

focus

Issue 26
May 2024

on community

Long Bay, Okura & Torbay



**Long Bay Residents Association
“Clean Up Long Bay” Day**

Which Magnesium is Best for Children?

I can't tell you here because it's top secret!

We have sourced a great tasting magnesium product that is ideal to give to children, especially those with ADHD. You won't find this magnesium on our shelves (or on the shelves of any other pharmacy). It's hidden out the back in our "practitioner-only" range. So, I can't show you it in this column, but I can explain why it can help reduce the symptoms of ADHD.

Magnesium is certainly the hero ingredient of this practitioner-only product. It has been shown to improve hyperactivity, aggressiveness, and agitation in children

Opening Hours

Monday to Friday
8:30am to 6:00pm

Saturday
9:30am to 4:00pm



Delivery Service now available from Torbay Pharmacy

Need your medicine but can't get to the pharmacy? For only \$5, we now offer same day home delivery service if your request is received before 2pm. We deliver to Torbay, Browns Bay, Rothesay Bay, Northcross, Albany and more.

**Call us on (09) 473 9629
if you need help.**

with ADHD. Magnesium is a mineral that is deficient in NZ soil and therefore our food chain. Plus, if you are under any stress (like in agitation states) then you excrete higher amounts of magnesium, leaving you deficient.

There are also other ingredients in our magnesium that also help improve mental health.

This includes vitamin B6 which supports nerve health and magnesium effectiveness. Taurine is also included in this formulation. Taurine is an amino acid that can reduce hyperactivity and anxiety. Many people feel they sleep better when they increase their magnesium levels. No wonder it can help people with ADHD.

This special magnesium has a great taste. This is an important consideration in products for children. If your kid refused to take it, it can't help them right?

It is well absorbed. This means that it is highly effective and has minimal side effects. Poorly absorbed or heavy forms of magnesium don't get into cells to provide benefits and can irritate the gut lining causing diarrhoea.

This product is one of my main recommendations to improve your child's behaviour, concentration, sleep, and anxiety.

Remember to also get a good quality fish oil to really nourish the brain of your little one.

Come and have a chat to our team at Unichem Torbay Pharmacy to see if our "practitioner-only" magnesium is right for your child. If so, we can dispense it for you.



Martin Harris

Browns Bay Presbyterian church bounces back!

On Saturday 20th April Browns Bay Presbyterian Church reopened following extensive damage to the building in the weather event last year when it was completely flooded out. They has up to 900 millilitres flood the building causing massive damage to everything within.

The church has been on the site since 1965 with additions in the early 90's and 2005. While the work was being carried out, they were able to use the hall.

Many decisions had to be made about the future of the building, pull down and rebuild or redesign withing the current floor plan.

The decision was made to future proof it against flooding, using the current floor plan. The opportunity to modernise the ceilings means that the church is light and airy and frankly beautiful.

Origin Builders did the work with many additional hours of work by parish volunteers.

Rev Robin Palmer, who has been the minister at Browns Bay Presbyterian Church for 14 years now, welcomed people to celebrate the reopening of the Church.

Photos by Bill Ellis



*Above: Reopening service
Right: Before flood*



After reburishment




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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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1 page 29.7 cms x 21 cms \$495+gst

We offer a free design service.

Please contact Carole on 473 3259 or email

editor@focusoncommunity.co.nz

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

editor's letter

After the clocks went back one hour the evenings are now starting to feel much longer. There is also a nip in the air early mornings and in the evenings as we say goodbye to another summer.

I love summer. It is my favourite season as I love being warm and hate being cold.

I suppose that is why I chose one of my soup recipes for this month, certainly soup always makes me feel warm. It is an unusual one, cream of lettuce, but is light and delicious.

The wonderful thing about soup is you can make it out of anything. A quick look through the fridge and spotting some "tired" looking veggies quickly transformed into a pot of soup.

One of my children always told people I could even make soup out of used tea bags!! (not true).

Over the last couple of months, I have had a few readers either phone or email me about some of the recipes. The biscuit one in March seemed to be popular.

I feel great pleasure when others enjoy making the things I like to make.

