focus on community

Issue 54
November 2026

Long Bay, Okura and Torbay

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On the Ball at Long Bay Primary

As the winter sports season draws to a close, there is immense pride and celebration across Long Bay Primary School. This year, over 60 players across eight teams—representing more than 10% of our total school roll—took to the netball courts from Year 2 right through to Year 6.

Inspired by the legacy of the Silver Ferns and their thrilling Commonwealth Games gold medal triumphs, our young athletes brought grit, passion, and determination to every single match. Seeing the priceless look on our players' faces when Catherine Hall (up and coming Silver Fern and Northern Mystics defensive player) guest presented awards at our end-of-season prizegiving was a reminder of how national heroes inspire the next generation to dream big.

Throughout the season, our netballers truly embodied our ethos of "Explore the depths, Navigate the waves", producing memorable achievements across the shore:

- **Year 4 Stars** placed 1st overall in the Kidzplay Grade 4B competition.
- **Year 5 Comets** qualified for Grade 5A—the top grade across the entire North Shore—an outstanding feat!





- **Year 6 Team 1** won the Year 6 Netball North Harbour Field Day B Grade tournament and finished 2nd overall in their grade for the season.
- **Year 6 Team 2** earned the prestigious 2026 Kidzplay FairPlay Award, highlighting our school's deep commitment to sportsmanship, respect, and heart.

Whether celebrating hard-earned victories, braving freezing mornings at Pinehurst, or playing under the lights at Northcote, every player showed remarkable growth in skill and confidence.

Despite all the accolades Year 6 Team 1 clearly had their biggest challenge of the year playing the school staff. While the scoreline is not important, everyone had a great deal of fun.

We would like to extend a massive thank you to our dedicated parent volunteers, coaches, and enthusiastic sideline supporters. Your energy and commitment make these opportunities possible for our children.







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

These months sure seem to roll by fast on the journey to the year's end.

Many will be turning their thoughts to Christmas - food and gifts. Perhaps even holiday arrangements. Whatever it will soon be upon us!

This month we have a general election - a fact no-one can be unaware of.

It is so important to vote. Years ago, there was a slogan of "If you don't vote - don't moan". It is so easy to be a moaner but through the ballot box you can at least feel that you are part of a solution.

When I was younger, I was very pro women's rights and voting was one of those things I felt very strongly about.

When you look at other Countries and the hardships endured by women to get us the right to vote, it seems morally wrong not to do so.

November also has Gumboot Friday. This charity is aimed at getting early intervention for young people struggling with mental health issues. They provide counselling to help.

Euro Patisserie on 6th November are giving a portion of the money raised by selling pies to this cause, so don't forget and go along to support this initiative-also they make really good, award winning pies!

November is also "Movember" when awareness for men's prostrate health is high lighted.

We all know that men are not good at the check ups and often in denial when anything does occur. But we do know that early detection does save lives and that prostrate cancer does not have to be a death sentence. So come on guys, have that checkup.



Have a great November!

Carole McMinn, Editor



UK Grocer stocks all the brands that remind you of home

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Container planting

Planting in pots is a great way to inject colour into areas of your garden or patio.

It is also a great way to have some planting if you live in an apartment and only have a small balcony.

A variety of plants can be grown from small shrubs, to flowering plants and even veggies and salad plants.

A combination can work well with a taller shrub with a surround of lettuce, or radishes.

Don't be afraid to be creative.

When preparing a pot for planting use a potting compost.

Mitre 10's No 8 potting mix is the cheapest around and is one of the best.



While filling the pot add in a handful of sheep pellets to feed the new plants.

Plant your new addition.

It's important to remember to water pots every day that we do not have rain, as if they are positioned in a sunny spot, the soil can dry out very quickly and the plant will soon die.

You may notice with plants that some of the lower leaves start to lighten in colour, this is a sign it needs feeding.

Once a month or every six weeks feed with a liquid fertiliser- something like seaweed is really good just to ensure the plant has everything it needs to produce blooms.

Some plants do well for a season so don't worry about replanting them into your garden and treating yourself to a new blooming plant to brighten your day.



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Wendy's *update*

Peter Thompson reported that the Auckland property prices remained steadfast in September even though sales turnover was at its lowest for five months.

In our area we are experiencing steady activity from first time buyers and investors – a number of buyers and owners are taking the 'wait and see' approach as we move closer to the general election.

Having lived and worked locally specialising in selling real estate in the Torbay and Waiake areas for over 25 years I offer beneficial local knowledge to buyers and experience of selling in all market conditions for owners – a combination that makes the difference when it comes to achieving the best possible result. Give me a call for a chat.

Kind regards, Wendy

Torbay/Waiake *September 2026*

FOR SALE — PROPERTIES FOR SALE: 96	SOLD — PROPERTIES SOLD: 14
$782,000 — LOWEST VALUE SALE	$1,880,000 — HIGHEST VALUE SALE

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

For the 24th Time: The Sir Peter Blake Torbay Regatta 2026



Every year on the 1st weekend in December Torbay Sailing Club hosts The Sir Peter Blake Torbay Regatta. Every year we are hugely grateful to the local Torbay and Waiake Beach communities for the tolerance and support you give us as we lay on the Southern Hemisphere's largest youth dinghy sailing regatta.

The headline says the "24th time". Torbay hosted its annual regatta on that weekend for many years prior to 2002. Torbay held a regatta open to all sailors and welcomed competitors from across the wider region. In 2001 the club, along with all of New Zealand was shocked to receive the news that, on the 4th December, Sir Peter had been shot and killed by pirates whilst on an expedition in the Amazon. A dark day for New Zealand and the sailing community. In an almost immediate reaction, the then club committee spoke to Lady Pippa (Peter's wife) and asked if they could rename the club's regatta in Sir Peter's honour. She agreed. Since then, on the first weekend of December, as close to the date of his passing as we can, we honour his memory by holding The Sir Peter Blake Torbay Regatta.

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. The entry fleet's race marks are an inflatable flamingo, unicorn and a peacock 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 is not a "ranking" regatta, a deliberate choice to make it a fun festival of sailing, to experience the pure joy of sailing and to have fun competing and compete to have fun. Results do not count towards regional, national or international ranking (but you wouldn't think so from the competitive nature shown by the sailors on race day!)

The regatta's top 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.

Thank you again, in advance for the local support we receive it makes a huge difference.

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Give what you're good at. Get what you need.

What if the thing you need is something someone just down the road is brilliant at - and you have a skill they could use in return?

That's the idea behind **The Local Loop**, a new North Shore initiative created by local mum and business owner **Stephanie Everitt** to help people and small businesses exchange skills, services and knowledge.

"I kept thinking about how much untapped talent we have sitting within our local communities," says Stephanie. "We all have things we're good at, and we all have things we could use a little help with."

It could be a photographer who needs marketing support, a bookkeeper looking for help with their garden, or a massage therapist exchanging their skills for business advice.

The Local Loop gives those people a way to find one another.

Members create a profile showing what they can **give** and what they would love to **get**. The platform identifies potential matches, and members can then connect directly and agree on an exchange that works for them.

Although it's still early days, Stephanie says the response has been encouraging. The first North Shore Loop already has **17 members and more than 50 potential matches** between them.

But for Stephanie, the idea is about much more than swapping services.

