

# focus

Issue 10  
November 2022

on community

Long Bay, Okura & Torbay



## Long Bay Heritage Festival

see more photos on pg 13 of this great event

## Treating Acne Nutritionally



Acne is a big deal for some people, especially teenagers. The good news is that there are some very effective medicines like isotretinoin. Despite being effective, these medicines can have side effects so are not for everyone. Luckily there are also some nutritional strategies that I have been using on patients with great success lately.

### Diet:

The most important part of my nutrition anti-acne plan is to eat an anti-inflammatory diet. This is because acne is essentially inflammation in the skin. Changing what we eat is where many people stumble. The dietary habits of our target market (teenagers) can be challenging to change. However, the incentive of clear beautiful skin might just be the trigger required to get them to eat better. If you can get your teenager to improve their diet, then you might see bonus effects such as better moods, better sports performance, and better success at school. This is because low-inflammatory foods are full of nutrients to fuel the body and mind. Worth the effort I would suggest.

Anti-inflammatory diets encourage eating whole foods, plenty of vegetables, good fats, quality protein, antioxidants, and phytochemicals. Foods to avoid include processed carbohydrates, bad fats, high intake of sugars.

### Nutrient Supplements:

Vitamin B5 is a great fast-acting tool in the fight against



acne. It must be used in the correct dosage (a lot higher than you'll find in a B-vitamin complex or multivitamin) and supported by a good diet. If this is done, then B5 can provide significant benefits in acne within a few days, with peak effects occurring in about 3 months. Vitamin B5 is believed to have benefits in acne via its effects on energy production, the metabolism of adrenal (and other) hormones, and the metabolism of fatty acids.

Fish oils contain essential fats that produce anti-inflammatory changes in the body. The most important of these essential fats is EPA which fuels the body to make anti-inflammatory prostaglandins and cytokines. Your fish oil supplement needs to be high quality. A bad fish oil is actually bad for you. Liquid fish oils are easiest to use because of the dosage required. There are many great tasting ones you'll be pleased to know. Our modern diet is skewed towards inflammatory omega-6 fats, so taking an omega-3 supplement should be complemented with a great diet.

Zinc is a key mineral if trying to lower inflammation on the skin. Zinc has direct benefits on improving the quality of skin, nails, and hair. It also supports the function of fish oils, and improves the immune system and the digestive system. Like the other nutrients, the anti-inflammatory dose of zinc is higher than you'll find in a multivite.

### Get Your Natural Acne Protocol:

Call in to Torbay Unichem Pharmacy if you would like a copy of my natural acne-busting protocol. I have even got some guides on what an anti-inflammatory diet looks like.



Martin Harris

# One of the largest clubs on the North Shore!

East Coast Bays Cricket is one of the largest clubs on Auckland's North Shore, providing cricket for all ages and all levels. Our Junior section has teams from Year 1 through to U13's, our Youth programme covers U15's to U17's and at Senior level we have teams ranging from Premiers through to Saturday and Sunday afternoon T20. In addition we have a Monday evening Twilight 8 a side competition, The Bays Big Bash, which is proving extremely popular. Our Premiers are consistent performers, having twice won the Two Day Premiership in addition to the T20 Premiership. We have a major focus on player development and run Programmes at both Junior and Youth level across the whole year. Our current Club Coaching



and Development Manager is former Auckland HEARTS coach, Nick White. Three of our Men's Premier side are contracted Auckland ACES players - Louis Delport, Cole Briggs and Ryan Harrison.

We are unique in that we own our own grounds, at Windsor Park in Mairangi Bay, where we have our superb Number 1 field that has a five grass wicket block along with an added astro pitch. This will give our Prens the opportunity to play T20 and other early season matches at home, provide a home base for our Monday night Twilight competition and also give our Juniors a chance to experience playing on the Number 1. Our Number 1 field also has two large permanent sightscreens which is unique among clubs in Auckland. Our practice facilities include four lane outdoor

nets.

We have a strong management structure within the club and our philosophy is to provide a welcoming, inclusive environment for all cricketers at all levels. With a number of talented young cricketers coming through the Youth ranks and several established representative cricketers currently in the Premier squad, the future is extremely positive.

Registrations are currently open at [eastcoastbayscricket.co.nz](http://eastcoastbayscricket.co.nz)



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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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We offer a free design service.

Please contact Carole on  
473 3259 or email

editor@focusoncommunity.co.nz

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## editor's letter

Like many of you on Monday 19th October I said to myself at 10pm that I would only watch a bit of the Queen's funeral. At 1.30am, unable to stay awake any longer, I succumbed and retired to my bed.

Having lived in UK for almost 60 years the Queen was so much part of the British way of life. I had seen her, from afar, a couple of times and been struck by how tiny she was and how bright a blue her eyes were.

The one thing the Brits do well is anything to do with pageantry, and the Queen's funeral was no exception.

The actual service I thought was lovely, a funeral of a mother and grandmother and reflected very much her life of service and commitment. The strength of her faith shone through the service as she would have been very much part of the planning of it.

I was 5 years old when George VI died and don't remember anything of that. I do remember when I was 7 years old, the Coronation. Even though it was June, and summer, it rained. We had a street party under someone's house side cover, and I remember it being very squashed. We had jelly and every child was given a commemorative mug and a tube of Rowntree's wine gums.

We had watched the actual service at a neighbour's, who had a TV, – we didn't, and the screen was an 8" one so with everyone crowded into their



living room you didn't get to see much- and it was only in black and white!

We still felt the sense of occasion.

I am not a royalist, but I had a lot of time for the Queen. Her passing is really the end of an era.

**Carole McMinn, Editor**

editor@focusoncommunity.co.nz | 09 473 3259



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# The Northshore Writers Group

When I emigrated from South Africa six years ago, I decided the best way to meet new people and integrate into my new home was to join a writer's group. Except I just couldn't find one that fit. I didn't want homework, I didn't want exercises, I just wanted to share the journey of writing with others, share our challenges, ideas, and dreams. I wanted camaraderie with people who, on this one topic, shared the road. It was a rocky start, as most Meetup organizers will tell you, with a trickle of

RSVP's and a catastrophe of no-shows. But slowly, it began to stick, until we had a core group that I knew I could always count on. We became friends, and we learned to trust, not just with our "intellectual property" but also our fears, thoughts and emotions.

We don't have a format and we only have one rule: don't apologise. We never apologise for something we present. "It's just a draft", "I wrote it quickly this morning," are not allowed. We're in it together, to get it wrong, make mistakes, have an off day, sometimes, even suck. We don't want to hear a perfect piece of writing, what would we talk about?