In May we celebrate Mother's Day. If you are looking for some way to treat Mum I recommend the Mother's Day concert, which is on the Saturday night before mother's day. Details are on page 6. I have been to several of these brass band concerts, and they are a real treat.

For many, Mother's day is a day spent apart. Sometimes children have moved to different continents or elsewhere in NZ. Sometimes there has been a difficulty between mother and children that has shut down channels of communication. Whatever the situation is a phone call could make all the difference. Sadly my Mum died seven years ago so I can no longer tell her what a great Mum she was, but if your Mum is still around then tell her what she means to you.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Rotary Browns Bay

The National Science and Technology Forum is one of Rotary's flagship events. Held annually for 35 years, its aim is to grow more science graduates from New Zealand.

168 Year 12 students from all over the country, selected by their school's Head of Science, gather in Auckland every January for a fully-immersive two-week programme where they develop an insight into the broad range of science, maths and technology courses available as well as career opportunities in these fields.

Rotary Browns Bay works with Long Bay College to provide this opportunity to two outstanding young people who will benefit from this experience.

This year's candidates, Cici and Maite, visited Rotary to talk about their time at the Forum, their plans for the future and share some insights into the world of science. The future of New Zealand is in good hands with young women like this poised to take on leadership roles and we were mightily impressed.

Rotary has a strong commitment to young people and our programmes change lives.

This month our Youth Leadership Programme takes place at Muriwai and for the past few years we have provided a young person from MERC in Long Bay the opportunity to participate in this life-changing experience. We look forward to hearing back from Sydney on her return.

Rotary Browns Bay meets on the first and third Tuesdays of



the month at the Bays Club for breakfast, If you would like to visit us you can be assured of a warm welcome. We are a diverse group of thirty people who come together 'to do good in the world'.

Contact Ian Clouston on 027 494 7531 for more information or go to www.rotarybrownsbay.org.nz

Browns Bay Racquets Club

Situated in the Freyberg Park which is in the heart of Browns Bay, we are able with our great facilities to offer fun, fitness and friendship whatever your level in a great environment. The Club boasts 8 tennis courts and 4 squash courts, a pro-shop, a bar which includes tap beer. During the January 2023 flood the club suffered considerable damage. We now have brand new squash courts, tennis courts and changing rooms.



The club caters for social only players by holding squash and tennis social events. These include social tennis on Sunday afternoons, mid-week social tennis on Wednesday mornings, business house on Thursday nights, Drills and Drinks on Friday evenings.

For the squash players, Club night takes place every Thursday throughout the year from 7pm. This is a great chance for you to meet other members, get a feel for the club, have a drink in the bar and meet others with whom you might arrange a game. Women's Club Night on Fridays from 7-9pm.

We hold some very popular Team Challenge events. This popular event is held every Tuesday from 6.30pm.

For the more competitive players, the club has a strong contingent of members taking part in interclub for both tennis and squash competitions. We have interclub teams to cater from near beginners to the top grades, e.g. Chelsea Cup.

We have about 150 junior members starting from 5 years old. Junior club days for tennis and squash are held on Friday afternoons, after school. Our coaching team work on their development and ensure they have a lot of fun. This service is included in the junior membership fee.

We have excellent coaches and programmes for both squash and tennis.

Head Tennis coach Elliot Le Petit and his coaches provide excellent development programmes for our juniors. They offer squad sessions where kids develop their technique and skills as well as have fun, and private coaching. Squash coaches Jarrod van Driel and Sion Wiggin offer the same for our junior squash players.

Contact Manager Phil Briars for more details.

Office Hours: Monday to Thursday: 10am to 3pm, Thursday 7-10pm, Friday: 10am to midday, 4-7pm

<https://clubspark.kiwi/Brownsbayracquetsclub>



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Wendy's update

The Auckland housing market is increasingly optimistic – March property sales moved past 1000 for the first time in two years reflecting growing buyer confidence in the market's stability and potential for growth.

New listings continue to reach the market at strong levels in Torbay and Waiake – pre-approved buyers and investors are active!

