can check out the other events throughout Auckland by visiting the Our Auckland website, and explore the vast array of online historic photos and other heritage resources available from Auckland Libraries.

"Follow Your Dreams" These School Holidays!



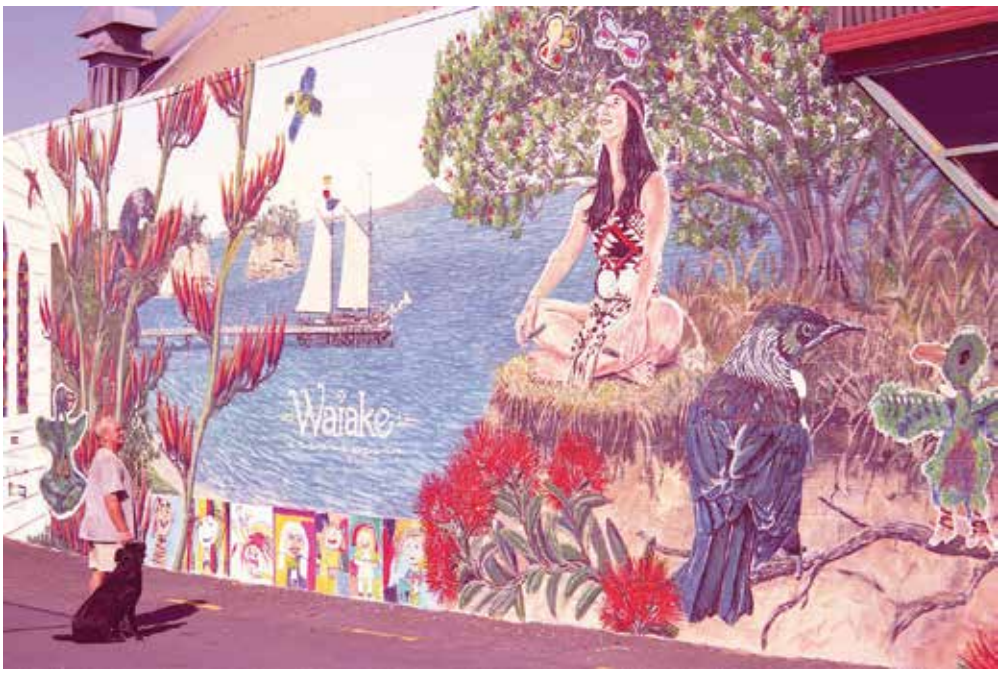
Whether you dream of becoming an astronaut, an undersea explorer, or a coding magician, there's a fun activity waiting for you. Our fun I-Spy Cabinet and Scavenger Hunt run throughout the entire holidays, so you can join in whenever you visit. We're also excited to announce Scratchpad are running two fantastic bookable sessions: Beginner 3D Printing and Robotics. Places are limited, so be sure to book through Humanitix. Come along, get creative, explore something new, and share your dreams with us these school holidays. There's something for everyone!

For more information about our events and programmes, pick up or subscribe to our monthly What's On brochure, talk to library staff, follow our Facebook page, and search for events at www.aucklandlibraries.govt.nz

Torbay Historical Society

In our August write-up we told about 'Kamka Mutu Iti'. Following the interest in this we write the story told to Mr. Randrup by an elderly Maori to tell why the island is tapu (sacred).

'Look at the edge of the isle, about the middle, you see where the soil has fallen away, leaving the bare clay? From there fell and died our Moeroa, our beautiful maid. Moeroa loved to sit on the edge of that cliff to sing with the tui and Korimako (bellbirds) and to weave mats for her father, a very old chieftain. One sad day the edge of the cliff fell from beneath her and on the rocks below she fell, and at once her soul took its flight from her body. for thus it was willed by the gods.'



After the missionaries came, Tana-ka-muri, her father died, his soul took flight and had gone to search Moeroa, his daughter.



The photo of the wall in Torbay shows the story.

Current news

Waiake Springs – project underway to explore historic springs at Waiake, working with Council, historians and iwi to understand and protect our heritage landscape.

Save the Date - Friday 4th December – a community day at the Vaughan Homestead – details next month.

The Auckland Heritage Festival – 26 September – 11 October – See libraries for many events

Venue for Hire – The Homestead is available for hire – contact our Society

Volunteers needed – seeking **local families, businesses and volunteers** to support Homestead upkeep, events and broader historic society activities. Contact our Society

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

Let's share the good news

What makes this magazine so readable is all the community news. People love to read about people they know, places they can go and things that they can do.