"I really want it to bring people together," she says. "Technology can help us find each other, but the magic is in the human connection - meeting someone local, helping each other out and building relationships that might never otherwise have happened."

That's also why The Local Loop is moving beyond the screen, with local coffee catch-ups giving members the opportunity to meet face-to-face.

For now, Stephanie is focused on growing the North Shore community and learning alongside its early members.

"I'd love to see what happens when we make it really easy for local people to help one another," she says. "Sometimes what you need might already be right around the corner."



The Local Loop founder Stephanie Everitt with Khalid Gibran of AI Catlyst, a Local Loop member and business mentor.

The Local Loop is free to join for the first 50 members for their first year, with ongoing membership available for just $5 a month.

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Mistaken identity

Late spring to early summer is one of our favourite times of the year. During this time, we see an increase of sea slugs on the rocky shore. Sea slugs come in a variety of shapes, colours and sizes. They include nudibranchs, sap-sucking slugs, sea hares, headshield slugs and bubble snails, side gilled slugs, and sea butterflies and sea angels. With such a wide group, often they suffer from a case of mistaken identity.

There have been well publicised occasions where a dog has eaten a grey side-gilled sea slug (Pleurobranchaea maculata) which can be toxic to dogs. This has led to concerned members of the public misidentifying other sea slugs as posing the same risk.



Rostanga muscula. Photo: Milly McWhirter



Pleurobranchaea maculata. Photo: Yuin Khai Foong



Aplysia dactylomela. Photo: Patrick Burnham

Grey side-gilled sea slugs (as their name suggests) are grey and have what looks like white spots over them. Which makes it reasonably easy to distinguish them when compared to other sea slugs like nudibranchs and sea hares.

Keep an eye out on our social media for opportunities, we'd love to help you identify with more certainty and bring the rock shore alive with you. And as always, please remember that all marine life in marine reserves, are protected, including our sea slug taonga.

MERC

Free Library

Everyone loves a good book and it is even better when it doesn't cost you anything !

Torbay has a free library outside of Barfoot and Thompson.

There is even a bench next to it so you can browse the books in comfort.

Anyone can leave books there or take some for reading.

Enjoy!



MAX Health Store
Natural Health and Wellbeing

Introducing Auckland Gut Testing at Max Health Store

Max Health Store is excited to announce the recent acquisition of Auckland Gut Testing, bringing professional digestive health testing and support together under one roof.

Auckland Gut Clinic

Auckland Gut Testing provides specialised breath testing for small intestinal bacterial overgrowth (SIBO), lactose intolerance, fructose malabsorption and sucrose malabsorption. These tests can provide valuable insights into digestive symptoms and help guide a more targeted approach to gut health.



What is SIBO?

Small intestinal bacterial overgrowth, commonly known as SIBO, occurs when excessive numbers of bacteria are present in the small intestine. These bacteria can ferment carbohydrates, producing gas and contributing to uncomfortable digestive symptoms.

SIBO may be associated with bloating, abdominal discomfort, excessive wind, diarrhoea, constipation and changes in bowel habits. Symptoms vary from person to person and can overlap with other digestive conditions.

Could your gut be trying to tell you something?

Lactose intolerance, fructose malabsorption and sucrose malabsorption can also contribute to bloating, gas, abdominal discomfort and changes in bowel habits. Testing can help investigate whether these conditions may be contributing to your symptoms.

Testing to suit your lifestyle

We offer in-clinic testing, as well as convenient self-collection kits, allowing you to collect your samples in the comfort of your own home.

At Max Health Store, we believe understanding your digestive health is an important step towards feeling your best. Our testing service can help you take a more informed approach to your gut health.

Want to find out more or arrange a test?

Contact Max Health Store on 09 475 5779 or visit www.sibotest.co.nz to learn more about our testing options.

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Early Childhood Education





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

We have an extremely stable team of qualified teachers with many years of experience.
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Excellent long standing local reputation, operating since 1987.



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www.childrensark.co.nz

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Torbay Garden Club







At the start of October, we made our club trip to the Auckland Botanic Gardens, timed carefully to coincide with the cherry blossoms. The planning paid off, with the trees in full bloom and a sight we had been looking forward to for some time. Touring the gardens by train, we saw them at their best, and it was easily the highlight of the day. We also took a stroll through the nursery, enjoyed lunch at Café Miko, and finished with some extra plant shopping at nearby Roger Hunter's Nursery.



We were delighted to welcome Fay Hutchinson, president of the Auckland Lily Society to our October meeting, where she gave a wonderful talk on lilies. Fay brought some beautiful specimens from her own garden, alongside a striking example that's available from garden centres, and it was fascinating to see how much variety there is to choose from. Fay also shared a few handy growing tips, including a reminder to keep tiger lilies away from other lilies, as they can carry a virus.

With spring well underway, our attention now turns to the roses. We have a special meeting at the start of November with our annual Rose Show. It is a much-loved fixture on our calendar every year, with gorgeous colour and stunning fragrance filling the Torbay Community Hall, and it's a wonderful opportunity to see our members' best blooms. This is a great time of year to join our club and come along to the Rose Show, and as a member you're welcome to bring family and friends as well.



In the garden in November:
The soil is warming up nicely, so now is the time to get summer crops in. Tomatoes, capsicums, courgettes, cucumbers, beans, sweetcorn and basil will all be happy going in this month. Stake your tomatoes early and pinch out the side shoots as they appear. Give the roses a feed, deadhead as blooms finish, and keep an eye out for aphids and black spot. A good layer of mulch will help hold moisture in as the weather warms up. If your spring bulbs have finished flowering, leave the foliage to die back naturally before tidying it away.

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

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Christine Su, Michelle Shin & Cole Evans

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- Oral thrush treatment
- Scabies treatment
- Oral rehydration treatment
- Head lice treatment

For Women and Families

- Emergency contraception for women under 30 years
- Oral contraceptive resupply for women aged 16–52 years
- Urinary tract infection (UTI) treatment for women aged 16–65 years
- Vaginal thrush treatment for eligible women aged 18 years and over who hold a Community Services Card (CSC)

Scabies and head lice treatment may also be available for family members with the same condition, where eligible.

What does the Service Cost?

All those community service card holders pay $5 for a consult and those without pay a $20 for a consult per family. This includes multiple medications if deemed appropriate and avoids waiting to get an appointment to see the doctor. The emergency contraception service is free.

Why Choose Unichem Torbay Pharmacy?

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- ◊ Advice and treatment for common health concerns
- ◊ Referral to other healthcare professionals when further assessment or care is needed

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Visit Unichem Torbay Pharmacy and ask our friendly team about the Extended Pharmacy Service and how we can help you and your family.

Unichem Torbay Pharmacy — Your local healthcare team, here for you.

Services are subject to eligibility criteria and pharmacist assessment. Some conditions may require referral to another healthcare provider. Government subsidies and service availability apply.
(*Consultation Copayment fees may apply)

Opening Hours

Monday to Friday	8:30am to 6:00pm
Saturday	9:30am to 4:00pm

Torbay Theatre News

"ON AIR" - On-stage this November!!

Attention North Shore listeners! Dust off your glad rags, gather your friends, and prepare to step back to the golden age of radio when Torbay Theatre presents

On Air: A 1940s Christmas Comedy Radio Show.



"On Air" in rehearsal.