If you are thinking of selling I am available to offer a thorough market analysis on your home and answer your questions to maximize your sale. Just scan the QR code or give me a call direct on 021 772070.

Kind regards, Wendy

Torbay/Waiake March 2024

 PROPERTIES FOR SALE	87	 PROPERTIES SOLD	21
 LOWEST VALUE SALE	\$950,000	 HIGHEST VALUE SALE	\$1,700,000

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Music For Our Mothers

North Shore Brass and Academy Band

Special guest – Grayson Masefield
– world champion accordionist

Saturday 11 May 7.30 pm

North Harbour Lounge – Level 1
at North Harbour Stadium Albany

Book at www.eventfinda.co.nz
owen@mortgagesupply.co.nz

Ph 0212810405

The annual cabaret concert by North Shore Brass celebrating mothers this year features a world champion.

Grayson Masefield is a world champion piano accordionist being the first person in the world to win world championships in all three categories of classical, virtuoso, and digital accordion categories.

Grayson originates from a family of accordion players, and for three



generations, they have been importing accordions based on the North Shore.

Grayson has toured the world adjudicating and performing at festivals – most recently this year already - Sweden, Denmark, and China. In addition, he founded Aotango a

quintet of professional musicians who regularly appear in New Zealand.

This cabaret concert promises music from around the world to celebrate our mothers from our two brass bands as well as Accordionist Grayson Masefield accompanied by North Shore Brass under Harmen Vanhoorne.

Opening the concert will be the up-and-coming North Shore Brass Academy Band under Billy Middleton.

This concert is cabaret style with guests seated at tables of eight with a bar and food options available at the venue.

Book at www.eventfinda.co.nz
A booking fee applies.

Tables of Eight \$275

Adults \$35

Seniors /students \$30



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
Use a favourite photograph to create a
stunning gift (last date for orders 30 April)

Torbay Historical Society Inc.

The Vaughan Homestead was opened August 1996 after restoration by our Society. At the opening Lane Smytheman was one of the speakers and this is part of his speech, telling us about his family's associations with the Vaughans.

'My Grandfather, Thomas Smytheman first made contact with George Vaughan about 90 years ago through a business connection...George and Thomas became good friends and in January 1910 the Smytheman family was invited to stay at the old farmhouse in the middle of the bay. My grandparents arrived in the

steamer 'Orewa' which was anchored off the beach, and they were met by Bert and Frank who rowed them ashore (The family stayed for 6 weeks over the Christmas). Thomas and Fred went back to work each day for the last 3 weeks walking to Milford, catching a horse bus to Bayswater, then by ferry to Auckland – there and back.'

Lane played a big part in the restoration of the Vaughan Homestead and was instrumental in constructing the windmill which is now on the property.

You can read more about these two families in our book 'and then came the bridge'



The AGM of the Torbay Historical Society will be on Saturday 18th. May 2pm at the Vaughan Homestead.

Please phone us, send an email or check our website before 11th. May to let us know if you want to come

We always welcome new members and helpers to keep the Homestead and the grounds in good condition.

We will not be having regular openings of the Vaughan Homestead during the winter. However, if you want to come or wish to hire the venue please phone us, or contact us via the website, and we will make arrangements to help you.



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

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stunning gift (\$30)

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Cream of lettuce soup

I have been making this soup for over 30 years. A great way to use up lettuce if you find yourself with too many. It is a delicate flavour and when asked to guess most people think it is asparagus!

Ingredients

1 large lettuce roughly chopped

½ onion, roughly chopped

2 pints chicken stock

Salt and pepper to taste

1 cup cream

1 potato (or you can use flaked dried potato at the end to thicken)

Method

Fry the onion until soft.

Fry the lettuce until all wilted and dark coloured.



Add stock and seasoning with chopped up potato. Gently simmer until potato is soft.

Blitz in a food processor with cream.

Serve in bowls with a sprig of parsley.

Any remaining can be kept for three days to enjoy again.

Following the shocking attack in Browns Bay last month here is some information on domestic violence

Family harm is a high priority for Police and reducing the number and impact of family harm episodes is a key Police strategy.