The 70th wedding anniversaries, the winners in sporting events, publishing your fist book, it doesn't matter what it is - let us know.

If you know of something interesting coming up, then please get in touch Editor@focusincommunity.co.nz and let us share with everyone.







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#1 FOR A REASON



Four properties. One auction day. One big opportunity.

The Event 6.0 is just around the corner and we're excited to have four of our properties going to auction on the day.

Each home is different, each campaign has its own story and each vendor has a different goal - but they all have one thing in common: a strategy designed to achieve the best possible result.

Auction day brings together motivated buyers, competitive tension and the culmination of weeks of preparation, marketing and negotiation.

It's always an exciting day and we're looking forward to seeing what the market delivers for our four vendors. If you can't join us in person, you can watch the auctions live via our website at rwmairangibay.co.nz.

Four properties. Four campaigns. Four opportunities to achieve a great result.

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

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Celebrating Pizza

Most people call Pizza Hut or Domino's when they want a pizza and yet pizzas are easy to make and the taste is streets ahead of bought ones.

Basic pizza base

Once you have mastered this then it's just all about the toppings. Make a bulk lot and freeze some down so it is easy to make following pizzas. Keep up to 3 months in the freezer.

Ingredients

1 tablespoon active yeast (store in fridge)
½ teaspoon sugar
1 cup of tepid water
1 teaspoon salt
3 cups strong bread flour
1 tablespoon oil

Method

Put yeast, sugar and water into a small warm bowl and leave in a warm place until frothy. If the weather is cold, I put the oven on 90˚C to get it going.

Mostly I use a mixer for this first part. Place all other ingredients in mixing bowl and then add the frothy yeast and let it knead it.

I then like to turn it out onto a floured board and hand knead. This is so satisfying.

Place in a covered bowl and stand to prove until double in size.

Roll into a circle and put to prove again.

When done the interesting part begins.

Pizza toppings

You can buy pizza toppings but I always use a tin of tomato puree with 1 tablespoon of oregano stirred into it. Spread this over the base - right to the edges.

Tuna Pizza

Again, use tomato base and drain a can of tuna chunks. Scatter over base with 300 grams mozzarella cheese. ½ can sweet corn scattered over makes this delicious. Bake in preheated oven 200˚C for 15-20 minutes.





Vegetarian Pizza

Use the same tomato sauce on the base and then add basically anything you have in your fridge. Scatter 400 grams mozzarella cheese. Peel and slice in rings a large onion, same with a red capsicum. Slice and scatter 6 mushrooms. Scatter some olives for extra depth of taste. Bake in preheated oven 200˚C for 15-20 minutes.

Ham and Pineapple Pizza

Use same tomato base

Crumble 400 grams mozzarella cheese over and 300 grams chopped ham. Drain the juice from a tin of pineapple rings, cut in half and decorate the pizza. Bake in preheated oven 200˚C for 15-20 minutes.



Marguerita Pizza

Crumble 400 gms mozzarella cheese spread over base and garnish with fresh basil leaves and slices of tomatoes. Bake in preheated oven 200˚C for 15-20 minutes.



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MARKET STATS

LONG BAY		JULY 2026
Median Sale Price	$1,350,000	-19.6% ▼
Sales	11	
Median days to sell	49 days	

NORTH SHORE		JULY 2026
Median Sale Price	$1,160,000	0.9% ▲
Sales	278	-13.4% ▼
Median days to sell	50 days	3 day ▲

Based on REINZ statistics for Long Bay and North Shore region. Change is based on same time last year.









HIGHLY RECOMMEND MING! ★★★★★

Throughout the entire process, she demonstrated exceptional professionalism and a deep understanding of the property market. She was incredibly responsive, kept us informed every step of the way, and handled all details seamlessly. If you're looking for a reliable and dedicated real estate agent, Ming is definitely the one to go to!

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Healthy Homes standards – A Hot Topic

Recently, The Citizens Advice Bureau (CAB) Browns Bay, has received a number of enquiries about the new Healthy Homes standards. Approximately 500,000 rental properties in New Zealand must meet the five standards. July 1st was the deadline when all residential rentals needed to comply with Healthy Homes standards. Hence the reason why CAB has received a number of contacts/requests from both tenants and landlords regarding this issue.

New Zealand rental properties must meet five standards – Heating, Insulation, Ventilation, Moisture ingress and drainage, Draft stopping.

Heating. All rentals must have one or more fixed heaters that can directly heat the main living room. A fixed heater can be a heat pump, wood burner, pellet burner, flued gas heater or an electric heater with a thermostat. Plugging in any spare heater is unacceptable.