Unlike a traditional theatre production, you are part of the show. From the moment the ON AIR light flashes, the audience becomes the live studio crowd, applauding, laughing, singing along and helping create the magic of an old-fashioned radio broadcast.

Set in a bustling Hollywood radio studio, the show follows beloved comedy legends George Burns and Gracie Allen through a delightfully chaotic Christmas adventure packed with misunderstandings, celebrity guests, live music and classic radio humour. Along the way you'll encounter crooners, movie stars, swinging musical numbers, sound effects created before your eyes and plenty of festive cheer.

The production captures the spirit of a time when families gathered around the wireless for entertainment, laughter and a little Christmas magic. Expect favourite festive tunes, charming characters and a heartwarming reminder that laughter can brighten even the darkest of times.

Whether you're a lover of vintage music, classic comedy, community theatre, or simply looking for a unique Christmas outing, *On Air* promises an evening full of nostalgia and fun for all ages.

So tune your dial to Torbay Theatre, take your seat in the studio audience, and prepare to be transported back to the 1940s!

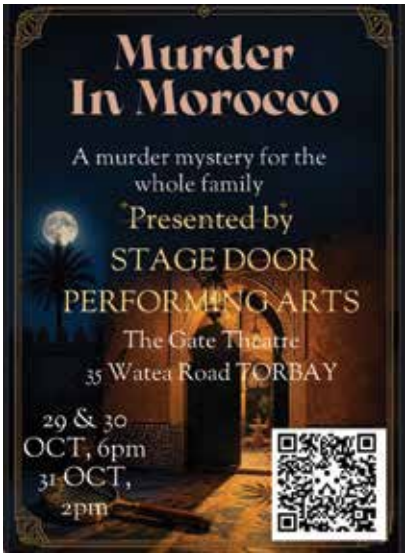


Tickets are now on sale:
through Humanitix:
On Air - A 1940's Christmas Comedy Radio Show

Or through the Torbay Theatre website:
View Show Dates and Ticket Information

"On Air": This November!
Friday 20th 7:30pm, Saturday 21st 7:30pm,
Sunday 22nd 2pm (matinee)

Friday 27th 7:30pm, Saturday 28th 7:30pm,
Sunday 29th 2pm (matinee)



KIDS' PLAY: MURDER IN MOROCCO LAST DAYS OF OCTOBER!

You've just got time to catch a murder mystery for the whole family!

Directed by Jenny Whisken of Stage Door Drama Classes, created and acted by children for children and adults. Spot prizes for those in fancy dress!!

Held at the Gate Theatre.

Oct 29 and 30 at 6pm
October 31 at 2pm
Tickets: $10 Adults / $5 Kids
Bookings: trybooking.com/nz/event/21303

Backstage Club: New members welcome: Wednesdays 10-12 in the Gate.

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

Celebration at the Vaughan Homestead

On October 20th 1996 the Vaughan Homestead (after nearly 3 years restoration) was officially opened in front of a large crowd of locals and other guests, including many of the Vaughan family and friends from earlier days.

Before the ceremony we were entertained on the lawn in front of the Homestead in the 'garden party' setting with refreshments provided by the ARC and music by the Long Bay College Quartet.





The Mayor and Mayoress of North Shore City the Hon. George Gair and his wife were among the distinguished guests. Speeches covering the history of the, the restoration of the Homestead, the museum and the Vaughan family were given by Society members and Ron Edgar, (Project Manager), Phyl Butterworth. The Society's President.

We then went up to the Homestead to watch while Mrs. Lily Vaughan came through the front door and cut the ribbon as a symbolic gesture of welcoming us to the home that must have brought back a lot of memories to her. The cake was cut and we all walked up the steps into the house to see the restoration that had taken place.

We are going to celebrate the 30th anniversary of the opening at a special evening on Friday 4th. December 7-10 pm. It is being organized by the Heart of The Bays.

There will be entertainment and food available. More details will be available on our website and in the next 'Focus'

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



Community Clean Up

The Long Bay Residents' Association held a successful community cleanup in September. Thanks to all those volunteers who joined us and made new connections with locals, and a special thanks to the Torbay residents! We cleaned up around Streamview Way and adjacent to the shops in the village. Join us for the next Long Bay Community Cleanup **Saturday 19th December, 9.30am meet outside New World Long Bay**, a great way to improve our beautiful surroundings, meet neighbours, and care for our environment. Want to stay in the loop? Join our **WhatsApp group** here: https://longbay.nz/cleanup.



Long Bay Residents' Association

Visit our website: longbay.nz

Follow us on Facebook:
Long Bay Community

Awaruaika Planting Day

What can happen when we take a moment to slow down, in this case over a cup of coffee, and begin to imagine what might be possible when a community connects around a place and the work needed to restore and regenerate it?

In Awaruaika, Long Bay, that conversation helped spark something pretty special: in August, around 140 volunteers, 1,847 native trees and shrubs planted, plenty of shared food, and a community coming together to care for a place that means a lot to Long Bay.

But the planting day is only part of the story. This short video at https://longbay.nz/plantingvideo2026 shares how a simple conversation grew into a much wider community effort — and where it could lead next.

In our first working bee post the planting day in September we removed the last pampas grass with visible flowers in the Awaruaika Corridor - a great achievement! We'd love more volunteers to help target invasive plants across a wider area moving forward. Keen to join? Our Vaughans Stream Team is on WhatsApp, visit: https://longbay.nz/vst

Let's keep the momentum growing!



Photographer Keerti Siag



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Torbay Village Hall = new name, new look

After years of being the tired looking yellow hall in the corner of the car park the hall has been shown some love and hard work. With the help of funding from the Hibiscus and Bays Local Board the newly refurbished, renamed hall has taken on a new lease on life.













A fresh new look for the two Torbay Halls

If you step behind the shops in Torbay, you will be surprised to see that both of the halls have had a refurbishment and are looking very smart.

Both the Community Hall and the renamed Village Hall have undergone a significant renovation, creating fresh welcoming venues for local groups, community events and private celebrations.

The old Senior Citizens hall, now renamed the Village Hall is no longer a garish yellow but instead is a stylish blue/grey.

This has been made possible by the hard work of the committee with the support of local community groups and substantial funding from Hibiscus and Bays Local Board.

They also received a grant last year for essential roof repairs.











If you are looking for the perfect venue, both halls are available for hire at reasonable rates for birthdays, family events, community gatherings and regular groups.

These are welcoming space to suit all occasions.

We look forward to welcoming you to either of the halls- your local spaces for bringing people together.

Email torbaycommunityassociation@gmail.com

Another Award for Euro Patisserie



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



Help Raise Funds for Gumboot Friday



On Friday 6th November Euro Patisserie will be selling their pies to raise funds for Gumboot Friday. Gumboot Charity helps youth access support for mental health issues, like early intervention and counselling.

Euro Patisserie 1028 Beach Rd. Torbay 09 473 7535

Tēnā koutou Community! Welcome to East Coast Bays Library, the centre of your community

What's on this month?



Diwali diya making
Sunday 8 November
11am – 12pm
Come along and make a diya light holder, and colour mandalas to celebrate Diwali.

