

focus

Issue 25
April 2024

on community

Long Bay, Okura & Torbay



Anne and Quintin's wedding at New World Long Bay

Photo by Bill Ellis

Co-Enzyme Q10 in Over 50 Year Olds

Fun fact, if you are over 50 years of age, you need a special type of CoQ10 supplement to enhance your energy and vitality. The ordinary old garden variety might not do the trick. Let me explain.

There are two forms of co-enzyme Q10 (CoQ10): ubiquinone and ubiquinol. Ubiquinol is the active form. Ubiquinone needs to be converted to ubiquinol to be active. Most young people can convert inactive CoQ10 to the active form, which is great because the inactive form is much cheaper to buy.

However, if you are over 50, you are not able to convert ubiquinone into ubiquinol.

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Why Do You Need CoQ10:

60% of patients with cardiovascular disease have a deficiency in CoQ10. In fact, severe deficiency of CoQ10 is often found in patients with cardiovascular disease. Supplementing with CoQ10 reverses this deficiency.

Other suggested uses for CoQ10 include:

- Preventing age-related hearing loss.
- Improving age-related macular degeneration in the eyes.
- Alleviating allergies.
- Improving life expectancy in patients with a variety of cancers.
- Reducing inflammation.
- Improving the immune system.
- Boosting athletic performance.
- Improving diabetes.
- Stopping the progression of gingivitis
- Alleviating asthma.
- Enhancing male fertility.
- Nervous system benefits such as improving migraine, mood, and multiple sclerosis.
- Improving skin (psoriasis, healing of wounds, and reduced wrinkles).



What Does Martin Take?

I take Ubiquinol Super 200. This is a high dose of active Ubiquinol (from the patented Kaneka variety). It has been designed for optimal absorption. CoQ10 is best taken with food. I take it every day, but CoQ10 does have a half-life of 1½ to 3 days, so you could take it every second day and still get great benefits.

The young ones at the gym can't believe I am nearly 60 years old and can still kick butt!

To get your supply of Ubiquinol Super 200, ask the team at Torbay Unichem Pharmacy.



Martin Harris

It all started with a gold sticker

Since receiving her first award at age seven (a gold sticker in her writing book from the school principal), Tracy Solea has yet to put down the pen. Based in Tāmaki Makaurau, Tracy's professional writing journey took off in 2017 after winning the Rangitawa Short Story competition with her piece *Metanoia*, a queer short story that she has since gone on to self publish. In 2022, her short story *The End* was shortlisted for the Te Tauihu Short Story award. She has had poetry published in Overcommunicate Magazine and a non-fiction piece about her writing journey published with the NZ Writers College.

Tracy has a passion for writing LGBTQIA+ fiction. Growing up with a lack of queer representation on the shelves, Tracy is eager to see the market for queer fiction expand and provide a voice and a haven within literature for our queer youth.

After completing a BA at the University of Auckland, majoring in English, and going on to receive a Graduate Diploma in Secondary Teaching at AUT, Tracy traversed through a handful of careers before deciding to bite the bullet and follow her dream of working in the film and television industry. After graduating from South Seas Film School in 2021, Tracy found her home on NZ's most iconic street - Shortland Street. Tracy currently works as a script writer and associate script editor for NZ's beloved soap opera.



In her downtime, Tracy likes to read (of course). Some of her favourite authors include Stephen King, Donna Tartt, John Green and Ottessa Moshfegh. She's a movie lover, a Swiftie, and loves checking out a good

market to support the locals.

Tracy will be debuting her first novel, *Worlds Apart*, later this year - a queer YA adventure/mystery story following a teenage boy struggling with his sexual identity and pondering the notion of soulmates as he unexpectedly travels to a parallel universe.

Watch this space!

If you want to know more please contact Tracy at email (tsolea@hotmail.com) or via Instagram (@tracy.solea).

Using the term 'queer':

Queer was once used as a negative/derogatory term, but is now used as an umbrella term for all people that are part of the LGBTQIA+ community (that's what the Q stands for!). The word has been a sort of reclaiming by its own community, taking something once used negatively and giving its power back to the LGBTQIA+ community.

It's common nowadays to use this term when referring to members of the LGBTQIA+ community, as things are not so binary when it comes to identity. Queer identity is more of a spectrum - rather than just being 'gay' or 'straight', people can lie in between these on the spectrum and identify as lots of different things other than gay. 'Queer' is a term that is inclusive of all identities on that spectrum.

If in doubt, ask! It's always important to ask people what they are comfortable being identified as.




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Content of this magazine.

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

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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

As we enjoy our Autumn, and Summer is winding down, activities in the community are not winding down and this issue is full of interesting articles to enjoy.

Ian McNeill sent an article to me about possible solutions to the harbour crossing, and you can read his opinion on page 7. I thought it could start other ideas and so I have called it "In my opinion".

What we would look for is innovative ideas with a non-political approach to some of the issues we have.

Erica Stanford has done a report for us on the very good news about Glenvar Road. After all the damage was repaired there were fears that the money pot to redevelop the junction onto East Coast Road might have been used up. But I won't steal her thunder read page 12 to find out what is happening.

On page 20 we have photos of the wedding that took place in New World at Long Bay. As part of the

New World "make it wonderful" campaign they were looking to feature Long Bay in an advertisement. Things snowballed a bit and suddenly a couple are going to literally walk down the aisle in the supermarket and get married. Not your everyday occurrence!

In April we always remember Anzac Day on April 25th. This is a special day to many, many families. Page five has a feature on Anzac, speaking about how casualties in wars change family landscapes forever.

For years many families left an empty chair at the table, recognising that although no longer here, they were still part of the family.

I know many of you will be joining one of the Dawn Parade services that held around the Country.

Check the RSA website for details of all services.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Unlawful Taking and Attempted Unlawful Taking of motor vehicles

Police are committed to actively investigating vehicle theft and holding offenders to account.

Staff have undertaken a lot of prevention work, including regular patrols in targeted areas.

However, Police cannot be everywhere at once and cannot deter opportunistic thieves on our own and recently, North Shore Police have received a small number of complaints regarding stolen or damaged vehicles.

Police are seeking the help of vehicle owners to make their vehicles less attractive for theft. We encourage vehicle owners to take the following prevention measures:

- ALWAYS lock it – even if you are just stepping away from your vehicle for a short time.
- Whenever possible, park your vehicle off the street.
- Park your vehicle in a well-lit area.
- Install an immobiliser and alarm system.
- Install a GPS tracking system or air tag.
- Use a steering wheel lock.
- Never leave spare keys inside your vehicle.
- Never leave any valuables inside your vehicle.

If you notice anyone acting suspiciously around parked vehicles, call 111.

If you notice a vehicle that appears to be abandoned,



please advise Police by calling 105.

If your vehicle is stolen, call 105 or report it online at <https://www.police.govt.nz/use-105>.

Call 111 if you see your vehicle being stolen and it's happening now.

You will need to provide the registration number, make, model, colour, and owner details as well as the location of where the vehicle was stolen from.



Anzac Day

There will not be too many people out there that experienced life during the Second World War but there is no doubt that for pretty much all of you the shape of your family is different to what it could have been had there not been a war.

Few families did not experience the loss of a father, son, brother, uncle, cousin, which left huge gaps in families.

My grandmother's fiancé was killed in the First World War, and so she, like a whole generation of young women were unable to marry and have a family as there were so few young men. The loss of life in the First World War was huge.

In her 40's she did marry a widower and did have a family, so even our family tree looks different to what it should have been.