The group has had two monumental success stories (so far), both being offered multiple book contracts, both in the fantasy genre.

Nikky signing our copies of Rarkyn



Graci Kim, New York Times bestselling author of The Fallen trilogy, started off as a diplomate, and look at her now! [www.gracikim.com](http://www.gracikim.com)

Nikky Lee, author of The Rarkyn's Familiar is working on book two currently, and it's epic! [www.nikkythewriter.com](http://www.nikkythewriter.com)

The group meets regularly at the community centre in Browns Bay, and we're looking for new members. Call me!

**Tim Owen**

**0212244533 [timowen1968@gmail.com](mailto:timowen1968@gmail.com)**



A typical Saturday group

## Torbay/Waiake September 2022



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## Wendy's update

Are you considering selling or buying in the Torbay/Waiake area. I live in our local community and have specialised in selling in the area for over 25 years - as your local experienced sales expert I offer local knowledge, experience, service and results.

The Auckland housing market continues to adjust to economic conditions suggesting a cooling in the market, not a crash. Whilst listings are low in our area, buyers are constantly looking - this is a great time for owners to be coming to the market and maximising the return on your property (take advantage of the fantastic marketing packages we currently have on offer).

Give me a call to discuss your next move.

Kind regards, Wendy

**E** [w.radcliffe@barfoot.co.nz](mailto:w.radcliffe@barfoot.co.nz)  
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# Focus on November!

November was the ninth month of the ancient Roman calendar and has retained its name from the Latin novem, meaning “nine.” In Finland, they call November marraskuu, which translates as “the month of the dead.” It is one of four months with a length of 30 days on the Gregorian, or modern, calendar.

Topaz, a semi-precious stone that symbolizes friendship, is found in many colors, but it is the orange-yellow version that is the traditional birthstone for November. Citrine, which is actually a quartz crystal that ranges from yellow to orange in color, is considered another November birthstone. It is often mistaken for the orange-yellow topaz, which is the more expensive of the two stones.



The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words chrys and anthemum, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism.

## Important days to remember



11th November at 11 am celebrates the ending of the First World War.



14th November is World Diabetes Day



19th November Abraham Lincoln gave his Gettysburg address



22nd November John F Kennedy was assassinated in 1963.



# Thanksgiving

Thanksgiving, perhaps the most popular of all American holidays after Christmas, is celebrated each year on the third Thursday of November. Not only do Americans have the chance on this day to gather with friends and family over a sumptuous meal but they also get to enjoy a rare four-day weekend (with the Friday afterward, known as Black Friday, marking the traditional start of the Christmas shopping season).



# November

November is an annual event involving the growing of moustaches during the month of November to raise awareness of men’s health issues, such as prostate cancer, testicular cancer, and men’s suicide. The Movember Foundation runs the Movember charity event and the goal of Movember is to “change the face of men’s health.”



By encouraging men (whom the charity refers to as “Mo Bros”) to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier



lifestyle. Using the moustache as the driving symbol of the movement, Movember focuses on the three key areas of prostate cancer, testicular cancer, and mental health & suicide prevention. Since inception, the Movember Foundation has raised \$837 million and funded over 1,200 projects in more than 20 countries.

# Torbay Tennis Club - on the ball!



Torbay tennis club has started off the new season with a bang as they push for record-breaking numbers this year. It seems as though people are really ready to mix socially and get outside. The club has many new membership deals and a focus was recently put on

gaining some new lady members. Earlier in the year, the club offered free membership to new lady members which worked fabulously with over 35 new ladies joining. Now Torbay tennis can offer a dedicated ladies' night on Monday evenings which is excellent. This year first-time lady memberships are still super cheap with only \$100 for full membership.

The tennis club also has adult group coaching for beginners or intermediates which is great for those who are new to tennis or want to improve their skills in a more social environment. It's hard playing tennis as an adult if you don't already have some skills, so these adult sessions are a fabulous way to get stuck in.

Tuesday offers men's night and Wednesdays are mixed social so there is something for everyone right now at Torbay. You should check out the website for some of the other very affordable options including deals for families and juniors too.

The Juniors are very important to the growth of the club and our coach Jason Hart runs an exceptional junior programme that is both fun and beneficial. Many of the juniors are becoming league champions in their grades.

Whether it's just for a fun hit with the family or a serious game of tennis Torbay has plenty to offer everyone. Check out the website for more details on pricing and other offers soon.

[www.torbaytennis.org.nz](http://www.torbaytennis.org.nz)



## Advertising rates

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# Torbay Historical Society

In the late 1970's a group met together to play the card game 500. They met weekly at 'the hub' in Stredwick Drive. In 1983 it was suggested that as they were mostly Senior Citizens that they should start a group under that name. Alan McCulloch, the mayor of the East Coast Bays City Council at the time was in favour of the formation, as the Browns Bay group was becoming rather big. Advertisements in the papers and local shops brought excellent response

and a steering committee was set up with Fred Milner the President, Eric Forster as Secretary and Gordon Henderson as Treasurer. Weekly meetings began in the Torbay Community Hall. Later they wanted to have their own rooms so they could have a venue for 7 days a week. With raffles and selling produce made by members, and with stalls outside the Torbay Post Office every Saturday they raised money. With grants from the City Council and Lotto they were able to buy a building which had been the Salvation Army Hall in Browns Bay (Where 'the Sands' Care Centre and Village is now). The building was moved to Council land (Watea Rd.) where it is now. The Senior Citizens



Club no longer exists as past members joined other local groups.

The Historical Society would like to thank those who came to the Heritage Day at Long Bay and supported us. Thank you to those who organized the very successful event.

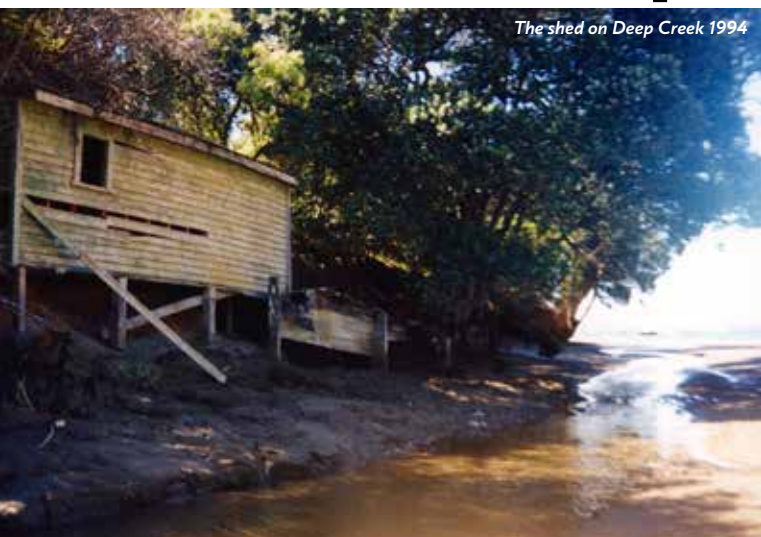
During the summer we will have the Homestead open more often. We can also have bookings for Devonshire Teas for groups of 10 or more. You can also hire the Homestead for small events.