Insulation. Ceilings must be insulated. If there is space under a floor, it too must be insulated. In some cases, existing insulation will need to be topped up or replaced to meet the current standard.

Ventilation. Rental homes must have openable windows in the living room, dining room, kitchen and bedrooms. Kitchens and bathrooms must have extractor fans that are vented to the outside or an acceptable continuous mechanical ventilation system.

Moisture ingress and drainage. Rental properties must have efficient drainage for stormwater, surface water and groundwater removal, Those with an enclosed sub-floor space must have a ground moisture barrier.

Draught stopping. Gaps or holes with a width greater than 3mm that let air in to or out of a home will usually require sealing. Landlords must make sure the property does not have unreasonable gaps or holes in walls, ceilings, windows, skylights, floors and doors which cause noticeable draughts. All unused open fireplaces or their chimneys must be blocked to prevent draughts.

Owner-occupied homes are exempt from Healthy Homes standards, as are retirement villages, and motel rooms. Further, if a landlord applied for a resource or building consent before July 1, the property may be exempt for up to 12 months. Specific exemptions may be granted to each of the five standards as well.

Some of the queries that have been received from clients deal with the issue of non-compliant rental properties and a landlord who was not responsive. Tenancy Services has produced an excellent pamphlet that includes a checklist of compliance issues and what to do if your rental is not compliant. These checklists are available at CAB. Further, Tenancy Services have produced a 16-page booklet "Your guide to good renting for tenants and landlords." This booklet is also available at CAB and is an excellent resource that will point you in the right direction towards resolving any issues you have.

If one of our CAB staff are unable to directly assist you in resolving any matter regarding the healthy homes standards, then they will be able to direct you to the appropriate agency who will advise you of the next steps to take to resolve the issue.

Whether you are a landlord or a rental property tenant, please feel free to reach out to us about anything you're concerned about regarding the Healthy Homes Standards or any topic you'd like to see covered in the future.

Call in to see us at CAB,
1-5 Clyde Road, Browns Bay,
Monday to Friday 9am – 3pm
& Saturday 10am - 3pm, or
phone 09 479 2222 or email:
brownsbay@cab.org.nz

Citizens Advice Bureau

Tides October 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Thu 01	05:04	0.2m	11:16	3.0m	17:26	0.4m	23:42	2.9m		
Fri 02	05:52	0.3m	12:06	3.0m	18:19	0.5m				
Sat 03			00:33	2.9m	06:43	0.4m	13:00	2.9m	19:17	0.6m
Sun 04			01:29	2.8m	07:39	0.5m	14:01	2.8m	20:22	0.7m
Mon 05			02:30	2.7m	08:43	0.6m	15:07	2.7m	21:29	0.7m
Tue 06			03:36	2.6m	09:52	0.6m	16:13	2.7m	22:35	0.7m
Wed 07			04:43	2.6m	11:00	0.6m	17:15	2.8m	23:36	0.6m
Thu 08			05:47	2.7m	12:01	0.5m	18:12	2.9m		
Fri 09	00:32	0.5m	06:45	2.8m	12:55	0.5m	19:04	2.9m		
Sat 10	01:23	0.4m	07:37	2.9m	13:44	0.4m	19:52	3.0m		
Sun 11	02:10	0.3m	08:24	3.0m	14:29	0.4m	20:38	3.0m		
Mon 12	02:54	0.3m	09:08	3.0m	15:11	0.4m	21:21	2.9m		
Tue 13	03:36	0.3m	09:50	3.0m	15:52	0.4m	22:03	2.9m		
Wed 14	04:15	0.4m	10:30	2.9m	16:33	0.5m	22:43	2.8m		
Thu 15	04:53	0.4m	11:09	2.8m	17:14	0.6m	23:23	2.7m		
Fri 16	05:32	0.5m	11:49	2.7m	17:57	0.7m				
Sat 17			00:04	2.6m	06:11	0.6m	12:32	2.6m	18:43	0.8m
Sun 18			00:46	2.5m	06:55	0.8m	13:19	2.5m	19:34	0.9m
Mon 19			01:32	2.4m	07:44	0.8m	14:12	2.5m	20:29	0.9m
Tue 20			02:24	2.4m	08:41	0.9m	15:09	2.5m	21:25	0.9m
Wed 21			03:21	2.3m	09:44	0.9m	16:05	2.5m	22:21	0.9m
Thu 22			04:21	2.4m	10:45	0.9m	16:58	2.5m	23:13	0.8m
Fri 23			05:19	2.5m	11:39	0.8m	17:48	2.6m		
Sat 24	00:03	0.7m	06:13	2.6m	12:28	0.7m	18:35	2.7m		
Sun 25	00:50	0.5m	07:03	2.7m	13:14	0.5m	19:21	2.9m		
Mon 26	01:37	0.4m	07:50	2.9m	13:59	0.4m	20:08	3.0m		
Tue 27	02:23	0.2m	08:37	3.0m	14:45	0.3m	20:56	3.0m		
Wed 28	03:10	0.1m	09:23	3.1m	15:32	0.3m	21:45	3.0m		
Thu 29	03:57	0.1m	10:11	3.2m	16:21	0.3m	22:35	3.0m		
Fri 30	04:45	0.1m	11:01	3.1m	17:13	0.4m	23:27	3.0m		
Sat 31	05:35	0.2m	11:53	3.1m	18:09	0.4m				