A few years ago, the Domain had a field of white crosses of all those who had fallen in conflict.

They then had other sections where two, three, four and five in a single family had not returned.

I remember standing

by the section of the loss of five within the family and being overwhelmed with grief for that poor mother.

Even though time has passed for many the grief has not.

And so, on Anzac Day we will remember all those souls that fell in battle. Fell in a battle to preserve the freedom we so carelessly enjoy.

If you wish to attend a parade, service or observing the Dawn then join the RSA at

- Beachfront 5.15 am
- War Memorial 5.45 am
- Parade 8.15 am Cnr Anzac/ Beachfront.
- Service at War Memorial 8.45 am.



Landing at Anzac April 25th 1915



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Wendy's update

What does this year look like for you? What can I do to help with your Real Estate requirements? Currently we are seeing more homes for sale in Auckland than at any time in the past decade.

Buyers in the Torbay/Waiake area now have more options. Sales are increasing, and, the good news for owners currently are the homes sold in February are achieving prices marginally higher than January.

I live locally and offer you knowledge and expertise - if you are looking to sell I'm here to listen and maximize the sale of your home - just scan the QR code to request an appraisal or give me a call direct on 021 772070.

Kind regards, Wendy

Torbay/Waiake February 2024

 PROPERTIES FOR SALE	82	 PROPERTIES SOLD	17
 LOWEST VALUE SALE	\$680,000	 HIGHEST VALUE SALE	\$2,150,000

Wendy Radcliffe
021 772 070

w.radcliffe@barfoot.co.nz

News from East Coast Bays Library

The annual region-wide EcoFest <https://ecofest.org.nz/> began on March the 15th and runs through until April 14th. East Coast Bays Library is proud to be a part of the programme this year that celebrates Tāmaki Makaurau, Auckland's unique environment and ways to live sustainably with these upcoming events:

- **Stitch It Up!** Thursday 4 April, 4.30pm-6.30pm. Suitable for 11-25yrs join Bays Youth Voice and Trash Free Taiaotea this hands-on workshop will help you learn how to upcycle clothes to be more sustainable with your fashion. No bookings required.
- **Composting "How to"** Friday 5 April, 10.00am-12.00pm. Bookings required at <https://compostcollective.org.nz/events/practical-composting-workshop-east-coast-bays/>
- **Bokashi DIY** Sunday 7 April, 12.30-2.00pm. Bookings required at <https://compostcollective.org.nz/events/bokashi-talk-and-diy-east-coast-bays/>
- **Permaculture Talk** Wednesday 10 April, 10.00am-11.30am. Sustainability specialist Ben Zhang will provide a free workshop. No bookings required. This is a bilingual workshop in Mandarin and English. No bookings required.

- **Plant Art** Thursday 11 April, 4.30pm-6.30pm. Bays Youth Voice and Trash Free Taiaotea will be here to decorate plant guards to help our local community planting projects. Suitable for 11-25yrs. No bookings required.

World of Cultures 2024 also continues into March and aims to celebrate our diverse community. Our library will celebrate with a special Children's Storytime and craft activities (11am-12pm) and a family movie (2pm-3.30pm) on Sunday 7 April. A special Coffee, Cake and Conversation meeting for 60 years and over on Friday 12 April, 10.30am-11.30am provides an opportunity to bring a dish that represents your culture to share and connect with others.

The April school holidays theme is "Secrets Under the Sea" Creative Workshop, Connect 4 Tournament, cool craft sessions and scavenger hunts and a sea creature competition. Look out for more details.

For more information about our events and regular programming, pick up a brochure, talk to library staff, follow our Facebook page, search for events at www.aucklandlibraries.govt.nz.

If you would like an e-copy version of our Monthly brochure, email us at ecblibraryevents@aucklandcouncil.govt.nz to add your name.

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In my opinion....

Recently I attended two meetings, arranged by the Auckland University and backed by Waka Kotahi, to discuss Auckland traffic woes and what can we do to relieve the situation.

Acting on behalf of five Engineers I delivered to the City Council, several years ago, a plan for a bridge crossing of the harbour that has three traffic lanes each way, a rail crossing on the west side and a walk way/ cycle way on the east side. I went to the meetings wishing to present the case but any alternative proposals were not considered to the view of a tunnel.

Engineers said this is a not wise for New Zealand as we are an earthquake prone country, and, while we do not feel many shakes is because they are mainly under 2 on the Richter scale. If we had a significant shake I would not want to be in a tunnel as it would flood.

A fire in a tunnel has much more serious consequences than a fire on a bridge. In France several years ago a fire in an underwater tunnel cost the lives of 39 people. The Chanel tunnel France to England has had a number of fires since it was opened.

There is a high cost of maintenance as underwater tunnels have to be pumped 24/7. They have to have air conditioning and lighting running 24 hours a day. Tunnels are very expensive. None of the above points would apply to a bridge.

All the traffic from Devonport to Milford has to travel down Esmonde Road and then feed into the heavy traffic three lanes wide coming down from Albany. This traffic could be diverted onto this new bridge and could have outlets to



provide City access.

A bridge is a far quicker construction and would be of greater benefit as the rail line connects onto the North Shore bus lane that already has foundations built for heavy rail traffic and this line should be extended up to Silverdale alongside the motorway, where it is estimated another 80,000 people are expected to reside in the Silverdale Orewa Whangaparoa area.

To finance the building of the bridge it could have toll fees, along with the current bridge, with the money coming from the NZ Superannuation fund that has 40 billion in reserves nearly all of which are invested overseas. When the loans are paid back the continuing tolls would benefit the NZ Super.

The present bridge was designed with a capacity of 174,000 vehicles a day. At the moment it is running at 170,000 a day.
Ian Mcneill

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

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To Devonport Takapuna Local Board

Aroha Vietnam Inc. would like to express our deepest gratitude for your invaluable support for our 2024 Vietnamese New Year (Tết) event. Your support played a crucial role in making it a successful and memorable event.

Thank you!

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Pork Pie

Serves 10

Pork pies in the shops here do not do justice to the name pork pie. Try this delicious recipe and find out just how good pork pie can be.

Ingredients

For the filling

500 gms pork mince

500 gms pork sausage meat.

1 tablespoon fresh chopped thyme

½ tsp salt

1 tsp ground white pepper

For the pastry

575g plain flour

200g lard

220ml water

To finish

1 egg, beaten

6 gelatine leaves

300ml chicken stock

Method

Heat the oven to 180C/160C fan/gas 4.

Blitz the meat, thyme and seasoning in a food processor until smooth.

To make the pastry, put the flour in a large bowl, then put the lard, and water into a small pan and heat gently until the lard melts. Bring just to the boil and then stir into the flour using a wooden spoon. When the mixture is cool enough to handle, (it should still feel very warm) knead well until smooth.

Cut off 1/4 of the dough, wrap in cling film and reserve for the lid. Roll out the remaining dough to a circle between two sheets of greaseproof paper, and then place in the base of a non-stick 20cm springform cake tin. Working quickly while the dough is warm and pliable, press the dough evenly over



Proof that I make all the recipes shown in the magazine.

the base and up the sides of the tin. Make sure there are no holes. Fill with the meat mixture and pack down well. Roll out the dough for the lid. Place on top of the pie. Pinch all around the edge to seal the pie. Make a hole for steam in the centre, using the handle of a wooden spoon.

Cook in the oven for 30 mins then reduce the heat to 160C/140C fan/gas 3 and cook for 90 minutes. Brush the top with beaten egg and return to the oven for a further 20 mins. Leave until cold.