Phone or email us to make bookings and to enquire about open days.



President – Bill Ellis Secretary: Barbara Ellis - 473 6482 Email [wjb2ellis@gmail.com](mailto:wjb2ellis@gmail.com)

# Blast from the past: Waiake *photos by Bill Ellis*



*The shed on Deep Creek 1994*



*Art Ducko Restaurant 2007*



*House and shed 16 Rock Isle Road 1996*



*After the storm at Waiake 29 November 1998*



*The old toilet block at Waiake 2003*



# An Epic Road Trip of Arizona & Utah National Parks



Zion Canyon

Mary Buckley from Shore Travel enjoyed a family holiday to the United States in October. The highlight of this trip was a four day road trip to these National Parks:

**Zion National Park, Utah:** The drive from Las Vegas to Zion National Park takes about two and half hours of easy driving on long stretches of open road. We walked the Canyon Overlook Trail which is an easy one hour walk that takes you to an elevated view of awesome Zion Canyon.

**Bryce Canyon National Park, Utah:** We drove another one and half hours to Bryce Canyon. The Bryce amphitheatre is famous for the largest collection of hoodoos (the distinctive rock

formations) in the world. Both the Garden and Navajo Loop Trails offer the best photo opportunities.

**Antelope Canyon, Arizona:** We visited the Upper Antelope Canyon. You must pre book a tour or purchase access to this Navajo Tribal canyon. The best time of the year to visit Antelope to experience the sun pouring through the cracks in the rock is May.

**Monument Valley, Arizona:** The Navajo Nation's Monument Valley is majestic! This great valley boasts sandstone masterpieces that tower at heights of 400 to 1,000 feet and feature in multiple movie scenes. We recommend joining a fun and informative 4WD tour to navigate the rough terrain and sand dunes.

Bryce Canyon National Park



Antelope Canyon

**Grand Canyon National Park, Arizona:** There is some back tracking to get to Grand Canyon, with the drive taking just under three hours. The South Rim viewpoints to stop at are Desert View Point with watchtower; Grand View Point and Moran Point before arriving at the Grand Canyon Village. There are multiple options for walks, with the easy Rim walk suitable for all abilities to take in the stunning views.

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# Torbay Theatre

## BROADWAY COMES TO TORBAY - DECEMBER MUSICAL: THE MUSIC MAN!

ON-STAGE 8-17 December (how many trombones?)

Torbay Theatre's Christmas musical production this year is "The Music Man" with book, music, and lyrics by Meredith Willson. The show became a hit on Broadway in 1957, winning five Tony Awards. It is currently having a box office success with a Broadway revival. We are delighted to be able to perform it for our Torbay audiences.

The scene is a small town in Iowa, USA, in 1912. The plot concerns con man Harold Hill, who poses as a boys' band leader and sells band instruments

and uniforms to naive townsfolk, promising to train the members of the new band. Harold is no musician, however, and plans to skip town without

giving any music lessons. Prim librarian and piano teacher Marian sees through him, but when Harold helps her younger brother overcome his lisp and social awkwardness Marian begins to fall in love with him. He risks being caught to win her heart.

Amongst the best known songs are "Goodnight, My Someone" (good night my love,) and "Seventy-Six Trombones" (led the big parade), which is the signature song commonly played by marching bands. We hope to see our audience leaving with some memorable songs playing in their heads.

When Karl Buckley agreed to direct the show for us he pointed out that we needed a cast that represented a real small town with a variety of ages.

We have fulfilled that requirement with a cast of 30 ranging in age from eight years to eighty. And we have a number of real families taking part.



One of our families has all but one of their members actually onstage. Others have two or three onstage, still more have a cast member onstage and other members of their family building sets, helping with costumes, making props, or rigging lights.

BOOK NOW from the website below - door sales often available, but many sessions sell out and we are forced to turn people away at the door.

### 70th JUBILEE EXTRAVAGANZA!

This went off with a bang, all 7 decades were celebrated, and a good time was had by all.

### BACKSTAGE CLUB

Wednesdays 10-12 at Torbay (Gate) Theatre. Contact details on our website below.



**For more information, and to book, see our website: [www.torbaytheatre.com](http://www.torbaytheatre.com)  
See also: our Facebook page, or ph 473-5454. 35 Watea Rd, Torbay.**

# ERICA STANFORD

## MP for East Coast Bays



[www.EricaStanfordMP.co.nz](http://www.EricaStanfordMP.co.nz)

09 478 0207 [office@ecbelectorate.co.nz](mailto:office@ecbelectorate.co.nz)

EricaStanfordECB



# Youth Work at Long Bay College

We believe that young people (Our rangatahi) need more time spent with them. They need more listening, more encouraging and more "we believe in you". We are passionate about this and believe it requires an approach based on relationships rather than just programmes. Our relational approach to youth work is about presence and walking with young people. We want to be accessible to them, be with them as they navigate difficult issues and help them to make good choices.

We are here to support and come alongside young people.

As part of a network of youth workers across the country, we base our youth work practice on 24-7 YouthWork. The distinctiveness of 24-7 YouthWork can most simply be summarised by these two phrases:

Being Local and Staying Committed or Kia whitawhita te ahikā

**BEING LOCAL** means:

We work with ALL young people  
We have a collaborative attitude  
We are community based, birthed and sourced

**STAYING COMMITTED** means:

We are primarily relational  
We are here for the long-haul  
We have a big vision  
We have five key outcomes that guide our youth work:

**Supporting students and staff:**

Complementing and enhancing the role of



teachers through extracurricular activities and holistic support.

**Building positive relationships:**

Between students, students and staff, and other significant adults like our youth workers.

**Cultivating school spirit:**

Working alongside students, student councils, and staff in creating a safe and friendly environment where students enjoy their time at school and develop a sense of whanaungatanga (belonging).

**Leadership Development:**

Encouraging and strengthening individual students in leadership roles.

Integrating students with suitable out of school activities. Safe opportunities for invitations to a full range of activities and significant relationships available in the community.