Movember: Supporting Our Young Men
Join us on 12 November from 5.30pm – 6.30pm for a special Movember conversational author talk " **The Man You Choose to Be"** MC Kim Wyatt, a life and parent coach, Trust-Based Relational Intervention practitioner and *Making Sense of Your Worth* trainer, will lead a conversation with Stuart Lipshaw, author of *Oh Boy: exploring positive male role models*, and Julia Spinley author of *The Standard You Live By*, exploring how we can better support the young men in our lives.
They will share practical principles to help young men navigate life with clarity, direction and confidence.
This event is for the whole whānau, offering insights for young men, parents, grandparents and mentors to help young men navigate the challenges of their teenage years, including mental and emotional pressures. Everyone is welcome.

Rongoa Māori Medicine Workshop Sunday 29 November
3pm – 4pm
Join Kendra Barr for a rongoa medicine class, taking a closer look at some of our important natives such as Kawakawa Koromiko Kumarahou Angiangi and the medicine they provide. Touch smell experience and learn to identity these rongoa natives.
Places are limited. Please book online at Humanitix.com/nz or ask the library to help you.

2026 General Election Advanced Voting
East Coast Bays Library is an "Advance Voting" place for the 2026 General Election until Friday 6 November during these hours: Monday, Tuesday, Wednesday, Friday 9am – 5pm, Thursday 9am – 6pm

Continued on p31

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ALAN WHITE ELITE PERFORMER 25-26

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East Coast Bays: 1986 vs. 2026

What was life like in East Coast Bays 40 years ago?

In 1986, the North Shore was growing fast, with new homes going up and more families chasing a relaxed coastal lifestyle. Fast-forward to 2026 and East Coast Bays is one of Auckland's most established and sought-after places to call home.

A soundtrack to the times

In 1986, New Zealand's most popular song was Sailing Away by All Of Us, the charity single featuring some of the country's best-known musicians. Our playlists look different today, with Lady Gaga and Bruno Mars Die With A Smile currently leading the 2026 year-end charts.

A growing community

East Coast Bays had around 31,000 residents in 1986, with more than 3,000 homes built between 1976 and 1986 alone. Today, the population is approximately 68,471, with classic family homes, modern townhouses and new developments sitting side by side. The streets and skyline have changed, but the schools, beaches, parks and village shops remain at the heart of everyday life.

Median house price: 1986 vs. 2026

Four decades ago, a North Shore home was a fraction of today's price. In 2026, it's a different story, but buyers still come for the same things: community, excellent schooling, beautiful beaches and an easygoing lifestyle close to the city.

- 1986: Approximately $107,000
- 2026: Approximately $1,450,000

Forty years on

The numbers have changed, but the appeal hasn't. East Coast Bays has grown with the times without losing the character that made people want to live here in the first place.

Mairangi Bay Beach - circa 1980



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ALAN WHITE ELITE PERFORMER 25-26

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
Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

Lumino For dental health care
57 Glenvar Ridge Road 09 473 1400

Nom Original Thai Massage
55a Glenvar Ridge Rd. 021 389 991

Real Estate

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

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 Way 09 473 0065

Vet Clinic

Evening Vet
1/89 Te Oneroa Way 09 217 9249

Op Shop

SPCA op shop
Village Centre

Green with Envy

Green is such a restful colour when decorating your home. Living plants make a great splash of green. It teams well with other colours-just look at nature to see that is true! Whether it is a feature wall, bedding or cushions or main item furniture green will add that touch of restfulness to your room.









Harcourts Cooper & Co | MING & LIU CO

NEIGHBOUR EVENING | 171 TE ONEROA WAY, LONG BAY






We had the privilege of hosting a special neighbour evening to showcase this stunning property, with the wonderful support of the team from Realestate.co.nz. Great food, great company and a brilliant opportunity to connect with our local community. Thank you to everyone who joined us and made the evening such a success!

MARKET INSIGHTS

LONG BAY		SEPT 2026
Median Sale Price	$1.70M	+19.1% ▲
Sales	7	

NORTH SHORE		SEPT 2026
Median Sale Price	$1.17M	-1.2% ▼
Sales	262	-26.6% ▼
12-Month Median price	$1.20M	+0.1% ▲

Based on REINZ statistics for Long Bay and North Shore region in the month of September 2026. Changes are against the same period a year earlier.

COMMUNITY IS EVERYTHING

Team Ming's Movie Night was nearly sold out, with 68 tickets sold and all proceeds going to the school. A big thank you to Long Bay College for providing the venue!

We also served 119 ice creams and 16 drinks at the College's Alumni Sports Day with our Harcourts Cooper & Co Coffee & Cone truck, with proceeds once again supporting the school.

We love bringing local families together and giving back to our wonderful community!





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Community, Critters, and the Future: Long Bay Residents' Association 2026 AGM

The Long Bay College Staffroom saw a solid turnout on Wednesday night for the Long Bay Residents' Association (LBRA) Annual General Meeting. Far from a dry, paper-shuffling event, the night brought locals together for a lively catch-up on where wins occurred and where our suburb is heading, covering everything from major local construction to backyard trapping wins.

LBRA Chair Gareth Roberts kicked things off with a realistic look at the year's triumphs and roadblocks. The LBRA board has been working tirelessly behind the scenes on a wide range of local issues, and the Chair's report highlighted exactly where things stand. Auckland Council-related items remain important. There was a big nod to the Vaughans Stream Team and volunteers, with the community planting day seen as a triumph, with 1,847 plants added to our Awaruaika corridor. On the financial front, the association maintains a healthy budget to operate effectively. The association had a number of volunteers putting their hands up for spots on the LBRA board to get to the full complement, which is a heartening position to be in as a volunteer organisation.

Instead of listening to a lecture on tech, residents broke out into workshop groups for a hands-on brainstorm on "The Impact of AI on the Long Bay Community". Stripping away the technical jargon, locals focused on practical, human-first outcomes. Groups discussed how useful tech could be for identifying invasive garden weeds using phone apps or quickly translating association newsletters into different languages, but the overarching consensus was clear: keep it human. The ideas were captured by the group headlines











of the night, for example "Less screen time, more us time", "Amplifying the importance and relevance of in-person interactions" and "More leisure time to enjoy Long Bay".

The evening's feature speaker, Maeva Ord, delivered an informative presentation focused on building local trust and driving grassroots progress through place-based practices, showing how small, targeted community actions can make a significant difference. Our Hibiscus and Bays Local Board chair Alexis Poppelbaum updated residents on the Local Board Plan, upcoming area initiatives including the Awaruaika Youth Park, due for completion in March 2027, the future roadmap for the East Coast Road/Glenvar project, and new rules for shore-based shellfish harvesting and intertidal zones in the Auckland and Coromandel regions, which take effect on 1 November 2026, amongst









other items. Resident Dick Downing introduced the Chatty Cafe concept, a new initiative for Long Bay, and Long Bay College's Richard Beechey presented an update on the incredible recent achievements of Long Bay College, plus an update on the under-construction hockey turf plus hinted that a frisbee golf venue in Long Bay may be coming soon!

The year-on-year trapping numbers are showing how much impact a community effort can achieve when everyone plays a part. Between October 2024 and October 2025, the network recorded 167 bait station checks, 442 trap checks, and 292 pests caught compared to the October 2025 - 2026 period with 605 bait station checks, 1,312 trap checks, and 678 pests caught. The increase in volume of pests removed is a win for keeping our native birdlife safe.

With new board members involved and major developments in the suburb coming to completion, and thanks to partners, organisations, sponsors and local residents, the LBRA heads into the next year in a fantastic position to keep advocating for the neighbourhood we love.
Find out more, join and donate at www.longbay.nz





Quizzes sponsored by

Answers Page 38



Barfoot & Thompson Torbay

Puzzled with your investment property?