Soak the gelatine in cold water for about 5 mins, then remove and squeeze out the excess water. Heat the stock until almost boiling. Remove from the heat and stir in the gelatine. Leave to cool to room temperature.

Use a small funnel to pour the stock into the pie through the hole in the top. Pour in a little at a time allowing a few seconds before each addition. Place in the fridge to set overnight.



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Sunday 12 May



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We've got Europe Covered

Europe is a travel destination that should be enjoyed over a number of visits to appreciate the protracted history, different cultures and varied scenery. So where do you start? The Shore Travel Advisors have extensive knowledge of all things Europe and will assist you to plan an itinerary personalised to your travel preferences. Here are some of our Europe highlights:

Scandinavia &

Baltic: Explore the must-sees of this beautiful region with an Ocean Cruise while uncovering the rich insights on offer. Experience the storybook towns and chic design capitals of the Baltic and Scandinavia; Glide through shimmering Norwegian fjords as you learn the incredible story of the Vikings; Immerse yourself in the magnificent natural beauty of Iceland and Greenland; Search for the aurora borealis in winter or experience the long daylight hours of the midnight sun.



Mediterranean:

Experience a living legacy of Renaissance riches, ancient ruins and culinary pleasures; Enjoy Tapas in Barcelona; Explore Istanbul's majestic Blue Mosque, Jerusalem's gold-plated Dome of the Rock and Granada's enchanting Alhambra; Indulge in the perfect French Riviera luncheon paired with chilled rosé and sea views. Be swept away by Italy's charm: the echoing chime of church bells in grand piazza, the vista of Tuscany's rolling hills covered in



vineyards. Watch the stunning sunsets in the village of Oia on Santorini. Complete your Mediterranean exploration with a trip to Croatia to experience the old towns with cobbled streets, fabulous views and lovely beaches.

United Kingdom: Visit Northern Island where Game of Thrones was filmed; attend one of Edinburgh's festivals; Hike or bike the stunning landscapes of the Lake District; Take a walk around the Stonehenge; Visit a number of the magnificent castles or palaces open to the public.

Central Europe: Immerse yourself in European culture with a River Cruise through Central Europe. Unpack only once and enjoy your all-inclusive floating hotel, just bliss! Sail through the picturesque views of the Wachau Valley and the dramatic Rhine Gorge.

Eastern Europe: Prague offers a glimpse of medieval Europe with its Gothic churches and old Baroque buildings. Budapest is one of Europe's most fascinating and beautiful capitals with grand 19th century architecture and multiple signs of communist history located on a sweep of the Danube River.

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Rotary sausage sizzles

Browns Bay Rotary was out in force at the Browns Bay 'Summer Spectacular', selling sausages and supervising children playing with our fun equipment.

What would our country look like without the thousands of sausages sold by community groups every weekend in every town in New Zealand? Just think of the number of sausages you have purchased over the years which have kept our communities functioning. It is a great way to fund the many initiatives we all get involved in and sausages have built rugby clubrooms, Plunket buildings, playgrounds, school swimming pools and community halls all over the motu.

We raised over a thousand dollars at the Summer Spectacular, which will go a long way towards the cost of purchasing a defibrillator for Phoenix Plaza in Browns Bay. We hope to have this in place in May.



Rotary members are full of great ideas to help our community, and in most cases the trusty bbq is involved.

The Rotary Foundation is the international charity arm of Rotary International and most of us make donations to the Foundation to assist in global good works. Rotary works on an international level as well as locally and regionally and reaches every corner of the world. Clubs in our district work in Vanuatu, Africa, Nepal, the Ukraine, Turkey and pretty-much anywhere that assistance is needed. Browns Bay Rotary has established a dental clinic in Vanuatu, provided Emergency Response Kits to Pacific Island communities struck by cyclones, built a rainwater collection system in Vanuatu and contributed to vaccinations

to rid the Pacific islands of childhood diseases. We have knitted vests for babies in Tanzania and sewn sanitary packs for women in Vanuatu. Locally, we have supported the Starship Air Ambulance, the 'I Am Hope' Foundation and the Orange Sky shower & laundry service for Auckland's homeless.

What would our world look like if all the volunteers stopped supporting these good causes? Rotary Browns Bay is proud to be doing its part to be good citizens of the world.

Monthly Quiz

Answers Page 30

info@brownsbayrotary.co.nz



1. ANZAC day commemorates the anniversary of the landing at Gallipoli by the Australian & NZ forces. Where is Gallipoli
2. 'They shall grow not old as we that are left grow old..' who wrote those words
3. Why is the red poppy significant on ANZAC Day.
4. When is poppy day in 2023
5. April 8 is the birthday of Buddha. Approx how many Buddhists are there in the world
6. On April 11 1970 the famous words 'Houston we have a problem here' were uttered by John Swigert. From where?
7. April also commemorates another anniversary; in what year did the Titanic sink
8. Nelson Mandela was elected president of South Africa on April 26 1994. Where had he been imprisoned for 27 years.
9. What are the 2 star signs for people born in April
10. Torbay Theatre's latest show 'Here's a How-De-Do' starts on 27 April. Which musical duo provides the inspiration for this show

Torbay Community Association AGM

The Annual General Meeting for the Torbay Community Association will be held Friday 10th May at 7.30pm in the Torbay Community Hall (Watea Street).

All residents of Torbay are eligible to be members and can join at the AGM.

If you are interested in the hall which belongs to you, please come along.

Residents outside the area who wish to join must apply to the committee.



Torbay Historical Society

As in April we remember the servicemen and women who served our country in various wars New Zealand was involved in, we remember what was happening in Long Bay/ Torbay. Our area was mostly farming so many men were classified as being in essential services needed at home. Francis (Frank) Vaughan went to the World War One. After coming home he built a cottage on his share of the farm. It was on the hill but was demolished about 1955. Frank had died in May 1926. At the Homestead we have some copies of letters that Frank wrote to Ivy Smytheman from London Military

Camp (photo is of Frank in London). Tommy Vaughan was also in the army but the war finished before he went overseas. During the 2nd World War Tommy who lived in the Homestead, entertained American Servicemen here on 'R and R' In the 2nd World War we had various defences, The East Coast Bays beaches from Waiwera to Cheltenham were defended by pillboxes, road blocks, wire and ditches, the ones still remaining are the 'pillboxes.' because they were too strong to be destroyed. Several can be seen in Long Bay/ Torbay. (The photo is the pillbox top of Oneroa Track - taken 1984). There was apparently one defence on the Long Bay beach itself but that was able to be destroyed.



Charles Hooton has documented pillboxes and you can read more in our book 'and then came the bridge'. A reminder that we have new copies available for sale.

We are opening the Vaughan Homestead (our present home) on Saturday afternoons during the summer, when the weather is favourable and when we have enough helpers. If you want to come at other times or wish to hire the venue please phone us. We always welcome new members and helpers to keep the Homestead and the grounds in good condition.



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

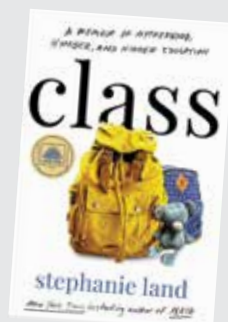
Book reviews from Browns Bay Library

Class: a memoir

By Stephanie Land

Following on from the memoir Maid which was adapted into the hit Netflix series, Land writes with honesty and integrity of the poverty and barriers she encounters to make her way through America's college system to pursue a writing career while being a single mother.

– Reviewed by Eileen, ECB Library staff member.