We are also primarily community funded and partner with individuals, couples and businesses to support and resource our ongoing youth work. If you would like to financially partner with us or hear more about us, please contact Matt Gordon, the Team Leader of the youth workers at Long Bay College  
([matt@longbaybaptistchurch.co.nz](mailto:matt@longbaybaptistchurch.co.nz))



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# News from East Coast Bays Library

We provided a wonderful series of free events over the school holidays in October. The theme was “Unbelievable” and explored the astonishing, the extraordinary and the improbable with a series of events that was well received by the community.



During November we are excited to host author Johanna Emeny on Thursday 17 November who co-created “Sylvia and the Birds” with Sarah Laing. She will discuss the creation of this inspiring children’s book about the remarkable life of local legend Sylvia Durrant (aka ‘The Bird Lady’) who ran a bird rescue service for 35 years and helped over 140,000 sick and injured birds. The event is scheduled to start at 5.30pm and all are welcome.



Johanna Emeny

East Coast Bays Library continues to hold some wonderful book discussion groups for adults. This is a great way to share what you have been reading. No bookings are required and all aim to inspire, connect and provide personal

growth for attendees. Currently we have on offer:

**Sunday Bookchat** – first Sunday of the month, 2.00pm-3.30pm

**Monday Bookchat** – first Monday of the month, 10.00am-11.00am

**Wednesday Bookchat** – first Wednesday of the month, 10.00am-11.30am

**Korean Bookchat** – first Saturday of the month, 2.00pm-4.00pm

**Reading Revolution** – every Wednesday, 10.00am-12.00pm

On your next visit to East Coast Bays Library talk to our friendly staff for more information. As always, you can also keep-up-to date by following our Facebook page.



## Book Reviews

This month’s book reviews. All are available from Browns Bay library.



**The Lighthouse Princess**  
Words by Susan Wardell  
Illustrations by Rose Northey  
Winner of the Storylines Gavin Bishop Award for 2021

A princess lives alone in a lighthouse, with only animals to keep her company. One day, she sees a ship capsized in a storm, and saves the boy in it from drowning. He’d come to rescue her, but she doesn’t need rescuing – what she needs is a friend. This delightful and heartwarming feminist Kiwi fairy-tale is augmented by the sumptuous and whimsical illustrations, full of hidden details to discover.



**Fragments from a Contested Past: Remembrance, Denial and New Zealand History**  
By Joanna Kidman, Vincent O’Malley, Liana Macdonald, Tom Roa and Keziah Wallis

‘What a nation or society chooses to remember and forget speaks to its contemporary priorities and sense of identity. Understanding how that process works enables us to better imagine a future with a different, or wider, set of priorities.’

This timely book re-examines New Zealand’s little-known history, providing new perspectives on colonisation. The heart of its story is the 1863 invasion of the Waikato, in which twelve thousand acres of Māori land were confiscated. It is a succinct and powerful meditation on the ongoing legacy of forgotten history.



**The Good Servant**  
By Fern Britton  
Bright and ambitious teacher, Marion Crawford has a twist of fate that changes the

course of her life, and she becomes governess to the Queen. As her life becomes entwined with the Royal family, she becomes indispensable to the Crown. It’s then she meets George and falls in love for the first time. Now Marion faces an impossible choice: her sense of duty or the love of her life. This fictionalised account of a true story is a must read for fans of history, monarchy and that overarching sense of duty.

# Long Bay Heritage Festival

Last month a Heritage Festival was held at Long Bay. It was a beautiful day and many came to see and experience what was on offer. Congratulations Long Bay Resident's Association, Long Bay Chinese Association, Long Bay Regional Park, Rotary and Harcourts Long Bay!

Photos by Bill Ellis



# Floral Art Celebrates Tradition



Modern floral art emerged from a long history of flower arranging. The Hauraki Floral Art Club revisited these roots with a recent presentation of traditional styles of which there are a range, the most familiar being vertical and horizontal lines.

In contrast, the Hogarth line represents a style immortalized in art by William Hogarth, a British painter, engraver and writer of the 18th century - an elegant, undulating curve. A range of Hogarth-style designs were presented by members. One design reflected the natural Hogarth shape



of a tiny, perching peacock crafted from foliage.

Another style, the crescent line, used an array of spring blooms, daisies, camellias and bluebells clustered between two curving branches of plum blossom. A more modern interpretation entwined lilies and foliage in a crescent.

Our Judge was National Teacher and Demonstrator, Lorraine Usher, who commended the quality of designs before demonstrating how to make a cornucopia from chicken wire and a range of dried plant material. Floral art is a great way to be creative. We learn from each other, from regular demonstrations and from workshops. Hauraki welcomes new members and learners. Enquires to our President, Jennifer, on 4795691 or Secretary, Jo, on 0276738836.

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# Torbay Garden Club



Despite the rain and wind of the past month, the October meeting of the Torbay Garden club was "blooming" and colourful, from spring bulbs to vegetables and floral displays celebrating the season. Our Judge, Graham Milne, again commented favourably on the quality of exhibits.

Guest speakers were Jean Alexander and Di Duncan, of the Auckland Rose Society who gave us a range of useful

information on how to prepare roses for exhibition. We learned what judges look for in a perfect flower, and how to present roses for maximum enhancement of their beauty. A good rose should have a circular outline,



ample petals and a well-formed centre, with leaves spiraling down the stem. Picking should be done early in the morning or late afternoon and the stems can be conditioned to last by plunging them into a bucket of warm water immediately and later re-cutting the stems on an angle under cold water. The National Spring Rose Show and Convention will be held in the Mt Eden War Memorial Hall on November 19<sup>th</sup> and 20<sup>th</sup>.



## In the Garden in November

All rose bushes and climbers need fertilizing and spraying to prevent black spot. New season roses are now available. Lightly trim flowering shrubs to tidy them up for summer. Plant summer flowering annuals such as cosmos, lobelia, gazania, aster, dahlia, celosia, larkspur, sunflower, marigold, petunias, and phlox. Feed fruit trees with a side dressing of fertiliser. Continue to plant vegetable seedlings. Stagger plantings for a longer harvest including carrots, parsnips, corn, cucumber, kumara, pumpkin, silverbeet, and zucchini. Tomatoes and capsicum make good companions. Rhubarb and passionfruit can be planted now and need to be well fertilised. For a good supply of summer herbs continue planting basil, oregano and thyme. Plant parsley, rocket and coriander in part shade as this will slow down bolting to seed.

**President/Secretary: Hilary Collins Phone: 478 1601**

Do you have a good community story to share? I would love to hear from you.

Contact Carole

editor@focusoncommunity.co.nz



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# To Sell or Not to Sell?.. *That is the Question*

*The property market, and what it **is** and **isn't** doing often promotes an interesting conversation.*

One of the things we offer our clients is latest information on property trends but most importantly how that fits with what they may be planning around a sale, purchase or life event.