Times adjusted for Daylight Saving.

RENT TALK?

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Quizzes sponsored by

Answers Page 38



NZ GENERAL ELECTION

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

ACT
COALITION
GOVERNMENT
LEADERS
MEMBER
OPPOSITION
REFERENDUM
TEPATIMAORI
ADVANCEVOTING
CONSTITUENCY
GREEN
LISTMP
NATIONAL
PARTIES
RESULT
VOTER
CAUCUS
ELECTORATE
LABOUR
MAJORITY
NZFIRST
RECOUNT
SPECIALVOTE

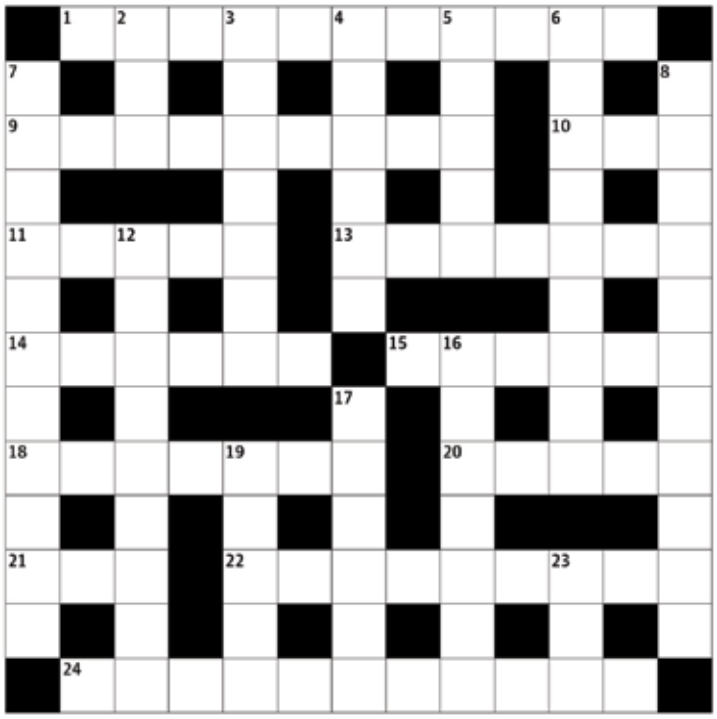
WORD PUZZLE

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

ONDEWR

37 good, 42 very good, 47+ excellent

CROSSWORD



Across

1 Making feelings more acute (11)
9 Voiding of a marriage (9)
10 Family name before marriage (3)
11 What goes around comes around (5)
13 Mark boundaries (7)
14 Minimum age of nonagenarian (6)
15 Roman shield (6)
18 Lives in (7)
20 Remain in bed (3,2)
21 Gesture of agreement (3)
22 Lung infection (9)
24 Chain of islands (11)

Down

2 Very long period of time (3)
3 Brave, chivalrous (7)
4 Current styles (6)
5 Relating to birth (5)
6 One billionth of a metre (9)
7 Regaining the lead (4-2-5)
8 Strongly influenced by emotions (11)
12 Has best seat at e.g. boxing contest (9)
16 Old ointment containing mercury (7)
17 Napping (6)
19 Distance from front to back (5)
23 Annoying critic (3)

SUDOKU

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

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October is Cruise Month at Shore Travel

October is Cruise Month, and it's the perfect time to start planning your next adventure at sea or along the world's great waterways.