Police take every opportunity to prevent harm and reduce offending and victimisation. Police is committed to a prompt, effective and nationally consistent approach to family harm episodes in collaboration with other agencies/iwi and with community partners.

Family violence can be physical, sexual or psychological. It is not a private matter, it is a crime.

Preventing and effectively responding to family violence is one of the greatest opportunities to improve the wellbeing and safety of our communities, and we all have a role to play.

Remember, in an emergency call 111. Your call could save a life.

Signs that someone is being harmed by a member of their family include:

- Controlling behaviour
- Intimidation
- Threats to kill
- Strangulation and choking
- Physical or sexual violence
- Jealousy or possessiveness
- Stalking.

Children living in homes where family



violence is present may:

- Be fearful
- Be silent and withdrawn
- Be aggressive
- Be unusually well-behaved
- Show signs of violence or bruising
- Suddenly change behaviour
- Often be absent from school.

People experiencing family violence may be:

- Fearful or nervous
- Isolated or reclusive
- Sad or angry
- Lacking in confidence
- Keeping secrets
- Worried about a love one's reaction

If you suspect someone close to you is a

victim of family violence, it's okay to get involved – you could save a life. You could ask them:

- Are you OK?
- Is someone hurting you?
- Is there anything I can do?

Other tips include:

- Always call Police if you think someone is in danger
- Talk about having a safety plan
- Listen and take what they are saying seriously
- Don't tell them what to do – let them make their own decisions, however long it may take
- Give support, not advice.

Further information and support

If you are a victim of family violence or in a relationship that makes you fearful about your own or anyone else's safety, seek help as soon as possible. You have the right to be safe.



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Are you on the market but haven't sold? Or are you thinking of making your next move?

Listing with the RIGHT agent makes all the difference. I was honoured to showcase this property to the market with over 150 people viewing it in 2 weeks. SOLD - under the hammer and over reserve. If you are thinking of selling contact me for a confidential chat and a coffee. I Look forward to being of service.



Michele Bensley
 021 270 7410
 m.bensley@barfoot.co.nz

barfoot.co.nz/864904

We all depend on the survival of bees

National bee day 20 May

Three out of four crops across the globe producing fruits, or seeds for use as human food depend, at least in part, on bees and other pollinators.



Bees and other pollinators are increasingly under threat from human activities.

Pollination is a fundamental process for the survival of our ecosystems. Nearly 90% of the world's wild flowering plant species depend, entirely, or at least in part, on animal pollination, along with more than 75% of the world's food crops and 35% of global agricultural land.

To raise awareness of the importance of pollinators the UN designated 20 May as World Bee Day.

The goal is to strengthen measures aimed at protecting bees and other pollinators, which would significantly contribute to solving problems related to the global food supply and eliminate hunger in developing countries.

We all depend on pollinators, and it is crucial to monitor their decline.

Monthly Quiz

Answers Page 30

info@brownsbayrotary.co.nz



1. Where does the emergency call 'Mayday' come from
2. Osama bin Laden was killed by US special forces on May 2 2011; where
3. On May 5 1961 Alan Shepard became the first American in space; 23 days after whom
4. May 5 is a national holiday in Mexico; what is it called in Spanish
5. On May 6 1937 there was a huge disaster in New Jersey, USA. What happened
6. The smallpox vaccination was developed on May 14 1796 by whom
7. On May 14 1907 Dr Fredric Truby King formed the 'Society for the Promotion of the Health of Women and Children'. What do we know this organisation by today
8. On 29 May 1953 Sir Edmund Hillary and Sherpa Tensing Norgay became the first people to summit Mt Everest. What does 'Sherpa' mean
9. The Auckland Harbour Bridge opened on May 30 1959. When did we stop paying tolls to cross it
10. 'The First of May' was a hit song for the Bee Gees. How many of the Bee Gees are still alive

Torbay Friendship Group

Hello everyone out there and welcome to the change in seasons. Time to pull out your winter woollies and join us for a lovely warm cuppa and biscuits.