HERBS AND SPICES

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

ANISE
SAGE
TARRAGON
PAPRIKA
CHILLI
SESAME
CORIANDER
TURMERIC
CARAWAY
ROSEMARY
PARSLEY
PEPPER
DILL
WASABI
FENUGREEK
CUMIN
THYME
BASIL
LOVAGE
GINGER
CHIVES

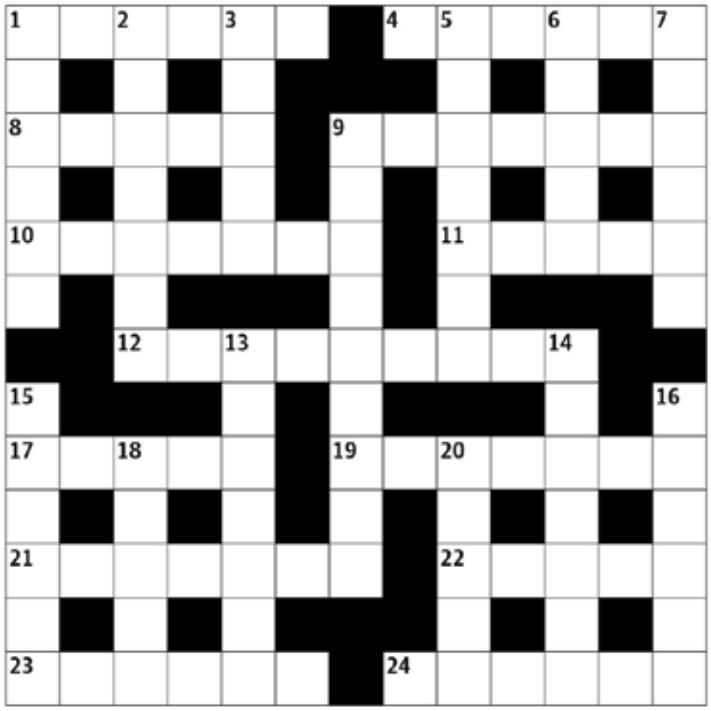
WORD PUZZLE

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

ACMNHIE

36 good, 40 very good, 45+ excellent

CROSSWORD



Across

1 Copies or imitates (6)
4 Thin thread (6)
8 Money or profit (5)
9 Newspaper article (7)
10 Not as costly (7)
11 At or in that place (5)
12 Listen secretly (9)
17 Becomes less painful (5)
19 Charm and allure, fascination (7)
21 Behave in an exaggerated manner (7)
22 In the same direction as, beside (5)
23 Join the armed forces (6)
24 Body orbiting the sun (6)

Down

1 Desire to harm someone (6)
2 Big, wide bladed knife (7)
3 Move quietly to avoid detection (5)
5 Kitchen appliance (7)
6 Cruel, violent treatment of someone (5)
7 Heavy oil used as fuel (6)
9 Ability to judge the future (9)
13 Servant or slave in medieval times (7)
14 Word used instead of a noun (7)
15 Start to be (6)
16 Shining, intelligent (6)
18 Hard, outer covering (5)
20 Make use of something (5)

SUDOKU

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

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PROPERTY MANAGEMENT

Mary's Journey Aboard Oceania Allura

There's something special about exploring the Mediterranean by sea, combining historic cities, beautiful islands and incredible food with the comfort of a luxury cruise ship. Shore Travel's Mary Buckley recently experienced Oceania Cruises' Allura on a 12-night voyage from Rome to Istanbul, visiting 11 ports across four countries.

A beautiful ship with exceptional dining: Mary found Oceania Allura to be a beautiful, well-designed ship, with understated décor, comfortable furnishings, a lovely pool area, a well-equipped gym and plenty of inviting places to relax. Dining was a highlight, from the more formal Grand Dining Room to the exceptional Terrace buffet, where menus changed daily to reflect the destinations.

The adults-only atmosphere and mix of guests created a relaxed environment, while the entertainment offered enjoyable evening shows and live music.



Shore exploration and unforgettable experiences: Oceania Shore Excursions will help deepen your exploration of a destination from small group tours to signature curations focused on culinary discovery and local immersions.

Mary's highlights included a private boat trip along Italy's spectacular Amalfi Coast, swimming in turquoise waters and exploring Positano. In Sardinia, she enjoyed a relaxing afternoon at Poetto Beach, while in Sicily, a ferry to Favignana revealed crystal-clear water and a beautiful island perfect for exploring by electric bike.

The variety of port visits on this cruise added to the magical experience: Malta's stunning coastal scenery and historic sights; the Greek islands delivered everything from Milos's extraordinary white volcanic landscapes to charming waterfront cafés and picturesque villages. In Turkey, Mary visited the remarkable ancient site of Ephesus before continuing to Istanbul, where East meets West in a captivating blend of history, culture and vibrant city life.

Mary's advice for future travellers: September proved an ideal time to cruise, with warm weather and fewer crowds. Oceania Cruises is a perfect introduction for those who are new-to-cruise and enjoy casual luxury. Unpack once and explore a destination with ease and flexibility.

Thinking about your own Mediterranean adventure? The Shore Travel team can help you choose the right itinerary, ship and experiences to make your next journey unforgettable.

Greco-Roman World Cruise
Athens to Rome with Oceania Cruises

7 Day Voyage on Oceania Allura
Fares from: NZ$6,960 per guest (share twin)
based on 27 August 2027 departure

Oceania Allura invites you to discover some of the world's most captivating locations, enjoying freedom of exploration while saiing the open seas. In true Oceania Cruises style, Allura serves The Finest Cuisine at Sea, boasts exceptionally personalised service, and features understated furnishings and decor as she sails a variety of destination-rish itineraries.

*Price accrurate at 14Oct26.
*Additional booking terms and conditions apply.



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Milford, Auckland 0630
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www.shoretravel.co.nz

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Something fishy.....

Salmon Fettuccine - for 2

Ingredients



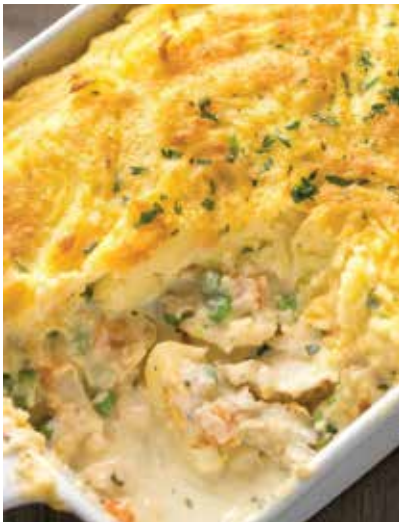
Two pieces of salmon
4 spring onions
8 mushrooms
Fresh thyme
Teaspoon salt
Fettuccine
10 capers
White pepper
1 ½ cups cream

Method

Cook the two pieces of salmon and then shred.
Set the pasta to boil.
Chop and fry off the onions.
Add the chopped mushrooms and cook.
Add the thyme, capers, salt and pepper and pour in the cream.
Flake in the salmon.
Strain the pasta into a bowl and pour the mixture over.
Delicious and easy to make.