The Garden of Lost Secrets

By Kerry Barrett

This dual timeline book was enjoyable and flowed seamlessly from now back to the 1940s. An easy read for historical fiction fans that connects the characters of Gloria and Phillipa with a twist at the end.

– Recommended by Karen, ECB Library customer.



ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

Glenvar Road

As your local MP I have long advocated for the completion of the Glenvar Road and East Coast Road upgrades. This project is an essential infrastructure project and an essential safety upgrade.

We have waited decades for this, and the Government is now ensuring that funding is ring-fenced so that this project is finally delivered.



Late February, the Coalition Government introduced legislation to scrap the Auckland Regional Fuel Tax (RFT), which added 11.5 cents per litre tax on fuel for Aucklanders.

Roughly half of the money raised by the tax so far is still unspent - more than \$340 million. It was supposed to help fund important projects like Mill Road and Penlink.

Mill Road was cancelled, and Penlink received full Crown funding, so Auckland Transport has used RFT revenue to fund many non-riding projects including more cycle lanes, redlight cameras, speed humps, and the lowering of speed limits across the city.

Auckland is facing significant infrastructure challenges. Population growth combined with years of poor road maintenance and degradation have made it harder to get around.

I'm so pleased the Government has signalled an intention to spend the remaining RFT money on corridor improvements including the Glenvar Road and East Coast Road intersection upgrades, the Smales Road and Allens Road intersection upgrades and Lake Road improvements.

Thank you for all the support you've given over the years to keep this project alive. Including signing petitions and attending public meetings. This has truly been a community effort.

I will keep you updated on progress, and ultimately, when ground will be broken - it will be a momentous day to celebrate!

Take care



✉ ecboffice@parliament.govt.nz

☎ (09) 478 0207

🌐 www.EricaStanfordMP.co.nz

📍 1/8 Beach Front Lane, Browns Bay



Focusing on empowerment

The Children's Ark is an independent early childhood centre attached to Long Bay Baptist Church in Glenvar Road.

It is licensed for 14 babies, 20 toddlers and 40 preschoolers each day. We follow Te Whariki, the Early Childhood curriculum of Aotearoa.

All our kaiako/ teachers are fully qualified and our teacher: child ratio is above that required by the Ministry of Education. Love is what characterises this centre, through dedicated kaiako, delicious freshly cooked meals, care for the environment through our use of eco-friendly nappies and practices; and the supporting arms of the church.

The Gecko Room is the special space that children attend once they turn 2 years old.

We believe that our tamariki/ children are capable and competent learners and thrive when they have agency over their own learning. That is why we focus on empowerment (whakamana) as one of our key goals for our room.



The tamariki are involved in all areas of our daily routine and even clean up after themselves (mostly!). They are learning to take responsibility for their actions and to be kind friends who show aroha, another area we focus on.

Since 2 year olds have lots of big emotions, maintaining a peaceful space is key. Providing tools for emotional regulation is something that is woven through all our days, some of our older Geckos can even use what they have learned to help co regulate a struggling friend.

Being outside is essential since it helps maintain this peaceful space and provides a changing experience with the weather.

We believe that even the way that we can respond positively to all kinds of weather encourages our Gecko tamariki to be resilient and flourish even in the face of challenges.

Sue Trace Centre Manager

LOOKING TO SELL?

Having lived and worked locally for over 30 years, we are the team with the knowledge and expertise for selling in today's market.

Experience Does Count!

Torbay Garden Club

Late summer is a season of colour, which was reflected by many beautiful specimens of the dahlia, the flower of the month, on display in the March Show. The dahlia is native to Mexico where it is the national flower and known by the Aztecs as Acocotli or Acocoxochitl. It was an important plant to the Aztecs, for whom it was a source of medicine for epilepsy, among other things. Antibiotic compounds are found in the tubers, which also provide a source of inulin, a natural sweetener that was used for diabetes. This is not to be confused with insulin, and home gardeners are advised not to self-medicate with dahlias – just admire them.

March was also the Annual General Meeting for the club, where we welcomed new Co-Presidents, Ange Taft and Vance McMillan. Members' thanks were expressed in a tribute to retiring President, Hilary Collins.

For the past six years she has guided the Club through various challenges like Covid and organized special events throughout our Platinum Jubilee year in 2023. The President's annual report summarized how involved the Torbay Garden Club has been within the community last year, with local plant stalls, library displays, the public Spring Show and visits to significant gardens around the Auckland region. Hilary was presented with a specially designed card of remembrance, and a gift. Retiring committee member, Noela Thomas was also thanked for serving as Club Almoner for many years, as well as running the monthly raffle.

The great variety of flowers, foliage, fruits and vegetables on show at the club meeting was commented on favourably by judge Graham Milne, with the decorative section expressing the theme 'Reflections of Summer'. An informative film on harvesting dahlia seeds completed the meeting.

Photos by Bill Ellis

In the Garden

Prune and tidy daylilies, daisies, lavender, phlox and other perennials that have finished flowering. Take pre-chilled bulbs out of fridge (eg. daffodil, tulip and hyacinth) and plant out in pots or garden beds. Plant the rest of your spring-flowering bulbs. Bulbs that have the best chance of success in warm climates are freesias, jonquils, ixias and babianas. Feed established shrubs and trees. Mix compost or old manure into the soil to get it ready for new roses. If soil is acid, add some lime. Feed lawns with a good quality lawn food and water well to carry the fertiliser down to the roots. April is one of the best months to plant trees and shrubs. Cut back geraniums with spotty, leaves. Prepare for winter vegetables by digging in a good layer of compost.



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Torbay Friendship Club

Our Club has enjoyed a wonderful start to the year, February being another amazing month with new friends joining in our lovely group. We certainly are growing each month and so enjoy welcoming new faces.

Goodness, time waits for no man, Easter Eggs are on the shelves, the children are excited and suddenly the 1st quarter of the year is over.

Our Coffee morning, at the Eatery, in Rothesay Bay, drew 16 members. So much chatter so much fun and laughter. A BIG Thank You to Rita Greyner for her loyalty and organization, without her, this group would not have developed into a morning that should not be missed.

Not only the Coffee morning is a great success but all our groups are being well attended.

We have an exciting excursion line up for the balance of the year and our Speakers are always diverse and interesting, so put your pressures and anxieties aside and join in the friendly bunch of retired and semi retired people. Husbands, Wives, Singles, you are all welcome, come check us out, we cannot wait to meet you. Bring along a Dollar or two and you could win a \$20 voucher for Groceries.

The Club meets every second Thursday of a month at 10 am at the Torbay Community Hall – look forward to seeing you there.

Dates for April:

Coffee Group 1st Wednesday of month (3rd April)

Rummi Group 1st & 3rd Wednesday of month (3rd & 17th April)

Scrabble Group 1st Thursday of month (4th April)

General Meeting Second Thursday of month (11th April)

Mahjong Group 2nd & 4th Friday of month (12th & 26th April)

Excursion 3rd Thursday of month (18th April)

Craft Group 4th Wednesday of month (24th April)

Should you wish to find out more about the Club, please contact:

Delphine Pearson 022 072 9813 or Noreen McArthur 027 271 3524 or just arrive at the door where you will be welcomed.

Looking forward to meeting you.



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ALAN WHITE
ELITE
PERFORMER 22-23



Create meaningful change Movement as medicine



Interested in a free event that could change your life?

Lynne, from The Body Tonic Group, and Ming, from Harcourts Cooper & Co. want to help you achieve that by doing a free event on Saturday 6th April at 6.30 until 8pm.