With so many styles of cruising available, there's a voyage to suit every traveller. **Ocean cruising** offers the excitement of visiting multiple destinations while enjoying an incredible range of dining, entertainment and amenities on board. **River cruising** provides a more intimate experience, sailing through picturesque landscapes and docking close to the heart of historic towns and cities.

For those looking to venture further off the beaten track, **expedition**





cruising opens the door to some of the world's most extraordinary destinations, from Antarctica and the Arctic to Australia's Kimberley and the Galápagos. And for travellers seeking the ultimate in comfort and personalised service, **luxury cruising** combines exceptional accommodation, fine dining and curated experiences with the joy of exploring new destinations.

Throughout October, we'll be showcasing **special Cruise Month offers and inspiration** across these different styles of cruising. So, whether you're dreaming of a European river journey, an ocean escape, a remote expedition or a luxurious voyage, keep an eye out for our featured cruise deals throughout the month.

Join us for our Cruise Information Evening: To help you discover which style of cruising is right for you, we're also hosting a special **FREE Cruise Information Evening** with **Julia Miles from Cruise World**. Join us 15th October from 5.30pm. More details in the advert below.

Julia will share her cruise expertise and insights to help you navigate the many choices available, from ship styles and destinations to finding the right cruise experience for you.

Come into Shore Travel during October and talk to our Cruise Ambassadors. We'll help you explore the options, find the right cruise for your style and make the most of Cruise Month.



FREE CRUISE INFO EVENT

Discover the Magic of Cruising: Choosing the Right Cruise for You

Join Shore Travel for a FREE, fun and informative cruise presentation designed to help you navigate the choices and discover the possibilities.

Thursday 15 October
Pupuke Golf Club Rooms
Arrive from 5.30pm
Presentation: 6pm–7pm

Enjoy light refreshments, special event offers and door prizes on the night.

Spaces are limited and registration is essential.

FREE EVENT — BOOK YOUR PLACE TODAY



Shore Travel
Cnr Kitchener & Milford Roads,
Milford, Auckland 0630
(09) 489 2597
hello@shoretravel.co.nz
www.shoretravel.co.nz

shore travel
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Long Bay Business Directory

Cafes and Restaurants

Bukhara
88 Te Oneroa Way 09 971 1100

Domino's Pizza
167 Glenvar Ridge Rd 09 9544 939

Kinfolk Café, Long Bay Village Square 09 473 0072

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

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

November café
88 Te Oneroa Way 09 473 0298

Sonny Bakery Everything made fresh daily.
83 Te Oneroa Way 09 218 5056

Sushi and Don www.marusushinz.com
88 Te Oneroa Way 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

Laundromat

Spin Fresh Laundromat
89 Te Oneroa Way

Hair Care

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

Health and Beauty

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

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

Jetts 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

Guardian Long Bay Pharmacy
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Lumino For dental health care
57 Glenvar Ridge Road 09 473 1400

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October at Albany Village Library

As we welcome October and the heart of spring, we'd like to take a moment to reflect on a fantastic September at Albany Village Library. Adult Learners' Week brought our community together through a range of engaging programmes, workshops and opportunities to learn something new, showcasing that learning truly happens at every stage of life. It was wonderful to see so many people connecting, sharing skills and discovering new interests.

Looking ahead, the school holidays are packed with exciting activities for tamariki. Join us for **God's Eye Weaving Craft Workshop** on Thursday 1 October 11am-12pm, **HanFu Designing for Kids** on Friday 2 October 11am-12pm, **Drowning Prevention and Water Safety Talk** on Monday 5 October 11am-12pm, **WasteWise for Kids** on Tuesday 6 October 11am-12.30pm, **Bliss Ball Making** on Wednesday 7 October 11am-12.30pm, **Science Secrets: Oobleck and Invisible Ink** on Thursday 8 October 11am-12pm, and **Exploring the World of Robotics** on Friday 9 October 11am-12pm. **Bookings are required for school holiday events via Humanitix.**



October also brings a fantastic range of programmes and events. **Unlock the Magic Within**, a parenting workshop, will be held on Tuesday 20 October 11am-12pm. We're also excited to launch **Reading Revolution**, a new shared reading group beginning on Tuesday 20 October 10.30am-12pm and running fortnightly. Participants read aloud and listen to short stories and poems before enjoying a relaxed discussion about the ideas, thoughts and feelings inspired by the readings.

The **Citizens Advice Bureau (CAB) Outreach Desk** continues every Wednesday from 9.30am-12.30pm, offering free, confidential information and advice on a wide range of issues.