As experienced property consultants we provide people with the information they need to make **informed decisions**.

*We are still achieving good sales and our clients are achieving their financial goals.*



Currently interest rates are increasing and inflation is higher than we've seen it for sometime however this doesn't mean the market is bad.

We are always happy to have a chat and provide you with the information you need for your individual situation. **It really isn't a one size fits all approach** when it comes to your property and your goals.

*Come and see us at one of our open homes.. we would love to meet you!*

*Some kind words from our vendors..*

“ Thank you for all your efforts, what a great experience, and will recommend you guys in the future. Haagen - Greenhithe ”



# No.1 Torbay/Long Bay Since 2019

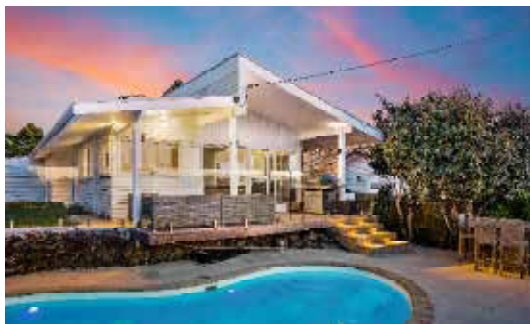
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Okura, 266 Okura River Road



Torbay, 5 Airey Place



Torbay, 56A Stredwick Drive





## Simply Soy- beautiful candles

Five years ago, making candles stopped being a hobby and became a passion for Debra. She uses soy as the base for her candles as it doesn't have any of the "nasties"

Currently Debs works with 100 different fragrances, experimenting to find the best combinations. Her candles

traditional cotton wicks and also the wooden wicks.

When these are put into the attractive containers, they make fabulous gifts for others or to burn in your own home. Facebook simplysoycandlesnz.



## Amigurumi & Papercrafts Delights

We are a mother and daughter duo. My name is Louisa and a keen paper crafter. All my products are handmade and I only use rubber stamped images together with Designer Series Paper (scrapbook papers) of various designs and colours. Each image is stamped, coloured and cut out. The designs range from very quirky to formal and cover most categories - birthdays, kids/babies, milestone and special occasion cards. I love making interactive cards with moving parts as

well as 3-D projects like fancy gift boxes, advent calendars and pop up cards.

Daniella, my daughter is the hand-crocheted plushy toy guru! She started her craft during lockdown two years ago and is self-taught. She uses only premium baby soft wool together with a mix of acrylic/cotton wool. All her toys use safety-eyes which makes her plushy toys safe for little children. Her toys are quirky, cute and appeals to most age groups.



### Vivien Davimes Printmaker



I am a fine art printmaker, working from my studio at Waiake. My art school training was in the UK where I specialised in textile design, and although I still enjoy a variety of art media, the majority of my works today involve printmaking.

Intaglio etchings, linocuts/woodcuts with screen prints, monoprints, drypoint with chine-collé and collagraphs, are produced on my etching press in my studio; I love the whole process and techniques involved in printmaking - it is a fascinating, ever changing art form, and I am constantly educating myself on new practices. The lockdowns saw me collecting leaves, plants, feathers and seaweed which I print, and making plates out of cardboard as there was nothing else available to me at the time.

And my inspiration is nature in all its forms - I am passionate about our native birds, seabirds, our oceans, the seashore with its flora and fauna, and all the events that play out upon our water.

As well as my original artworks, I have produced a selection of gift items using my designs - art cards/tea towels/calendars/coasters/tote bags/cushion covers - all of which will be available from the Browns Bay store.

For more information or to contact me please visit:-

[viviendavimes.com](http://viviendavimes.com)

[instagram.com/vivien.davimes.art](https://www.instagram.com/vivien.davimes.art)

[facebook.com/VivienDavimesPrintmakerNZ](https://www.facebook.com/VivienDavimesPrintmakerNZ)

### Aotearoa Memories

Some 6 years ago Carole and Keith McMinn began creating and making a range of giftware that reflected the area in which we live. These gifts were ideal for people travelling abroad to take as gifts or for visitors to take back as a memento of their time in Aotearoa.

The range developed with the highly popular wine range and that was followed by a chocolate range.

The range includes tea towels, cushions, coasters, wheat bags, food covers, calendars and jewellery.

We also do cushions or tea towels with your own design if wanted.



# Water Safety this summer

As the weather warms we will no doubt see more people head to the beach to recreate next to, in and around the ocean. As these numbers increase, the risks of people getting in trouble increase with them.

It's natural reaction to want to help if we see someone in trouble, this is no different when it's someone in trouble in the water. Often it is the person responding that gets into more trouble than the first patient.

If you're wanting to help, there are a number of things you can do whilst staying out of the water.

Firstly, think safe, your safety is paramount.

If you see someone in trouble is there something you can throw for someone to grab onto to help them float? An

empty drink bottle or chilly bin with a lid on, a ball, an airtight or waterproof bag filled with air and sealed?



How can you assist someone out of the water while you remain dry? Is there something you could reach them with? A rope, a paddle, a stick, a fishing rod? Think safe and ensure you are secure while you pull them in, keep nice stable footing, consider having someone else hold onto you.



Article & images by Yuin Khai Foong for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. [merc.org.nz](http://merc.org.nz)

## Long Bay Business Directory

### Cafes and Restaurants

**A'ruma** Exciting Malaysian food  
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**Little Café** For great takeaway coffee  
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**Long Bay Fisheries**  
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**Long Bay Surf Club**  
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**Sony Bakery** Everything made fresh daily.  
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**Sushi and Don** [www.marusushinz.com](http://www.marusushinz.com)  
88 Te Oneroa Rd 09 218 7483

### Clothing

**LongDayz** For surf, skate & streetwear.  
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**Uniform Shop**  
Uniforms for Long Bay College.  
Village Centre 027 303 8087

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

**Jets Gym** Open 24 hours  
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**Long Bay Medical Centre**  
For all health care needs  
55a Glenvar Ridge Rd 09 473 0063

**Long Bay Nails and Beauty**  
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Village Centre 09 218 9027

**Unichem Long Bay Pharmacy**  
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**Lumino** For dental health care  
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### Real Estate

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Rental 09 473 0472

**Elementum** For resort style living  
Village Centre [www.elementum.co.nz](http://www.elementum.co.nz)

**Harcourts** For community living  
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### Supermarket

**NewWorld**  
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### Wine Shop

**Liquorland**  
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7/88 Te Oneroa Rd 09 473 0065

# Keeping Long Bay Beautiful

It's been a busy few weeks in Long Bay!