It will be held at the Templeton rooms in the Village Square at Long Bay (next door to Long Dayz).

Lynne will show you how you can say goodbye to pain and hello to a new, fitter you! With wellness tips and a demonstration of simple, easy to follow exercises, your health journey begins here!

If you value your mobility, this is a great opportunity to ensure you maintain this level, and if the last bus has gone on that one, then all is not lost – join us, come long for a night of fun, bring a friend and see for yourself.



To register interest in this free event please email lscott@thebodytonicgroup.co.nz www.thebodytonicgroup.com

Free drinks will be provided. Receive a free gift and written material.

Wear trainers and easy to move in , comfortable clothes.

Torbay Theatre

HERE'S A HOW-DE-DO TOO! 18th to 28th April

Following the success of last year's show, Lord Frederick Ffincham-Ffarquhar invites us once again to Ffecham Hall's Grand Drawing Room, as he hosts another concert of modern popular tunes penned by the genius pair, Mr William Gilbert and Sir Arthur Sullivan. Sir Graham Carte's troupe of leading singers has again cleared their calendars of professional opera and concert billings to join friends at Torbay Theatre for a splendid show full of laughs and fine music. What better way of celebrating 1892?! No doubt he will be joined, aided, and maybe even inconvenienced by butler, Nettlelash, and cook, Mrs Curdle! Romance began to bloom between the pair last year, who knows where it will lead them now? See you in the Drawing Room!

Tickets selling fast - see Website below.

Club Night was a merry occasion, as always – look out for the next one in June!

Backstage Club: Feel free to drop in on Wednesday mornings, 10:15-12 noon, if you'd like to help with costumes and set, or text Daphne on 0276377494 and she will get



Left: Philippa Mandeno in one of her many roles – quick costume change anyone? Right: Dragan Atanasov as a sailor from HMS Pinafore.

back to you. To get involved in any aspect of theatre, please contact us on info@torbaytheatre.com , or see the website below.

Love Drama speech & drama classes, where children and teens have fun with drama, while learning all aspects of stagecraft, with a show every term. Phone Jacqué on 027-522-7836.

For more information, to join, and to book for shows, see our website:

www.torbaytheatre.com

See also: Facebook page, or ph 027-547-2426.

35 Watea Rd, Torbay



HAPPY EASTER



Name:

Age: Phone:

Drop your completed picture on to the desk inside the Long Bay Showroom or in the Long Bay Community Library at 19 Headland Drive by 5pm Tuesday 2 April 2024

A most unusual wedding!

On the 13th March New World at Long Bay hosted a wedding- that's right a wedding. Flynny from More Fm had told listeners on his show that he was a celebrant and would be happy to celebrate someone's wedding. They just had to phone in. He had performed a ceremony 10 years ago in a furniture store so was used to unusual situations.

The bride and groom are Anne and Quintin. They met 3 ½ years ago and felt it was time to take the next step.

As part of the "Something wonderful" theme New world Long Bay was chosen for the venue.

The bride walked the red carpet down aisle 4 to meet the groom just in front of the meat section.

Photos by Bill Ellis





I asked Quintin what he loved about Anne, and he said” She puts up with my shenanigans, supports my ideas, even if they are not good and goes fishing with me”

Anne said what she loved about Quintin was” he was caring, calm and was always trying to make her laugh”

New World supplied the bouquet, with Tash designing one made from produce and the bakery dept with their expert doughnut makers supplied the wedding cake.

New World also generously gave them a big hamper with luxury breakfast items.

Everyone wishes the bride and groom all the very best.

Carole McMinn



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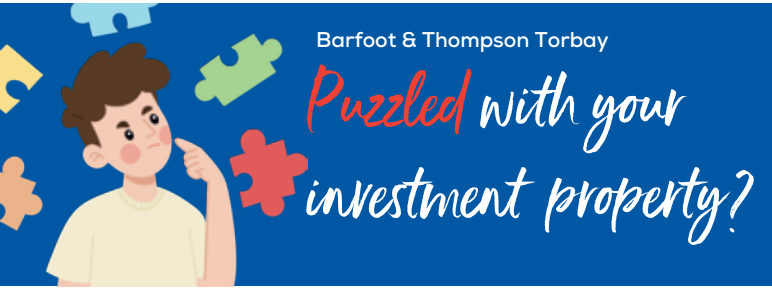
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 c.zhu2@barfoot.co.nz

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Answers Page 30



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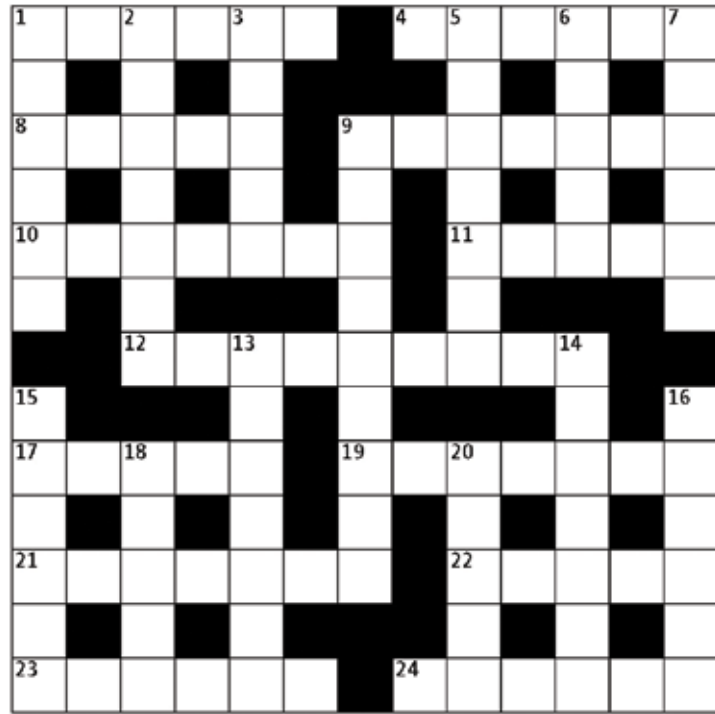
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| NEWYORK | OHIO | OKLAHOMA |
| OREGON | TEXAS | UTAH |
| VERMONT | VIRGINIA | WASHINGTON |

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

TRAVEL

25 good, 30 very good, 36+ excellent

CROSSWORD



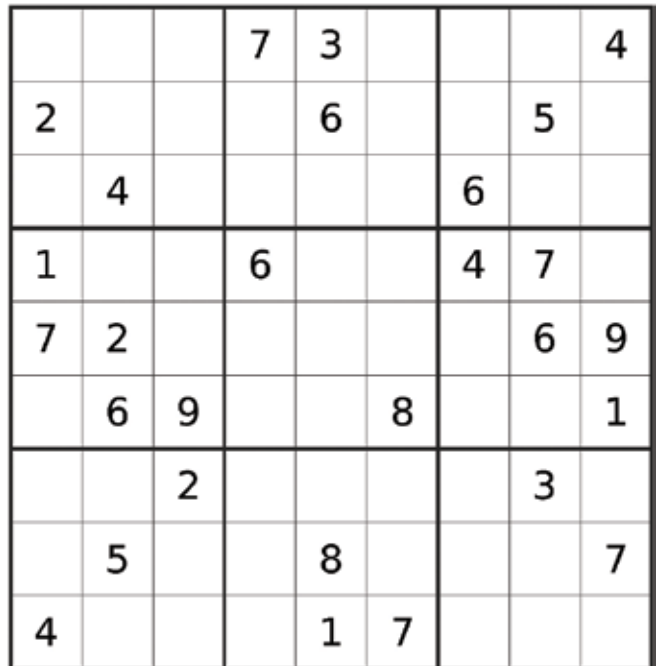
Across

- 1 Probable (6)
- 4 Displayed (6)
- 8 Construct (5)
- 9 Risks (7)
- 10 Deviate (7)
- 11 Wood used for models (5)
- 12 Sentimentality (9)
- 17 Pariah (5)
- 19 Be worthy of (7)
- 21 Posterior (4,3)
- 22 Mausoleum (5)
- 23 Rationality (6)
- 24 Small bed for baby (6)