We are also pleased to welcome our new **Chinese Book Chat Group**, meeting on the last Wednesday of every month from 10.30am-2.30pm. This month's session will take place on Wednesday 28 October and provides a relaxed space to meet new people and discuss Chinese-language books you have enjoyed.

Please note that Albany Village Library will be **closed** on **Monday 26 October** for **Labour Day.** For all our regular programmes and the latest event information, visit our Facebook page, check the OurAuckland website, or pick up one of our newsletters from the library. We look forward to seeing you throughout October!



Catherine Liu
& Team 021 0200 6788
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catherine.liu@raywhite.com LICENSEE SALESPERSON REAA 2008.



www.rwalbany.co.nz

Torbay's Blake Regatta: Where NZ Sailing's Future Takes Shape

Every first weekend of December, Waiake Beach on Auckland's North Shore becomes the epicentre of youth sailing in the Southern Hemisphere. The Sir Peter Blake Torbay Regatta, hosted by Torbay Sailing Club, has grown into the largest mixed centreboard youth regatta below the equator, and 2026 marks its 24th edition, set for 5–6 December.



The numbers alone tell a story of scale. Last December, 352 sailors raced 327 boats across 15 fleets, representing 32 clubs from as far afield as the Bay of Islands, Dunedin, Singapore and New Caledonia. Four race courses were needed to handle the fleet, supported by 35 official boats and roughly 40 coach and support craft. None of it runs without the club's volunteer army: more than 150 people, split evenly between water and shore duties, who also fed the fleet over 1,200 sausages, 40 kilograms of bacon and 2,100 slices of bread across the weekend.



Classes span the full development pathway, from Optimist Green Fleet through to ILCA, 29er, RS Feva, 420 and iQFOiL, meaning eight-year-olds on their first regatta start line share the water with future Olympic and America's Cup prospects. Torbay Sailing Club' Regatta Director David Wright puts the event's longevity down to consistency: fixed dates, a fixed venue, and a format that hasn't strayed from its founding purpose.



What sets the Blake apart from a standard youth series is its emphasis on character over raw results. Prizes for sportsmanship and fair play, including recognition for sailors who honestly take their own penalty turns, sit alongside the podium medals. Green and White fleet race marks are inflatable flamingos, unicorns and peacocks rather than intimidating buoys, keeping the entry-level experience playful even as the racing further up the fleet sharpens into genuine talent identification.

The regatta's marquee award, the Sir Peter Blake Trophy, rewards

leadership and attitude as much as speed. Past recipients include Olympic gold medallists Jo Aleh, Peter Burling and Sam Meech. In 2025, the trophy went to 29er pairing Nelsen Meacham and Louis Quere, whose composed, error-free series and influence on the wider fleet embodied the values the regatta was built to honour.

There's also a physical link to Sir Peter's legacy on the water. During the 2024 event, Steinlager II, his Whitbread 1989 winning boat was in the bay and in 2025 his maxi yacht Lion New Zealand joined the regatta, both times drawing sailors and swimmers to them between races, a quiet reminder of the bluewater ambitions the junior fleet is quietly training toward.

For a club regatta, the Blake punches well above its weight. It's simultaneously a grassroots festival and a proving ground, and every name on next December's startlist is a reminder that New Zealand's sailing pipeline still runs straight through a small beach in Torbay.

Registration for this year's regatta open on the 1st October. Open to all youth sailors under 19 years of age on the 31st Dec this year. Go to Torbaysailing.club and follow the regatta link to sign up.







Southern right whale mum and calf prompt call for care on the water



A southern right whale and her calf spotted off the Northland coast have made their way south, prompting the Department of Conservation (DOC) to ask boaties to take extra care around marine wildlife when naturing on the water.

The pair spent the weekend off the Whangārei coast and were last seen in water off the coast of northern Auckland.

DOC Marine Technical Advisor Hannah Hendriks says seeing a mother and calf close to shore is a special experience, and people need to give them plenty of space.

"Southern right whales can spend time close to the coast, which gives people a wonderful opportunity to see them, but it also means they can encounter busy recreational boating areas.

"We are asking people to enjoy these whales from land rather than on the water and avoid advertising the animals' live position so we can prevent unnecessary disturbance to these whales.

"The pair will have travelled up from the subantarctic islands and will need lots of rest, particularly the calf, as they prepare for a long migration to their feeding ground south of Australia. Interruptions to their natural behaviours could put them at risk.

"With spring here and more people getting out on the water, this is a timely reminder to keep a good lookout for whales, dolphins and other marine wildlife.