Just a reminder, we meet every 2nd Thursday of a month at 10am in the Torbay Community Hall

It also that time of the year to pay your annual subscription and appeal to members to subs in by the end of May. Fees are minimal, and barely cover our expenses needed to run the Club efficiently. Some of these expense are Affiliation fees to FNZI, Hall hire, Speaker Vouchers (from time to time), tea, coffee and eats at the meetings, subsidies for the two lunches during the year etc. etc

The excursion to Daikoku was a huge success, with an act from the chef (as usual at a Japanese restaurant) and the planned fire which took some by surprise. All in a day's work for the chef and plenty of entertainment for our members.

Our next excursion/ outing is to Bridgeway for lunch and a movie.

Our coffee mornings are becoming popular with a great turn out at Kings Plant barn, Silverdale. If you haven't been, you should try it. The cafe is surrounded by beautiful plants and flowers and takes one into another world for a couple of hours and, leaving one refreshed and ready to tackle the world.

Remember, next meeting on 9th May, we look forward to meeting you. Come along and see if you enjoy, we really are a friendly bunch.



Did you know?

The origin of Mayday! Mayday! Mayday!

Mayday is the word used around the world to make a distress call via radio communications. Mayday signals a life-threatening emergency, usually on a ship or a plane, although it may be used in a variety of other situations.

Mayday got its start as an international distress call in 1923. It was made official in 1948. It was the idea of Frederick Mockford, who was a senior radio officer at Croydon Airport in London. He came up with the idea for "mayday" because it sounded like the French word m'aider, which means "help me."



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Foxyxy gives back to the community

We hosted our special lady's afternoon on Sunday 7th April in the salon it was a great success.

This was a free event to thank our clients the Torbay community and meet new ladies. The afternoon was everything hair related, goodie bags, free raffles, speakers, demonstrations, consultations and bubbles with nibbles.

It was a fun filled couple of hours helping local ladies understand their hair better and educating them on how to look after their hair to get that just left the salon look at home.

We had a specialist talking about the tricky subject of hair loss in women and giving advice on that difficult subject.



At Foxyxy we have always given back to our community.

The Foxyxy team are not your usual rent a chair stylists we are a collective and work closely together, supporting each other. This makes for a very happy relaxed atmosphere in which clients can move between stylists and the salon freely. This is a different concept to most salons where the stylists stay in their own lane, as such we are known for our fun, friendly and professional environment.

Hon. Erica Stanford MP for East Coast Bays

Sign my petition to save North Harbour Stadium

For all the details, go to my website:

www.SaveOurStadium.co.nz

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📍 1/8 Beach Front Lane, Browns Bay



Our talented Young People

In 2010 Jacqué Mandeno saw a need for drama classes in the Torbay community. She approached Torbay Theatre and they enthusiastically agreed.

Jacque was clear at the beginning that the children should enjoy the experience of performing at the end of each term. To begin with there was one performance for all ages. The school has grown, and we now have two shows at the end of each term, one showcasing the Junior children and the other giving the Seniors a chance to explore more sophisticated material.

While it is great to give children a chance to perform, Jacque believes that theatre teaches so much more. Theatre cultivates memory, imagination, creativity, expressiveness, and empathy. And it teaches confidence, self-discipline, responsibility, and teamwork.

Speaking of teamwork, the Seniors also get the chance to take responsibility for the running of the Love Drama shows. Here they learn the specific skills of organising set changes, props, and the entrances and exits of the cast.

It is an introduction to project management!

The backstage team for the April Love Drama performances – Sophie, Ella, Wilbur, Liam (Chloe absent)

Some comments from the team.

Wilbur: "I love to help with lights and backstage and meet



Frog and toad solving a problem.



The Macbethsplotting murder



Macbeth off to Hawaii with the Witches

new people along the way."

Chloe: "I love taking part backstage, it is amazing to get behind the scenes and see how everyone works together".

Ella: "I feel a sense of accomplishment when everything goes to plan. I am lucky to have such amazing people that help me get more experience for future shows."

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



Supporting **Breast Cancer Cure** this **Mother's Day**

Sunday 12th May | 10am - 11am

Bring Mum down to Waiake Beach for a **FREE** ice cream or coffee from the Cooper & Co Van. Proceeds from purchases for the rest of the family to be donated to Breast Cancer Cure!