Down

- 1 Sexual desire (6)
- 2 Star Trek species (7)
- 3 Shelf (5)
- 5 Fashion accessory (7)
- 6 Disk mounted on axle (5)
- 7 Pessimistic (6)
- 9 Thrown out (9)
- 13 Surplus (7)
- 14 Beached (7)
- 15 Gulps down, swigs (6)
- 16 Hard-backed insect (6)
- 18 Unadorned (5)
- 20 Cut off (5)

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*Year ending 31 March 2023

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FLU SEASON!

The 2024 Influenza Immunisation Programme starts on 2 April 2024 and runs until 31 December 2024.

Why is influenza vaccination so important?

- Getting the influenza immunisation is the best way to protect yourself and your whānau against the flu.
- Influenza can be much worse than a common cold. The sooner you get an influenza immunisation, the better. It can take up to two weeks after you get the vaccine for your body to start protecting you.
- Get immunised to help stop the spread of influenza around your community. Even if you don't feel too sick, you could still be infected with influenza and pass it on to others.
- While it is possible to catch influenza after immunisation, your symptoms are less likely to be severe if you had a flu vaccine.
- If you are sick, it is still important to stay away from others, wash your hands, and cover your mouth when coughing or sneezing.
- Having an influenza immunisation every year can keep older people healthy and active for longer.
- Influenza immunisation during pregnancy helps protect both hapū māma and pēpē, during the first few months of life.
- You can't catch the flu from the immunisation – the vaccine used in Aotearoa New Zealand doesn't contain any live influenza virus.
- Having side effects after your influenza immunisation is a sign that your body's immune system is working well. You might experience pain, itching, redness at the vaccination site, aches and pains, fever and feeling generally unwell and tired. Most side effects shouldn't last long.

2024 eligibility for funded influenza vaccination

Funded influenza vaccinations are available for those who meet Pharmac's eligibility criteria:

- pregnant people
- people aged 65 years and over
- people aged 6 months to under 65 years with eligible conditions*
- children 4 years of age and under who have been hospitalised for respiratory illness or have a history of significant respiratory illness

- people aged 6 months to under 65 years with serious mental health and addiction conditions
- Those not eligible, can purchase either the standard flu vaccine INFLUVAC TETRA, or one of our advanced flu vaccines FLUAD QUAD (adults over 65 years) or FLUCELVAX QUAD (children and adults over 6 months).

UPDATED COVID-19 VACCINE!

Many New Zealanders can access an **updated Covid-19 vaccine** from now.

Covid vaccines have been evolving over the years as the virus itself evolves. The XBB vaccine that's available today has been updated to tackle newer strains of Covid-19. Pharmac approved the vaccine for use in Aotearoa late last year, saying it was more effective against more recent subvariants of the virus.

Who can get the XBB vaccine?

The vaccine is currently funded for:

- Everyone aged 30 years or older
- People aged 16-29 who are pregnant
- People aged 12-29 who are at higher risk of severe illness from Covid-19

Health New Zealand Te Whatu Ora recommends those who are more likely to get seriously unwell with the virus get the new booster.

This includes:

- people aged 65 and over
- Māori and Pacific people aged 50 and over
- residents at aged care facilities
- severely immunocompromised people aged 12 years and over
- people aged 12 years and over who have a medical condition that increases the risk of severe illness from Covid-19.

When should people get the new booster?

Those who are eligible for the updated jab can get it if they have never had a Covid vaccine before or if it's been at least six months since their last Covid vaccine or Covid-19 infection.

Phone reception on 09 477 9000 to book your appointment

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

At MERC we acknowledge a group of visionary people as our founders

Earlier this year one of these founders, Dr Ross Garrett, passed away. Ross served on our foundational board in 1978 up until 2019. Incredibly witty, cheeky, insightful and intelligent, he literally wrote the book on the physics of sailing which has guides sailors from around the world. He epitomised a humble passionate ocean lover.

In the words of his great mate Dr David Gray (our patron and also a founder) Ross was a "great, dedicated, brilliant leader. A top scientist, yachtsman, encourager, visionary re Long Bay Okura Marine Reserve. A faithful friend and councillor to us all"

His legacy not only includes MERC but also his work with the East Coast Bays Preservation Society which helped in the establishment of the Okura Long Bay Marine Reserve.

He tangi mamae, He tangi aroha

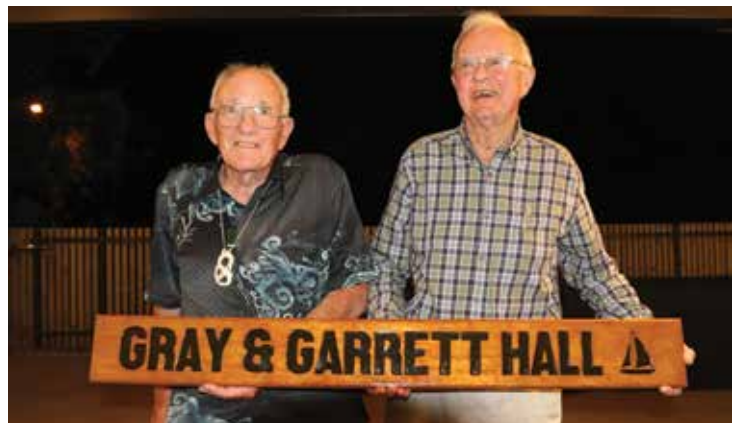
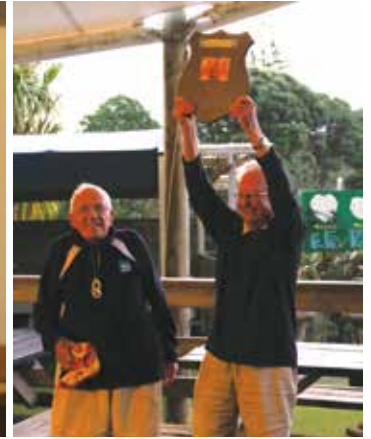
Rere atu ra ki te moana nui ki te moana roa a nga matua tupuna

koutou ki a koutou

tatou ki a tatou

Moe mai rā e te Rangatira.

We are working on a way the community can celebrate this amazing community man with the blessing of Ross's family.



Article & images by Yuin Khai Foong for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. merc.org.nz

Nutrient Support Needed for Common Medicines: Achieving Optimal Health

No-one takes medicines to feel worse. But sometimes the side effects of medicines can make us feel worse. This may be a necessary trade-off you have to make, but sometimes, medicine side effects are avoidable. For example, some medicines have fewer side effects if taken with the right nutrients. Plus, some medicines will actually work better when taken with the right balancing nutrients too.

This area of nutrition medicine is relatively new and specialized. This is where a good Nutrition Medicine Pharmacist can help. Here are some common examples:

Iron should be taken with vitamin C to improve absorption of iron.