"Southern right whales are slow-moving whales, and may not be able to move out of the way of vessels in time to avoid being hit. Slowing down and giving them plenty of room is critical to prevent injury and disturbance, especially to calves," Hannah says.

Boaties and jet ski users are asked to:

Keep a careful lookout for wildlife in the water.

Slow down to idle or wake speed when marine mammals are nearby.

Keep at least 50 metres away from whales but 200 m from large whales with a calf.

Never block or cut across an animal's path.

Take particular care around a mother and calf and avoid separating them.

Consider installing propeller guards to increase the safety of people and wildlife.

Keep drones 150 m away from marine mammals.

DOC is interested in receiving reports of sightings of the pair via the SeaSpotter app or our website, which can help track their movements.

Anyone who accidentally injures or kills a protected marine species must report it to DOC as soon as possible by calling 0800 DOC HOT (0800 362 468).

Old Wives Sayings that make good sense!

An hour's sleep before midnight is worth two after.

A fool and his money are soon parted.

Learn to creep before you leap.

Many hands make light work.

Many a true word spoken in jest.

Counting sheep helps you fall asleep

An apple a day keeps the doctor away.

Red sky at night shepherd's delight.





Planting potted colour

Now is a great time to explore the local garden centres for their potted colour. They are usually sold in batches of 6 or 10, and are really inexpensive.



It is a great way to pop some colour into spaces in the garden that look a bit bare after the winter. About ½ will probably also come up next year.



Here are some suggestions.

Lobelia

Alyssum

Pansies

Busy Lizzies



Mix all the colours together and you can transform a dull patch of garden into something vibrant and colourful.

They also plant well into pots.



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FLU IS STILL CIRCULATING – ARE YOU PROTECTED?

With influenza continuing to circulate in our community, we are receiving questions about whether people who have already had their flu vaccination need a second dose this season.

The most important message from Torbay Medical Centre is simple: if you haven't had your flu vaccination yet, now is a good time to get protected. The 2026 influenza programme runs through to 31 December, and vaccination remains one of the best ways to reduce your risk of serious illness from influenza.



Flu can be much more than an unpleasant few days of cough, fever and fatigue. While vaccination cannot always prevent infection, it can reduce the risk of severe illness and complications. This is particularly important for older people, young children, pregnant people and those with certain health conditions.

Do I need a second flu vaccine?

For most adults, one influenza vaccination per season is recommended. Current IMAC guidance states that additional doses generally provide no significant added benefit for most people.

There are some exceptions. Two doses, given at least four weeks apart, are recommended for children under four receiving their first-ever flu vaccination and for people receiving their first influenza vaccination following certain transplants or CAR-T cell therapy. A second dose may also be appropriate in some other circumstances, such as pregnancy when a vaccination was received earlier in the season before becoming pregnant.

If you are unsure whether you need another vaccination, please talk to your healthcare provider.

Help protect our whānau and community

Vaccination is just one part of reducing the spread of influenza and other respiratory illnesses. Please stay home when you are unwell where possible, cover coughs and sneezes, wash your hands regularly and avoid touching your eyes, nose and mouth with unwashed hands. Wearing a mask in crowded indoor settings or when caring for someone with a respiratory illness can also help reduce transmission.

At Torbay Medical Centre, we encourage everyone who is eligible and has not yet had their flu vaccination this season to come and get vaccinated. Protecting yourself also helps protect your whānau, friends, neighbours and the wider Torbay community.

If you haven't had your flu vaccine yet, please contact Torbay Medical Centre to find out about getting vaccinated.

Effective immediately: Expanded flu vaccine eligibility for children aged 6 months to under 5 years

Due to high rates of influenza-related presentations in primary care and hospitalisations among young children, funded influenza vaccination eligibility has been expanded to include all children aged 6 months to under 5 years of age effective from 01 September 2026.

The decision supports an urgent public health response to help reduce the burden of flu disease in young children and alleviate system pressures.

The New Zealand flu season started late and may go on longer than usual—it's not too late for people to get vaccinated.

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

Getting the help I needed

When I first started training with Lynne 12 months ago, I hadn't been exercising (apart from walking) for around four years and was struggling with a shoulder injury.

We began with some personal training sessions where Lynne assessed my movement and helped me with rehab for my shoulder as well as improving my balance, flexibility and strength. After 6 weeks, I felt confident enough to join one of her small group sessions.



Lynne really knows how to keep these sessions interesting and motivating. Thanks to Lynne's expert knowledge and personalised approach, I've now regained strength and mobility in my shoulder and have seen significant improvements in my balance, flexibility, and overall strength.