Prizes to be won!



Ray Qu

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Long Bay Branch 2023*



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RURAL AND LIFESTYLE

*Year ending 31 March 2023

Torbay Garden Club

Plant of the month was the vireya, with a range of different sizes and colours on display. The cheerful vireya shrub is a smaller relative of the rhododendron which originated in parts of Asia and the Himalayas.

Other exhibits included fruit, a variety of specimen blooms, vegetables and the decorative section which expressed the theme of "Easter Treasures".

Guest Speaker was our Judge, horticulturalist Graham Milne, who gave a visual presentation of the 65th and final annual Capitola Begonia Festival in California in 2017. The begonia has become an iconic emblem and at this festival was named the State's official flower. Begonias are also cultivated at the 35-acre "Brown Bulb Ranch" where, on their open day, the public could pick as many blooms as they wished. These were then used to decorate floats which paraded down Soquel Creek, dammed to form a lagoon for the occasion at Capitola Bay where people gathered on the stream banks to cheer on their favourite float.

Graham also spoke on the care of tuberous begonias which need free-draining potting mix, good light, but not direct sun. He removes all flowers at the end of March and applies 1 teaspoon of potash which then feeds the tuber as it dies down. Stop watering in April, and when all foliage disappears around the end of May, remove the tubers from the pot and store them in a cool dark place. In September, when pink growth appears, replant 1cm deep in new potting mix and water well.



Photos by Bill Ellis

In the Garden

This is the time for an autumn tidy-up and fallen leaves can be a useful source of garden mulch. It's also the last month for planting spring bulbs. Citrus and new season roses will be available and can be planted early in clay soils prepared with dolomite and gypsum. Give deciduous fruit trees a spray with lime sulphur after their leaves fall. Protect emerging orchid flower spikes with a sprinkling of snail pellets. Harvest late season fruit and vegetables. Prepare soil now for asparagus and rhubarb planting in mid-winter. Both plants like similar conditions and are heavy feeders. Add lashings of compost and manure. Prune berry canes once fruiting has ceased. Keep canes that formed over summer for the following fruiting season.

Build financial freedom

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Case study

RayWhite

SOLD



106 Braemar Road, Castor Bay

3 🚗 2 🚗 2 🚗

Property Features

- 908m2 approx of freehold land
- Great entertainers kitchen
- Zoned for Double Westlake and Campbells Bay primary

Sale date: Feb 2024

Method of sale: Auction

Quick Stats

Days on market	Viewings	Registered bidders
21	60	2

Campaign Report

- Sold in 3 weeks at Auction
- Sold \$100K over CV

SOLD



204/585 Beach Road, Rothesay Bay

3 🚗 3 🚗 2 🚗

Property Features

- Designer kitchen + scullery featuring Gaggenau appliances
- Large media room
- Spectacular views

Sale date: March 2024

Method of sale: Deadline Sale

Quick Stats

Days on market	Viewings	Offers
28	5	2

Campaign Report

- Unsold by previous agencies after 3 years
- Sold by us in 3 weeks
- Sold by Multi-Offer

RayWhite
MAIRANGI BAY

CR Group Limited (Licensed REA 2008)

Thérèse Leslie | 021 022 66192

Jiang Kou | 021 087 93257

www.rwmairangibay.co.nz

The RayWhite logo is positioned in the top right corner of the advertisement. It consists of the brand name "RayWhite" in a bold, black, sans-serif font, set against a bright yellow rectangular background.

Experience The Expertise

Thérèse and Jiang are multi award winning local property experts. If you are looking to sell, buy or maybe just review your property plans they would be happy to help. Give them a call.

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Thérèse Leslie
therese.leslie@raywhite.com
021 022 66192

PREMIER
MEMBER 23-24

Jiang Kou 寇江
jiang.kou@raywhite.com
021 087 93257

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CR Group Limited (Licensed REA 2008)

ALAN WHITE
ELITE
PERFORMER 22-23



News from East Coast Bays Library

May 2024 is a busy month at the library where we showcase digital tech, cooking and nutrition, spoken word poetry and sustainable living.