Epilepsy medicines should be taken with B vitamins, to improve the tiredness that can go with these medicines.

Oral contraceptives should be taken with zinc, magnesium, vitamin C and a probiotic to ensure optimal health.

Statin cholesterol medicines should be taken with co-enzyme Q10 and vitamin K2 to reduce the chances of low energy, muscle pains, and heart attacks and strokes.

Statins are one of the most common medicines prescribed. They are usually prescribed to lower cholesterol and reduce the risk of having a heart attack. Statins work by blocking an enzyme that makes cholesterol. The trouble is,

the enzyme also makes some useful stuff in the body like vitamin K2 and co-enzyme Q10. So while statins reduce cholesterol, they also reduce vitamin K2 and CoQ10 (potentially causing side effects).

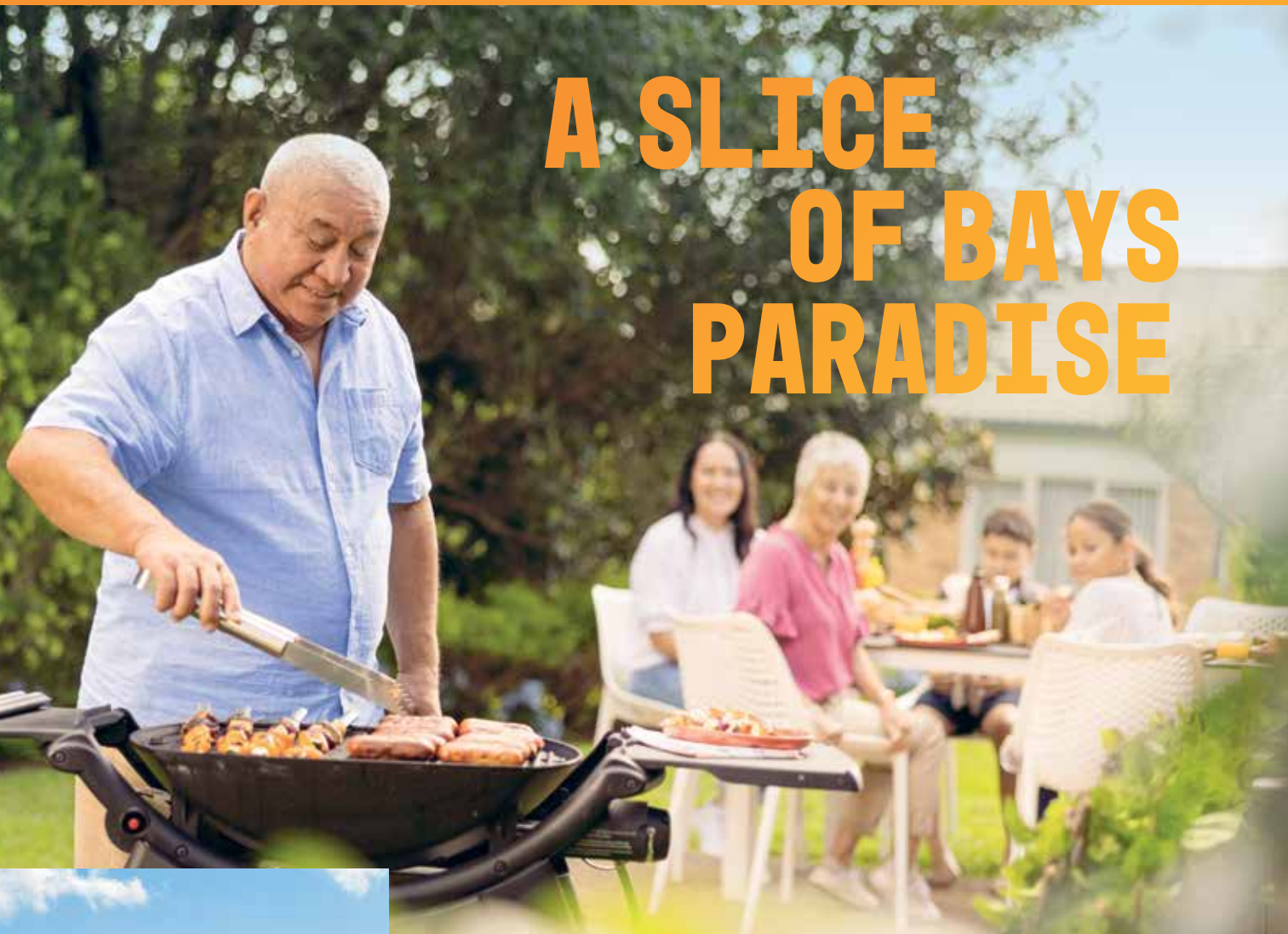
Vitamin K2 is important to keep calcium out of arteries where it can cause blockages leading to heart attacks. It puts the calcium into cells where it can increase energy and strengthen bones. Healthier and more energetic!

Co-Enzyme Q10 is needed for your body to produce energy. When levels get low, you will feel tired. If your levels get super low, your muscles can start to break down leading to aches and pains.

It is no surprise that possible side effects of statin cholesterol medicines are to increase calcification in arteries and to cause tiredness and muscle pains. It is not rocket science to know that taking extra doses of vitamin K2 and co-enzyme Q10 will reduce these side effects. Supplementing your statin with vitamin K2 and CoQ10 is like having your cake and eating it to. In other words, you get all the benefits of taking a statin medicine with much less risk of side effects. Boom! Healthier you.

To chat about the best nutrients to ensure optimal health and wellness, pop into Torbay Unichem Pharmacy.

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Our spacious 2-bedroom villas are designed to be low-maintenance so you can spend your time doing the things you love. There are limited properties available, so don't miss your chance to join this friendly community.

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14 Oteha Valley Road, Northcross

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Events at Albany Village Library

Albany Village Library are launching a **NEW** regular weekly **Chess Club** on Sunday afternoons at 2pm, starting 7 April. The inaugural session in March, to gauge the interest, and Chess is something our community wants. All ages welcome. We saw heart-warming multi-generational games taking place with older members teaching children. Staff don't teach chess, so a basic understanding is needed, but we provide chess sets and a friendly setting.

Pip from **The Compost Collective** will present a free DIY in ground composter workshop on Friday 12 April 11am-12pm. Discover how to do easy composting straight into your garden! Register through: <https://compostcollective.org.nz/events/diy-in-ground-composter-albany/> Confirmed participants will receive a \$40 discount voucher towards a composting system of their choice. Terms and conditions apply.



Last chance to try **Tai Chi Ba Duan Jin** for free on Sunday 14 April 11am-12pm. Our instructors speak English and will guide you through 6 exercises in the form to improve mental, physical health and balance. They are keen to share this ancient form of exercise with all ethnicities. It is fantastic for health and wellbeing. Wear loose fitting clothes and flat shoes.

We are now a Collection Point for the **Chip Packet Project** to help make lightweight, waterproof emergency blankets for homeless and vulnerable Aucklanders who need extra warmth this winter. We accept foil food wrappers, split down the back seam, and washed in warm soapy water. On the last Tuesday of each month, excluding school holidays, we will hold a Strip Fusing session 10:30-11:30 to fuse strips of 5



bags together in panels, ready for collection by the Project to be made into blankets. This helps vulnerable people over winter, and keeps foil out of landfill.

School Holidays

The Auckland Libraries theme for the April school holidays is **Under the Sea**.

We will have activities and a scavenger hunt throughout. Come to see our Lego Hogwarts display!