I highly recommend Lynne to anyone looking to recover from an injury or simply improve their physical wellbeing in a supportive and knowledgeable environment.

A Body Tonic Group Member.

Hints to better health

Increasing blood flow and reducing tightness is one of the keys to better health.

If you have been feeling sluggish, or haven't exercised in a while, or are recovering from flu or an injury, start with stretching gently to get you body moving with more ease.

Start by doing a little each day- 8-12 minutes, no more, building up to 20 minutes, then build up to longer periods three or four times a week. This can be done before embarking upon exercises, as well as before, or after, an exercise program or workout.

The stretching and releasing movements help to reduce tension, as well as stress, and can help delay the onset of muscle pain, from the workout itself, which is the normal process of working the muscle and having it get stronger.

Reduce tight knots and trigger points slowly, it takes time. This can be done daily, but with caution: listen to your body.

If you are struggling from old injuries why not book a consultation to see how Lynne can help you?



Keeping It Fair: *The Challenges Of Passing On Wealth.*



Cathy and Tim had owned their family business for many years. It was a thriving importing company, supplying a niche product to the dairy industry. Two of their three children worked in the business, while their youngest daughter was a stay-at-home mum - she had trained as a primary school teacher and was planning to return to work once her youngest started kindy.

Many years earlier, Cathy and Tim had set up a trust that now owned the shares in the business, as well as several commercial properties they had acquired along the way. Three of those buildings were used by the company. They also had a separate trust that owned their family home and their holiday home in Taupō.

Cathy had not worked in the business for some time, and Tim was slowly stepping back from the day-to-day demands of running it. Their middle son, James, managed the relationships with key suppliers, while their eldest daughter, Jen, led the sales team. Both James and Jen were keen to step into Tim's role as managing director. This was giving Cathy and Tim a few sleepless nights, as they genuinely felt both children had the ability to do the job well. Their youngest daughter, Kate, had also started to raise concerns at family dinners that she had not been given the same opportunities to be involved in the family business. She had even suggested that her husband might take up a role in the company.

Cathy and Tim were also unsure about who should own the company shares in the future. The business was profitable and had built up strong cash reserves, with significant dividends paid each year. On one hand, it seemed sensible for James and Jen to own shares one day, given their active involvement in the business. On the other hand, Cathy and Tim wanted to be fair to Kate, who was not working in the business but could still benefit from the income it produced. Then there was the added question of the commercial buildings used by the company. James and Jen had made it clear that, if they were running the business, they would not want Kate to become their landlord.

They also needed to think carefully about timing. Should they pass assets on to their children while they were both still alive, or would it be better to wait until one or both of them had passed away?

Cathy and Tim were mindful, too, of the role their children's partners might play. They were concerned that any tension between the children could become more difficult if partners became involved in family discussions. They also wanted to protect anything passed on to their children, so that it remained their children's own property rather than becoming relationship property if one of the children separated from their partner.

After talking things through, Cathy and Tim recognised that they needed some guidance. They had ticked the main legal boxes: trusts, wills, a memorandum of wishes and enduring powers of attorney were all in place. But none of these documents had been reviewed for many years. Their lawyer was their independent trustee, although they did not meet regularly, and they knew he was getting close to retirement. It felt like the right time to seek specialist advice.

Cathy and Tim spoke with their accountant about the issues they were facing. She recommended that they meet with a lawyer who specialised in succession planning and intergenerational wealth transfer. Together with their accountant, they met with the lawyer, and both advisers emphasised the value of having a trusted team of professionals working together. A programme was put in place to help Cathy and Tim develop a clear plan for how and when assets might be passed on to their children. This would likely involve careful conversations with the children and more transparency than there had been in the past. It would also mean taking a fresh look at the structures Cathy and Tim already had in place, so their plans could support both the family and the business for the years ahead

Every family is different, and succession planning can involve difficult and complex decisions. Taking the time to review existing arrangements and seek the right advice can help families work through these issues and make decisions with greater clarity and confidence. A discussion with experienced advisers can often help identify opportunities and issues that may not have previously been considered.



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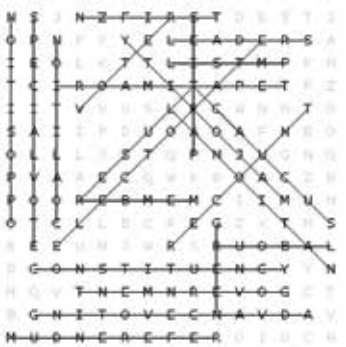
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Word Puzzle

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

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