Fish Pie - feeds 4

Ingredients



500gm white fish
300gm mushrooms
½ litre full milk
1 ½ tablespoons plain flour or cornflour
Salt and Pepper
Frozen mixed veggies
4 large potatoes

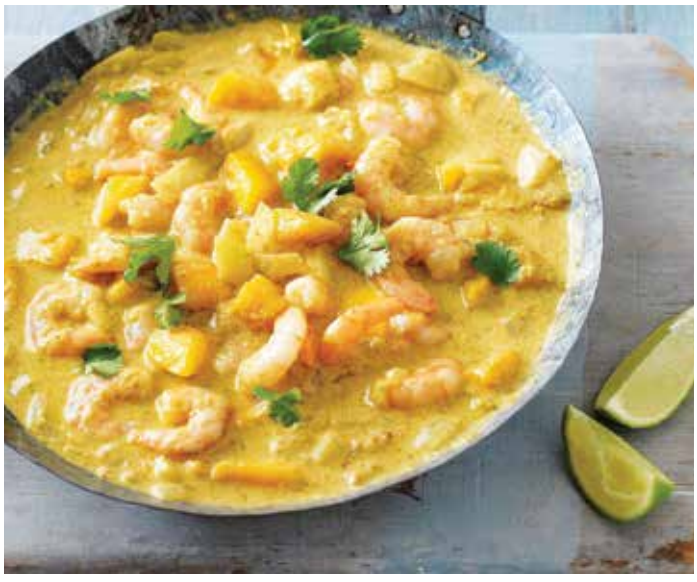
Method

Peel and boil potatoes. When cooked mash with butter, salt and pepper.
Poach fish in boiling water for 3-4 minutes, lay to one side and then break into chunks.
Chop and fry mushrooms in butter.
Place flour, salt and pepper into a saucepan and add the milk. Whisk to incorporate.
Keep whisking while you heat it up until it thickens.
Put fish, mushrooms and sauce into an ovenproof dish.
Defrost frozen veggies in the microwave and layer on top.
Add the potato.
Bake in the oven on 180°C for 35 minutes.
For extra taste you can sprinkle cheese over the top before putting into oven.

Prawn and mango curry - feeds 2

Ingredients

1 onion
10 small cherry tomatoes
50 gms coconut cream
1 can chickpeas
Coriander
2 tablespoons curry paste
250g frozen mango
150 gms prawns
Rice
Salt and pepper



Method

Set rice to cook in microwave.
Chop and fry off onion.
Place coriander, curry paste, chickpeas and coconut cream, salt and pepper in a blender and blitz together.
Add prawns to the pan and cook.
Pour mixture over and stir well.
Add the defrosted mango and tomatoes and bring back to the boil.
Serve over rice.
This is really nice if served with flatbreads.

Torbay Friendship Club visits the Pumphouse



The stage was set, the lights were dimmed and a hush fell on the theatre. Seven Friendship-Club members anticipated a treat, as Roger Hall's 'Glide Time' is a classic! Laughs came slowly at first, with characters establishing their identities. The audience, looked back into our distant past; could we feel empathy with John, Jim, Beryl, Hugh and Michael, all boxed into that drab office space of the 1970s? As the plot evolved, we began to remember our much younger selves. An electric-blue suit; jokes which were loud, but tame; an office lay-about who made frequent use of an almost-revolving door and Beryl, who put up with 'anti-feminist' pronouncements typified the office-ethos of those times, I remembered!

In the Interval we trooped out to the vestibule, jostling for ice-cream or wine, amidst good-natured banter. It may be supposed that 'Everyone and his wife' comes to productions at the Pumphouse Theatre as I met many I knew.

The second half was more lively, the jokes funnier, twists and turns of plot leaving us with feelings of satisfaction that 'all was not lost'. Life in the '70s may have been a bit drab and maybe we were all somewhat naïve? Mobile phones, the internet and social media were still a way off. But don't you sometimes long for the old days?

We enjoyed the show, as well as the light lunch we had shared.

Won't you join us at our Friendship Club? Monthly meeting 10.00 to 12.00, every 2nd Thursday, at Torbay Village Hall – 35 Watea Street, Torbay. We have many activities during each month and, maybe, some that you'd enjoy!

For more information, please contact: Josie Edmunds Ph: (09) 413 7317 mob: 027 271 6657 Or email us at: torbayfc.contact@gmail.com



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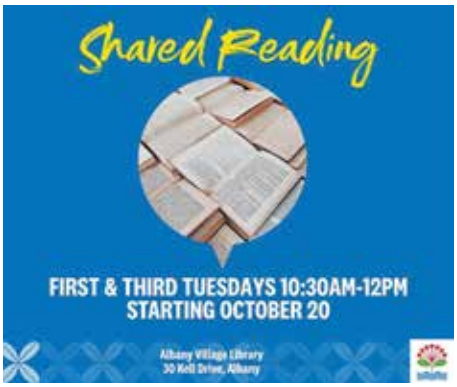


www.rwalbany.co.nz

November at Albany Village Library

As we move into November, we'd like to reflect on a wonderfully busy October at Albany Village Library. The school holidays brought plenty of energy and creativity to the library, with tamariki and whānau enjoying a fantastic range of activities, from crafts and science experiments to robotics and wellbeing workshops. It was wonderful to see so many families making the most of the library during the break.

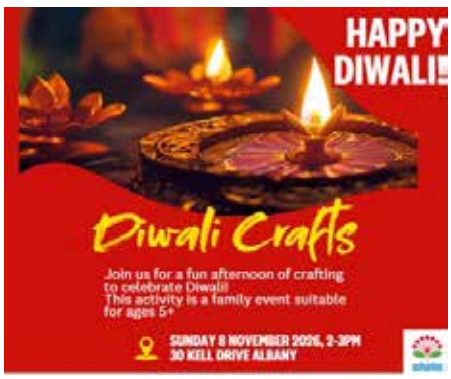
This month we'd like to shine a spotlight on our growing range of programmes for adults, including two of our newest additions. Our Shared Reading Group continues fortnightly, with upcoming sessions running on Tuesday 3 November and Tuesday 17 November, 10.30am-12pm. In this relaxed and welcoming group, we read selected short stories and poems together and pause to share our thoughts and reflections. There is no pressure to read aloud or contribute to the discussion, making it an enjoyable and accessible experience for everyone.



We're also pleased to continue our new Chinese Book Chat Group, which meets monthly on the last Wednesday of each month. The next session will be held on Wednesday 25 November, 10.30am-12pm, providing a friendly space to connect with others and chat about books you've been reading in Mandarin.



Families can join us for Diwali Crafts on Sunday 8 November, 2pm-3pm, a fun afternoon of creativity celebrating Diwali, suitable for ages 5+.



Other programmes this month include Book Chat on Wednesday 18 November, 10.30am-12pm, a friendly space to share and discuss what you've been reading, and BrainCharge on Thursday 26 November, 11am-12pm, featuring fun and engaging activities designed to build connections and support brain health.

We also continue to host programmes in partnership with Age Concern. The Korean Friendship Group meets monthly, next session on Tuesday 18 November, 1pm-2.30pm, while Korean Digital Literacy Classes will be held fortnightly with upcoming sessions running on Wednesday 11 November and Wednesday 25 November, 1pm-2.30pm. These programmes are open to Korean-speaking adults aged 65+, and registration is required.

Come along to English Conversation Corner every Friday 11am-12pm. This is a group to practice basic English conversation skills and make new friends!