Saturday 13 April **Secrets under the Sea** story time and craft 10:30-11:00

Sunday 14 April **Chess Club** 2:00-3:00

Wednesday 17 April **Connect 4 Workshop & Tournament** 2:00-3:00

Helps improve problem solving skills, leads to better planning, improves memory and helps to see things from another person's perspective.

Thursday 18 April **Family Movie** 3:00-4:30

Friday 19 April **Stephanie Glass author talk & drawing workshop** 10:30-12:00

Meet the author of the book Luna in the Forest in a fun, creative drawing workshop!

Saturday 20 April **Bilingual Storytime** 10:30-11:00

Sunday 21 April **Chess Club** 2:00-3:00

Tuesday 23 April **Rainy Day Art** 11:00-12:00

Wednesday 24 April 2-4 **Free Warhammer Miniatures painting Workshop** with Nova Games for 8 years & over

Friday 26 April **Family Movie** 3:00-4:30

Saturday 27 April **Bilingual Storytime** 10:30-11:00

Saturday 27 April **Chinese Chess & Puzzle Event** with a professional Chinese chess player. In Mandarin. 2:00-3:00

Sunday 28 April **Make a Stratigraphy Jar for Archaeology Week** 11:00-12:00

Sunday 28 April **Chess Club** 2:00-3:00

Albany Village Library
30 Kell Drive, Albany, Auckland, 0632



Wine theme Tea Towel \$15
If she enjoys the odd glass (or two), this is a fun gift

Mothers Day
Sunday 12 May



Cushion Cover \$30
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Free delivery Torbay/Long Bay 473 3259 sales@aotearoamemories.co.nz

The Costly Consequences Of Inadequate Legal Advice.

Peggy and Thomas had been in a relationship for several years. Peggy 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.

Peggy was CFO in a large company based on the shore. When Peggy and Thomas 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 Peggy's quasi director role and the fact that she 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 Peggy 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 Peggy and Thomas. He said that this would mean if they separated, they would be able to get their original amounts out of the trust. He was also not a big fan of gifting.

Thomas had a nagging thought at the back of his mind that this didn't seem to be quite right. He wondered whether he should go and get his own independent advice but didn't say anything as he really wanted to show unity with Peggy. But he 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. He also wondered about whether him and Peggy needed to do new wills, but the lawyer didn't say anything, so he didn't raise it. Thomas knew that he and Peggy would be marrying soon anyway, and he thought that would change things when they were husband and wife.

Once the estate planning exercise was completed, Thomas was owed \$250,000 by the trust, being the equity that he had brought to the relationship and Peggy 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 Peggy's children and their joint child would share in all the assets. They had also done 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 Peggy and Thomas had married, Peggy had a massive heart attack. She was on life support for three days and then died. Thomas was devastated but felt a sense of relief that they had addressed their asset planning position before they had got married.

Thomas went to see the lawyer that him and Peggy had gone to who was a bit blasé about the whole thing. One of his friends recommended he go and see a lawyer that specialised in asset planning and trusts.

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



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It is just as important to ensure that other forms of asset structuring are up to date and considered in relation to your trusts structure. These include your will and enduring powers of attorney.

Contact Tammy McLeod or one of the Trust Team for specialist asset structuring and planning advice.

Quiz Answers

- In Turkey
- Laurence Binyan
- Poppies were the first plant to grow on the fields left devastated by battle in Belgium in the war, & red signified the blood that was shed
- Fri April 21
- 350,000,000
- Apollo 13
- 1912
- Robben Island
- Aries & Taurus
- Gilbert & Sullivan

Classifieds

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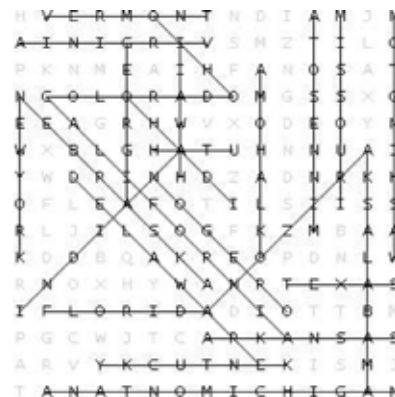
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Puzzle Answers



Word Puzzle

ale, alert, alter, are, art, ate, ave, aver, avert, ear, earl, eat, era, eta, late, later, lea, let, rat, rate, rave, ravel, real, rev, tale, tar, tare, tea, teal, tear, vale, valet, varlet, vat, veal, vet

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

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Tides

April 2024

(Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Mon 01			00:37	2.7m	06:48	0.8m	12:53	2.7m	19:05	0.7m
Tue 02			01:27	2.7m	07:41	0.9m	13:43	2.6m	19:58	0.8m
Wed 03			02:25	2.7m	08:41	0.9m	14:40	2.6m	21:00	0.8m
Thu 04			03:29	2.7m	09:45	0.9m	15:45	2.6m	22:10	0.8m
Fri 05			04:34	2.8m	10:49	0.8m	16:53	2.7m	23:17	0.7m
Sat 06			05:35	2.9m	11:50	0.6m	18:00	2.8m		
Sun 07	00:19	0.6m	05:33	3.1m	11:47	0.5m	18:01	3.0m		
Mon 08	00:15	0.4m	06:27	3.2m	12:42	0.3m	18:57	3.2m		
Tue 09	01:07	0.3m	07:20	3.3m	13:34	0.2m	19:49	3.3m		
Wed 10	01:58	0.3m	08:11	3.3m	14:25	0.1m	20:39	3.3m		
Thu 11	02:48	0.3m	09:02	3.3m	15:14	0.2m	21:28	3.3m		
Fri 12	03:37	0.3m	09:52	3.2m	16:02	0.2m	22:16	3.2m		
Sat 13	04:28	0.5m	10:42	3.1m	16:50	0.4m	23:05	3.1m		
Sun 14	05:21	0.6m	11:32	2.9m	17:39	0.5m	23:57	2.9m		
Mon 15	06:16	0.8m	12:24	2.8m	18:30	0.7m				
Tue 16			00:51	2.8m	07:14	0.9m	13:17	2.6m	19:26	0.8m
Wed 17			01:49	2.7m	08:14	0.9m	14:14	2.5m	20:27	0.9m
Thu 18			02:48	2.6m	09:12	1.0m	15:13	2.5m	21:30	1.0m
Fri 19			03:44	2.6m	10:07	1.0m	16:12	2.5m	22:27	0.9m
Sat 20			04:36	2.6m	10:57	0.9m	17:07	2.6m	23:17	0.9m
Sun 21			05:23	2.7m	11:43	0.9m	17:55	2.6m		
Mon 22	00:01	0.8m	06:06	2.7m	12:25	0.8m	18:39	2.7m		
Tue 23	00:41	0.8m	06:46	2.8m	13:04	0.7m	19:19	2.8m		
Wed 24	01:19	0.7m	07:25	2.8m	13:42	0.7m	19:57	2.9m		
Thu 25	01:57	0.7m	08:03	2.8m	14:19	0.6m	20:34	2.9m		
Fri 26	02:35	0.7m	08:42	2.8m	14:56	0.6m	21:12	2.9m		
Sat 27	03:15	0.7m	09:23	2.8m	15:35	0.6m	21:51	2.9m		
Sun 28	03:57	0.7m	10:05	2.8m	16:15	0.6m	22:34	2.9m		
Mon 29	04:42	0.8m	10:49	2.8m	16:59	0.6m	23:20	2.8m		
Tue 30	05:32	0.8m	11:37	2.7m	17:46	0.7m				

Times adjusted for Daylight Saving.

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