First off, thank you very much to the local families that helped with picking up rubbish for the Community Clean Up - what an amazing community we have, working together to keep Long Bay looking beautiful.



The Cleaning Crew

And what a fantastic day we had at the Long Bay Heritage Festival. It was lovely to see so many locals enjoying our gorgeous Regional Park and taking tours of the Vaughn Homestead. We were entertained by the talented musicians and dancers, and the Team Ming colouring competition was a real hit with the budding artists!



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# Quizzes

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### PLAYING CARDS

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

- |           |             |        |
|-----------|-------------|--------|
| ACE HIGH  | EUCHRE      | PRIAL  |
| ADVERSARY | GRAND SLAM  | QUEEN  |
| BACCARAT  | HIGHSTAKES  | RUMMY  |
| BANKER    | JOKER       | SEVEN  |
| CHEAT     | KING        | SPADES |
| CHIPS     | KITTY       | STOCK  |
| CLUBS     | KNAVE       |        |
| RIGHT     | LITTLE SLAM |        |

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

**TUGES**

10 good, 13 very good, 15+ excellent

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### CROSSWORD

1		2		3		4		5	6	7
							8			
9						10				
	11									
12										
13						14			15	
						16				
17		18								
										19
20							21			
22						23				

**Across**

- 1 Scottish broadsword (8)
- 5 Revolve quickly (4)
- 9 Russian country house (5)
- 10 Type of light bulb fitting (7)
- 11 Agitator (6-6)
- 13 Surplus (6)
- 14 Bushes (6)
- 17 Everyone (3,3,6)
- 20 Examination, scrutiny (4-3)
- 21 Brightest star in Orion (5)
- 22 Hurry (4)
- 23 Surreptitious (8)

**Down**

- 1 Body of laws (4)
- 2 Antiquated (7)
- 3 Be in earnest (4,8)
- 4 Red gems (6)
- 6 Carnations (5)
- 7 One practising nudism for reasons of health or religion (8)
- 8 Morbid anxiety about one's health (12)
- 12 Remembered (8)
- 15 Perpendicular (7)
- 16 State categorically (6)
- 18 Big cats (5)
- 19 Kill (4)

### SUDOKU

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

# Spring!

## TIME TO MAKE A MOVE



Spring is considered a great time of the year to sell a property. The weather is mild, the days are longer, the gardens are blooming and the mood out there is generally more positive, upbeat and energetic.

Starting with a few timely tips to give yourself the best chance at 'Spring success'.

### GET A PROFESSIONAL APPRAISAL

Our team has access to the latest sales data in your area, so we are perfectly placed to assess the value of your home and let you know where it sits in the current market. Appraisals are pressure-free and come with zero obligation.

### FIRST IMPRESSIONS LAST

Ramp up your home's street appeal by giving it an exterior once-over! Trimmed lawns, tidy gardens, clean paintwork and water blasted concrete and fences make all the difference when attracting a buyer to your home.

### REFRESH, DECLUTTER AND CLEAN

Nothing says 'buy me' like a fresh, clean and gleaming interior. It is also a good idea to remove any clutter from your spaces and pack away personal items as a more neutral environment helps potential buyers visualise themselves living there.

### CHECK OFF THAT 'TO-DO LIST'

Embrace your inner DIY-er and tackle those niggly repairs you've been putting off, like paint chips or scrapes, plaster cracks, leaks, rusty or squeaky hinges, cracked glass and other things that people will notice.

### BREATHE IN, BREATHE OUT

It's super important to neutralise any odors that may turn off potential buyers as they walk into your home. Pet smells and litter boxes, rubbish bins or rich food smells can be offset by opening windows, using air purifiers, baking fresh from the oven (yes, that old cliché!) or lighting a scented candle.

For more advice on selling through Spring, contact the team at either our Torbay or Long Bay branches. This is our area of expertise, and there are many ways we can help.

**SPEAK TO YOUR LOCAL REAL ESTATE PROFESSIONALS!**

We have you covered Torbay, Long Bay, Okura and Waiake  
Sharee Adams | 021 416 220 | sadams@barfoot.co.nz



# Northcross Intermediate School - Puriri Enviro Group

The Northcross Intermediate Enviro group consists of 65 Year 7 and 8 students from the Puriri team who are keen to help the environment and work in the Northcross Reserve. We meet every Friday from 9:00am to 10:45am. Our large variety of activities and tasks including weeding, pest eradication, track maintenance, and planting.

Two of our special groups are the Pest eradication team and the Native Plant Nursery group. In the Pest eradication team, each week they go with Mandy, from Restore Hibiscus and Bays, and check the tracking tunnels situated around the school and bush, setting up traps to eradicate pests as they are identified. The Native Plant Nursery group goes out to our nursery every week to take care of baby plants/trees and seeds until they grow big enough to be planted into the reserve.

We have many other groups building and fixing tracks throughout the reserve. This involves re-gravelling the tracks, clearing storm water drains, and raking leaves off the tracks.

We also have groups going with Julia and Jocelyn from



Restore Hibiscus and Bays who attend regular workshops to learn how to do planting and weeding activities throughout the reserve.

Some other activities that the Puriri Enviro Group has participated in this year include multiple planting sessions around Sherwood Reserve, and sustainability-based activities at Long Bay Regional Park and Sherwood Reserve.

Over the past year, all students in the Enviro group have learnt new things about the environment and sustainability through fun activities. They have also developed many new skills that may help them in the future to move forward in their learning about the environment and sustainability.

Some projects and plans for the near future include creating a nature trail through the tracks around NX Reserve, with QR code activities and interactive items, building multiple Wētā hotels and bird feeders in hope to attract more wildlife into our reserve, and constructing an off-road bicycle track.

Overall, the NX Enviro group is a good place to learn about the environment and help the reserve to thrive.

*Emily Pollett & Luka Stenton*  
(Year 8 Students)



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# Banoffee Pie

## Ingredients

- 180g shortbread biscuits.
- ½ cup coconut.
- 50 grams butter melted
- ½ cup caramel (sold in tins at supermarket)
- 4 bananas peeled and thinly sliced.
- 250grams sour cream
- 1 cup pouring cream
- Cocoa for dusting

## Method

Place the biscuits, coconut and butter in a small food processor and process until combined. Press the mixture into the base and sides of a lightly greased 24cm pie dish. Refrigerate for 30 minutes or until firm.

Spread the caramel over the base and top with the banana.

Place the sour cream and cream in the bowl of an electric mixer and whisk until stiff peaks form. Spread over the pie and dust with cocoa to serve.

+ You can make this pie in advance and refrigerate it for up to 3–4 hours.