We also continue to host Kōrero Mai Te Reo Māori conversation group, every Sunday from 10am-11am. This friendly and supportive gathering welcomes all levels to learn, practise, enjoy and improve te reo Māori together.

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 November!



Tides November 2026 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Sun 01			00:09	2.7m	06:21	0.3m	12:48	2.9m	19:06	0.6m
Mon 02			01:08	2.6m	07:20	0.5m	13:47	2.8m	20:07	0.6m
Tue 03			02:12	2.5m	08:22	0.5m	14:48	2.8m	21:10	0.6m
Wed 04			03:16	2.5m	09:25	0.6m	15:49	2.7m	22:11	0.6m
Thu 05			04:20	2.5m	10:27	0.7m	16:46	2.7m	23:07	0.6m
Fri 06			05:18	2.5m	11:25	0.7m	17:39	2.7m	23:58	0.5m
Sat 07			06:12	2.6m	12:18	0.7m	18:28	2.7m		
Sun 08	00:45	0.5m	07:01	2.7m	13:08	0.6m	19:13	2.7m		
Mon 09	01:29	0.4m	07:47	2.7m	13:54	0.6m	19:57	2.7m		
Tue 10	02:11	0.4m	08:31	2.8m	14:38	0.6m	20:39	2.6m		
Wed 11	02:52	0.4m	09:14	2.8m	15:22	0.7m	21:21	2.6m		
Thu 12	03:33	0.4m	09:56	2.8m	16:06	0.7m	22:03	2.5m		
Fri 13	04:14	0.5m	10:38	2.7m	16:50	0.7m	22:45	2.5m		
Sat 14	04:56	0.6m	11:21	2.7m	17:34	0.8m	23:29	2.4m		
Sun 15	05:38	0.6m	12:04	2.6m	18:19	0.9m				
Mon 16			00:14	2.3m	06:21	0.7m	12:47	2.5m	19:05	0.9m
Tue 17			01:01	2.2m	07:06	0.8m	13:32	2.5m	19:52	0.9m
Wed 18			01:51	2.2m	07:54	0.9m	14:18	2.5m	20:41	0.9m
Thu 19			02:43	2.2m	08:45	0.9m	15:07	2.5m	21:30	0.8m
Fri 20			03:37	2.3m	09:40	0.9m	15:57	2.5m	22:19	0.7m
Sat 21			04:31	2.4m	10:35	0.8m	16:48	2.6m	23:10	0.6m
Sun 22			05:25	2.5m	11:31	0.7m	17:40	2.6m		
Mon 23	00:00	0.5m	06:19	2.7m	12:26	0.6m	18:32	2.7m		
Tue 24	00:51	0.3m	07:11	2.8m	13:20	0.5m	19:25	2.8m		
Wed 25	01:42	0.2m	08:04	3.0m	14:15	0.4m	20:17	2.8m		
Thu 26	02:33	0.1m	08:57	3.1m	15:09	0.4m	21:11	2.9m		
Fri 27	03:25	0.1m	09:49	3.1m	16:03	0.4m	22:05	2.8m		
Sat 28	04:18	0.1m	10:43	3.1m	16:59	0.4m	23:00	2.8m		
Sun 29	05:12	0.2m	11:37	3.1m	17:54	0.4m	23:57	2.7m		
Mon 30	06:07	0.3m	12:32	3.0m	18:51	0.5m				

Times adjusted for Daylight Saving.

Continued from p16

We will not be a voting site on election day, Saturday 7 November. For official information about voting, and where to vote on the day, visit vote.nz

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
You can contact us via email at ecblib@aucklandcouncil.govt.nz or phone 377 0209





Start Christmas in Silverdale Pioneer Village



Dates for your Calendars

Saturday 5th December at 11am.
Sit in our lovely gardens and listen to the Hibiscus Coast Concert Band play seasonal music. *You can treat yourselves to Devonshire Teas from the Parsonage at $8.00 per head.*

Sunday 13th December at 7pm
Our annual Christmas Carol service in the historic Village Chapel.

Cups of tea are available in the Parsonage before the service at 6.30pm

www. silverdalepioneervillage.com for more details



Classifieds

Accommodation

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Free Counselling Now Available at CAB Browns Bay

Sometimes life can feel overwhelming, and having someone to talk to can make a real difference. CAB Browns Bay is delighted to now offer a free counselling service to our local community, with counselling available for children through to adults.

Our new Counsellor has spent the past seven years studying at Manukau Institute of Technology and Unitec and is currently completing her Bachelor of Applied Counselling, Addictions and Mental Health. She hopes to complete her qualification shortly.

Our Counsellor has already completed approximately 200–250 hours of practical counselling, primarily through the Salvation Army in Albany, and has around 50 hours remaining before completing her qualification.

Counselling can involve very personal and sensitive matters, so confidentiality is extremely important. All counselling sessions are confidential between the client and Counsellor, within the normal professional and safety requirements of counselling.

A range of therapeutic approaches may be used depending on the individual client and their needs. These can include sand tray therapy, IDT (art-based therapy) and narrative therapy, among others.

Before beginning their counselling, each client will be provided with a Counselling Agreement to read and sign. This will be provided by our Counsellor at the time of the appointment.

Free counselling appointments will be available:

- Fridays: 9:30am – 12:30pm
- Saturdays: 10:00am – 1:00pm

Appointments are 45min to 1hour in duration. (Dependant on age of client. 1 hour is too long for children).

If you, or someone you know, could benefit from having a confidential conversation with a Counsellor, please contact CAB Browns Bay to find out more or to book an appointment. One of our friendly CAB volunteers will be happy to assist.

Please note that from 1st November our weekly hours will change to Monday – Friday 9.30am-3.30pm. Saturday hours stay the same – 10am-1pm.

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



What Happens to Old Photographs [and negatives]?



This topic was explored at the October meeting of U3A Browns Bay by Keith Giles who is photograph Curator at the Auckland Central Library and author of "C H Monkton & W H Reed: Adventures in the history of New Zealand photography". Accepting and curating this collection of five million images is a considerable challenge.

The collection consists of negatives [the earlier ones on glass plates], film, printed images [black and white and coloured] and digital photographs. Many of these photographs are exceedingly precious to the families and as a way of preserving the history of New Zealand in general and Auckland, in particular.

Glass negatives are heavy, take up space and are easy to damage. Other mediums have their own problems. Exhibits are often recovered after many years from "under the house", "between the rafters", and out of a garden shed

Keith says



"My work involves ensuring that the items are correctly cared for and making them discoverable by members of the public – so cataloguing, and prioritising collections for digitisation are an important part of my work. We often have queries from members of the public looking for portraits of ancestors, or photographs of places around Auckland, for example, and we operate an image supply service.

We are happy to receive donations of photographs, and I'm occasionally called on to rescue collections from being sent to the dump.

I'm lucky that I get to research photographers and photographs. We have set up a database of photographers operating in New Zealand from 1848 as one means of helping people date their photographs."

Enos Silvenus Pegler is an example of an early photographer. Born in Gloucestershire in 1869 he shifted to NZ when he was 6 years old. He set up a photography business in Onehunga from 1891 and was living at Manurewa when he died in 1938. A series of glass plate negatives were found under a house in Green Lane which were thought to be his

Go to https://kura.aucklandlibraries.govt.nz/digital/ to see part of the 5,000,000 collection which is still growing.