## Monthly Quiz Answers Page 30 [brownsbayrotary.co.nz](http://brownsbayrotary.co.nz)



COURTESY OF ROTARY BROWNS BAY

1. What's the name for a female Octopus?
2. Which organization was founded by a Methodist minister in London's East End in 1865?
3. Which 2 animals appear on the Australian coat of Arms?
4. ZOLL is a German word for what?
5. If I'm flying international, and the baggage tag has BOG – what country am I going to?
6. How many positions in netball contain the word 'goal' in the name?
7. What country lies directly north of Tenerife?
8. What was the surname of the family in Bonanza?
9. What is the chemical symbol for Gold?
10. What was the title of the first UK No.1 hit for the BeeGees?

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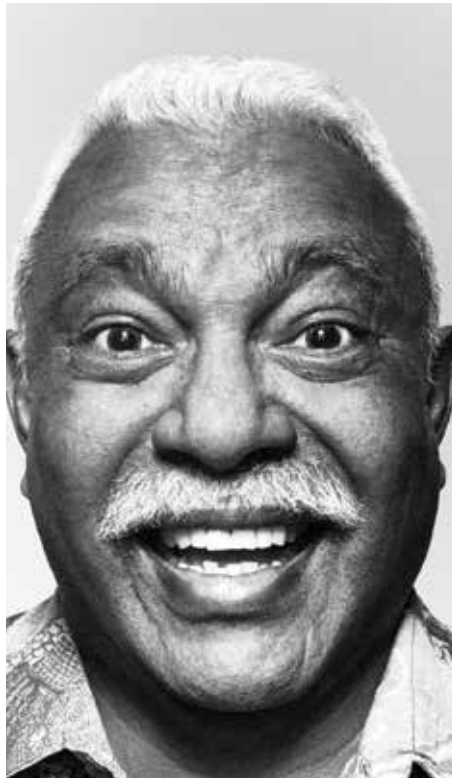
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## MOVEMBER



We all know that men are not good at making appointments to see their doctor when symptoms appear. Sadly, many wait until it is too late to be able to treat their illness. This leaves a family and friends distraught when the person dies. Men don't like to "make a fuss" but sometimes the symptoms do need action, for your families sake, if not your own.

No one likes to make a fuss, but sometimes it is much better to make an appointment and be told "It is nothing serious" than leave it until it becomes a death sentence.

November is a month when we are made aware, by the movement Movember, of some of the issues

that men face.

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues. The goal of Movember is to "change the face of men's health."

By encouraging men (whom the charity refers to as "Mo Bros") to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths.

Besides annual check-ups, Movember encourages men to be aware of family history of cancer and

to adopt a healthier lifestyle, using the moustache as the driving symbol of the movement.

Movember focuses on the three key areas of prostate cancer, testicular cancer, and mental health and suicide prevention.

Since 2004, the Movember Foundation has run Movember events to raise awareness for men's health issue in Australia and New Zealand.

### **Why not book in for a check up?**

We have our cars serviced regularly to make sure they last a long time so why not have the check up to make sure you do too?

### **Torbay Medical Centre**

1042 Beach Road, Torbay, 0630  
09 477 9000

### **Long Bay Medical Centre**

55a Glenvar Ridge Rd, Long Bay  
09 473 0063

## Who Needs an Energy Boost?

Not me! I have enough energy to power me through working 7 days a week (thanks to the pharmacist shortage), getting up early to run with my dog or go to the gym, and having time in the evening to potter around my garden. My secret is looking after my mitochondria, which are the organelles inside your cells that produce energy in your body.

The mitochondria do a lot of work and so need a lot of nourishment to keep them in top form. Think of a high-performance car engine that needs the finest lubricants to keep working at peak levels.

### Mitochondria-Friendly Diet:

Because the mitochondria are working so hard, the potential for oxidative stress is very high. A diet high in natural antioxidants is vital to support their function. Think veges and fruits especially bright coloured ones. Olive oil is packed full of antioxidants. But it must be the cold-pressed extra-virgin kind. Beer, dark chocolate, and coffee have antioxidant properties, so antioxidants don't need to be boring.

### Key Nutrients:

All the B vitamins but especially vitamin B2 and B3 are vital components in energy production. One form of B3 is NADH which is especially good. Alpha lipoic acid is a less known member of the B-vitamin family which supports energy production. Minerals such as iron and magnesium are



also essential. But be careful with iron as too much can be detrimental.

Other nutrients that I take regularly include CoQ10, choline, omega-3 fatty acids (fish oil), and carnitine.

### Exercise:

If your mitochondria are really struggling, then intense exercise will just drain your batteries further. If this is you, then a gentle walk on the beach or in the bush might be all you should attempt. For those without serious mitochondrial damage, regular exercise will improve the number of mitochondria that you make and improve the efficiency of your existing mitochondria. Think of it like weightlifting to increase muscle mass.

### Be Like The Energiser Bunny

If you want what Martin is having, then come and have a chat to the team at Unichem Torbay Pharmacy about the options for Mitochondrial support.



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# A Blended Bind.

*Fiona and Clarke had been in a relationship for several years. Clarke had three children from an earlier marriage, and they had one child together. For the first few years they kept their assets separate and then when they decided that this was going to be forever, they agreed to pool their assets and buy a home together. That extended to eventually a bach in Mangawhai as well.*

Clarke was CFO in a large company based in Auckland. When Fiona and Clarke purchased their bach, their lawyer told them it would be a good idea to think about putting their assets into a trust. He said that because of Clarke's quasi director role and the fact that he was potentially an officer of the company for Health and Safety purposes, it was wise to ensure that their assets would be protected in a trust. Even though Clarke had more cash to put into the trust assets and children from a previous relationship, the lawyer said that just one trust between the two of them would be fine. He said that they didn't need to over complicate things.

He also went on to say that the cash going into the trust to purchase the home and bach should be lent to the trust. He said that while we no longer had gift duty in New Zealand, it was best to be conservative and leave the amounts going into the trust owed to each of Fiona and Clarke. He said that this would mean if they separated, they would be able to get their original amounts out of the trust and he wasn't a big fan of gifting anyway.

*Fiona had a nagging thought at the back of her mind that this didn't seem to be quite right.*

She wondered whether she should go and get her own independent advice but didn't say anything as she really wanted to show unity with Clarke.

But she did remember some friends talking about this and saying sometimes with blended families one big joint trust was not always a good way to go. She also wondered about whether she and Clarke needed to do new wills, but the lawyer didn't say anything, so she didn't raise it. Fiona knew that she and Clarke would be marrying soon anyway, and she thought that would change things when they were husband and wife.

Once the estate planning exercise was completed, Fiona was owed \$250,000 by the trust, being the equity that



she had brought to the relationship and Clarke was owed \$1,050,000. Their wills remained the same and said that if one of them died, the other would receive all the assets and then once they both died Clarke's children and their joint child would share in all the assets. They had also completed a memorandum of wishes advising the trustees that all assets would be held until they both died and then distributed to all the children equally.

Sadly, not long after the trust was established and after Fiona and Clarke had married, Clarke had a massive heart attack. He was on life support for three days and then passed away. Fiona was devastated but felt a sense of relief that they had addressed their asset planning position before they had got married.

Fiona went to see the lawyer that she and Clarke had gone to. He seemed to be a bit blasé about the whole thing and one of her friends recommended she go and see a lawyer that specialised in asset planning and trusts.

When Fiona went to see the new lawyer, she was horrified to find that when she and Clarke married, by law, their wills become null and void. This meant that Clarke's will was invalid, and his estate would be governed by the Administration Act. Fiona was relieved for a moment because all their assets were in trust, until she remembered that the trust still owed Clarke \$1,050,000 because the previous lawyer didn't agree with gifting. Under the Administration Act this meant that Fiona would be assigned \$150,000 of the debt owed by the trust to Clarke as well as 1/3 of the balance and the remaining 2/3 (\$600,000) would be owed to Clarke's children who could demand payment of the debt. This would mean that the trust would need to sell the bach to pay out Clarke's children and pay tax on the increase in value given the Bright-line test rules. This was far from the outcome Clarke and Fiona had envisaged when they first went to the lawyer for advice.

It is so important to seek specialist asset planning advice. Often people don't think that their circumstances are complicated but there may be legal twists and turns that you don't think of and that a specialist will be able to help you navigate.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

# Asset protection. *Do you need a trust?*

The protection of assets that we have all worked so hard to acquire is an important consideration for most people. Trusts are invaluable asset protection mechanisms, which allow a person to hold property and assets on behalf of another for the good of the beneficiaries.

However, not everyone needs a trust, so ensuring other forms of asset structuring including your will and enduring powers of attorney are up to date is important.

Contact Tammy McLeod or one of her team for specialist asset structuring and planning advice.

# Classifieds

## Accounting

**Vision Accounting Solutions Ltd** – www.visionaccounting.co.nz 09 415 0319 Need assistance with financial accounting and taxation matters? We aim to help you understand your numbers, build financial freedom, protect your assets, manage your financials without stress and make informed decisions when you need to. Virginia Stallard and team.

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# Quiz Answers

1. A female octopus is a hen.
2. The organization founded by a Methodist minister in London's East End in 1865 was the Salvation Army.
3. The animals appearing on the Australian coat of Arms are the emu and the kangaroo.
4. ZOLL is a German word for Customs.
5. If I'm flying internationally to BOG – my bag will hopefully come with me to Bogata, in Colombia.
6. The number of positions in netball contain the word 'GOAL' in the name is 4 - Goal attack and Goal shoot in both teams.
- 7 The country directly north of Tenerife is Iceland.
8. The surname of the family in Bonanza was Cartwright.
9. The chemical symbol for Gold is Au.
10. The first number 1 hit in the UK for the Bee Gees was Massachusetts.

# Puzzle Answers



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

## Word Puzzle

get, gets, guest, gust, gut, guts, seg, set, sue, suet, tug, tugs, use, ute, utes

**focus**  
on community  
09 473 3259  
editor@focusoncommunity.co.nz

# Tides Nov 2022 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Tue 01		00:55 2.8m	07:06 0.4m	13:32 2.9m	19:48 0.6m
Wed 02		01:53 2.7m	08:07 0.5m	14:34 2.8m	20:52 0.6m
Thu 03		02:56 2.6m	09:15 0.6m	15:38 2.8m	21:56 0.6m
Fri 04		04:03 2.6m	10:24 0.6m	16:39 2.8m	22:57 0.5m
Sat 05		05:08 2.7m	11:27 0.6m	17:37 2.9m	23:54 0.5m
Sun 06		06:08 2.8m	12:24 0.5m	18:31 2.9m	
Mon 07	00:47 0.4m	07:02 2.8m	13:14 0.5m	19:21 2.9m	
Tue 08	01:36 0.4m	07:52 2.9m	14:01 0.5m	20:09 2.9m	
Wed 09	02:22 0.3m	08:37 3.0m	14:45 0.5m	20:54 2.9m	
Thu 10	03:05 0.3m	09:20 3.0m	15:27 0.5m	21:38 2.9m	
Fri 11	03:46 0.3m	10:00 2.9m	16:08 0.5m	22:20 2.8m	
Sat 12	04:25 0.4m	10:40 2.9m	16:49 0.6m	23:01 2.7m	
Sun 13	05:04 0.5m	11:19 2.8m	17:31 0.7m	23:41 2.6m	
Mon 14	05:43 0.6m	11:59 2.7m	18:15 0.8m		
Tue 15		00:23 2.5m	06:25 0.7m	12:43 2.6m	19:02 0.8m
Wed 16		01:07 2.5m	07:10 0.8m	13:30 2.6m	19:53 0.9m
Thu 17		01:55 2.4m	08:02 0.8m	14:22 2.5m	20:45 0.9m
Fri 18		02:47 2.4m	08:59 0.9m	15:15 2.5m	21:39 0.9m
Sat 19		03:44 2.4m	09:59 0.9m	16:09 2.5m	22:32 0.8m
Sun 20		04:42 2.4m	10:56 0.8m	17:00 2.6m	23:24 0.7m
Mon 21		05:39 2.5m	11:49 0.7m	17:50 2.7m	
Tue 22	00:13 0.6m	06:31 2.7m	12:38 0.6m	18:40 2.8m	
Wed 23	01:02 0.5m	07:20 2.8m	13:26 0.5m	19:29 2.9m	
Thu 24	01:51 0.3m	08:09 3.0m	14:13 0.4m	20:20 3.0m	
Fri 25	02:39 0.2m	08:56 3.1m	15:02 0.3m	21:11 3.0m	
Sat 26	03:27 0.1m	09:45 3.2m	15:52 0.3m	22:02 3.0m	
Sun 27	04:16 0.1m	10:35 3.2m	16:45 0.3m	22:55 3.0m	
Mon 28	05:05 0.2m	11:26 3.2m	17:39 0.3m	23:48 3.0m	
Tue 29	05:57 0.3m	12:21 3.1m	18:36 0.4m		
Wed 30		00:43 2.9m	06:53 0.4m	13:17 3.0m	19:35 0.5m

Times adjusted for Daylight Saving.



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