Below is a Youtube link done by Keith on Henry Winkelmann – The Panoramas

https://www.youtube.com/watch?v=iie0z-BU-jY&list=PLkMKU0JvwTBYA26wEa3Y62aEWiG7AOFOM&index=10

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SPRING SYMPTOMS? DON'T JUST PUT UP WITH THEM



Spring is finally here, bringing longer days, warmer weather and plenty of opportunities to get outdoors. But for some people, spring also brings sneezing, itchy eyes, blocked noses, coughing and worsening asthma.

It can be tempting to simply put these symptoms down to "hay fever" and carry on. However, if symptoms are persistent, affecting your sleep or daily activities, or you find yourself regularly reaching for medication, it may be time to talk to your GP.

At Torbay Medical Centre, we can help work out what is actually causing your symptoms. Allergies, asthma, sinus problems, infections and other conditions can sometimes look very similar, but they may require quite different approaches. A doctor consultation gives you the opportunity to discuss your symptoms, review any existing conditions and make sure you have an appropriate treatment plan.

Spring is also a good time to check in if you have asthma. Seasonal allergies can trigger asthma symptoms, and even people who usually have their asthma well controlled can find that it becomes more troublesome at this time of year. If you are needing your reliever inhaler more often, waking at night with symptoms, or finding exercise more difficult, please make an appointment rather than simply putting up with it.

There are things you can do at home to reduce exposure to pollen, such as showering after being outdoors, changing clothes after spending time in the garden and keeping windows closed when pollen levels are high. But you don't have to work out the best approach on your own.

If something doesn't feel right, we'd rather hear from you. Early advice can often prevent a relatively minor problem from becoming a bigger one.

And once you've got your symptoms under control, make the most of the beautiful spring weather.

Get outside, enjoy some sunshine and build a little movement into your day - whether that's a walk along the beach, working in the garden or simply meeting a friend for a stroll. Regular exercise and time outdoors can be great for both your physical health and your wellbeing.

This spring, make looking after your health part of your plans. If allergies, asthma or another ongoing symptom is getting in the way of enjoying the season, book an appointment with the team at Torbay Medical Centre. We're here to help.



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

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

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

My Story

I have been with Lynne for seven years now, initially for my rehab post knee surgery for 8 months, as I wasn't getting anywhere with physiotherapists, they couldn't help me for two and a half years before that.

My improvement now through exercise and remedial massage therapy for my legs, knees and calves, as well as personal training, it all encompasses mobility, flexibility, stretching, and getting stronger.

This strengthens my ability to move with daily tasks. Lynne creates programmes to suit individual needs. This has reduced my chronic leg pain further.

I also do deep therapy massages for my shoulders, neck and back. I recommend Lynne without hesitation, I now do personal training twice a week and enjoy it thoroughly.

A Body Tonic Group Member.



Hints to better health

Self-myofascial release, which can be rolling on a small ball or using a foam roller, which helps to reduce tightness and tension in the muscles, can be difficult at first, therefore breathe slowly and rhythmically, as you work into the areas that you feel are tight while you doing the movements.

Pain should not be so intense that you cannot handle it.

It may be hard for you to do self-myofascial release when you first begin, therefore you may need to then lessen your time and build up slowly. For example, if you can't hold yourself up on the floor, because your shoulders or neck get sore, you can also use the foam roller sitting on the floor, up against a wall or even using a chair or standing up against a wall.

The pressure can be too intense when you lie down on a foam roller, especially for the first few times you use it. You can also, roll for short time and release, rest, and repeat doing release rest, picking up each time after a few seconds, until it eases.

Patience is needed and for you to think about the region you are working, making mind-to-body connection to attain greater results.



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Lynne Scott - 021 204 3280

Building Wealth Is One Thing. *Transferring It Is Another.*



Mark and Sarah had spent more than 30 years building their business. What started as a small operation run from a converted shed had grown into a successful company employing 25 staff. The business provided a comfortable lifestyle, owned valuable equipment, and generated profits that allowed them to invest in property and build up significant family wealth.

Mark and Sarah assumed they would eventually slow down, perhaps sell the business, and enjoy a well-earned retirement. Their two children, Emma and Josh, had occasionally worked in the business growing up, but neither had made any commitment to taking it over.

Whenever their accountant or lawyer raised the topic of succession planning, Mark would laugh and say, "We're not retiring anytime soon". There always seemed to be more urgent matters to deal with. Mark and Sarah were often at the lawyers for matters relating to the business, but seemed to never have time to look at their personal affairs.

Then everything changed. At the age of 61, Mark suffered a serious stroke. Although he survived, he was unable to return to work for many months and it became increasingly clear that he would never be able to manage the business in the way he once had. The doctors said he had no capacity and asked if Sarah was his attorney. Powers of attorney had also been on the list of things to do "one day". This meant Sarah had to make an application to the court, in order to be appointed as Mark's property manager and welfare guardian, adding to her stress and the cost.

At the same time Sarah was trying to keep the business operating while also helping care for Mark. Staff were uncertain about who was making decisions. Suppliers wanted reassurance. Clients became nervous about the future. Emma and Josh wanted to help but had very different views about what should happen.

Emma believed the business should be retained within the family and was willing to step into a management role. Josh had no interest in becoming involved and felt the business should simply be sold so that everyone could receive their share of the value. Sarah really did want to get out of the business so that she could care for Mark. She really thought it should be sold, but also wanted to help Emma if she wanted to be the one to carry on in the business. She was secretly amused by Josh's comment that everyone should receive their share of the value! She had hoped that she and Mark had brought the children up to have no expectations, but maybe that wasn't the case!

Sarah began to realise that the decision was about more than the future of the business. It was about how the wealth she and Mark had spent decades creating would eventually pass to the next generation, and how that could be done fairly when their children's goals were so different

Sarah went to her lawyer to see what could be done. The lawyer suggested selling the business to Emma, but with a debt back so that the value of the business was captured at now, and that any increase in value that may happen over time would be to Emma's benefit only. The debt could then either be repaid by Emma over time, or could be forgiven when Mark and Sarah died.

This approach would allow Emma to take the business forward and benefit from any future growth, while recognising the value Mark and Sarah had already created. It would also give them a way to plan how that value could be shared across the family, rather than leaving those decisions until later.

Sarah wanted to make sure she was treating both children equally, so it was important that there would be an equal amount that would go to Josh. Mark and Sarah had been looking at downsizing their property, and Sarah thought once that sold she would lend Josh an equal amount for him to invest in an investment property.

The lawyer also recommended putting in place new wills and powers of attorney, helping them create a clearer path for their family and their assets.

Thoughtful planning was no longer just about protecting the business. It was about ensuring the wealth Mark and Sarah had built over a lifetime could be passed on in a way that reflected their values, supported both children, and reduced the risk of future conflict.



TAMMY MCLEOD (BA LLB)
Managing Director, Davenports Law
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2	6	4	5	3	1	8	7	9
9	8	5	4	2	7	3	1	6
3	1	7	9	6	8	2	4	5
6	4	3	2	1	9	5	8	7
7	9	2	8	4	5	6	3	1
8	5	1	6	7	3	9	2	4
1	7	9	3	5	2	4	6	8
4	3	8	1	9	6	7	5	2
5	2	6	7	8	4	1	9	3

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