17 May 10.30- 11.30am a special cooking demonstration and information session '**Nutrition and cooking for one** (or two). A cooking demonstration and recipe swap aimed at our older community, spaces are limited so please sign up next time you are in the library.

20-25 May **Youth Week** – join the team for fun Youth Week activities including Craft, VR gaming, Spoken word poetry and Board games. See your friendly librarians for more information and bookings.

20-25 May Tech Week see's the repeat of our ever popular '**Intro to iPhones**' Wed 22nd May 10.30am - 12pm; and '**Intro to Android Smartphones**' Thurs 23rd May 10.30am - 12pm. Bookings are requested at <https://humanitix.com/nz> or ask a friendly librarian next time you are in the library.

Saturday 25th May – a not to be missed experience Instagram Influencer and TEDx speaker Kate Hall aka Ethically Kate <https://ethicallykate.com/> is presenting a one-off special event from 10am – 2pm on '**How to live a more Sustainable Life**'. As an educator, writer and content creator Kate advocates for living and decision making which respects and protects people and the planet. Booking are essential.

East Coast Bays Library 8 Bute Road, Browns Bay, Auckland 0630

Visit our website: www.aucklandlibraries.govt.nz

Book review

Little Seahorse and the Big Question by Freddy McConnell
(reviewed by Librarian Stephanie)

This lovely picture book will take you and your tamariki in the depths of the ocean, where a seahorse dad lives with his little seahorse son. One evening the little seahorse asks his dad an apparently big question: what do we need? You will find out the answers, that are simple after all, through the pages of this book which are beautifully illustrated. Inspired by the author's own true story, this is a heartwarming book and a great representation of all families, no matter the circumstances.



Long Bay Business Directory

Cafes and Restaurants

A'ruma Exciting Malaysian food
Te Oneroa Rd 09 600 3388

Domino Pizza
55a Ridge Rd 09 9544 939

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

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

Long Bay Surf Club
Dine in, Take away or delivery service.
56 Bounty Rd 09 473 0908

Sony Bakery Everything made fresh daily.
83 Te Oneroa Rd 09 218 5056

Sushi and Don www.marusushinz.com
88 Te Oneroa Rd 09 218 7483

Clothing

Uniform Shop
Uniforms for Long Bay College.
Village Centre 027 303 8087

Hair Care

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

Health and Beauty

Bloom For beauty and wellness
55a Glenvar Ridge Rd 021 217 4047

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

Jets Gym Open 24 hours
89 Te Oneroa Way 027 298 6568

Long Bay Medical Centre
For all health care needs
55a Glenvar Ridge Rd 09 473 0063

Long Bay Nails and Beauty
Nail & waxing salon
Village Centre 09 218 9027

Unichem Long Bay Pharmacy
Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

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

Real Estate

Barfoot & Thompson www.barfoot.co.nz
For real estate professions.
Village Centre Sales 09 473 0712
Rental 09 473 0472

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

Harcourts For community living
mingliu.co.nz 027 519 6826

Supermarket

NewWorld
Delivery and click and collect available
Village Centre 09 869 4577

Wine Shop

Liquorland
Large range of wines, spirits and beers
7/88 Te Oneroa Rd 09 473 0065

Easter Colouring Competition 2024

Ming and team had a very creative Easter this year which included a colouring competition for our local children.

There were 3 different age categories in which the children could enter and prizes for everyone who took part.

We had a great turn out with 34 entries in total. We had a gold bunny waiting for each child when they collected their laminated entry and for the winning artists in our 3 age groups, there were gift bags filled with a note book, drink bottle and pencil from Smuggle.

Congratulations to our winners as below:

Harper

Josh

Sam

You can clearly see that there was a lot of time and effort spent and it was such a pleasure to see all of the colourful entries.

Keep an eye out for the next Team Ming activity, you know it will be fun!



All the entries



Ella



Harper with sister Indie



Josh

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Celebrating Culture and Connection in Long Bay

The Long Bay Residents' Association put on a great event in mid-March (check our web site for details) with the idea of bringing the community together to eat and share food with each other's cultures. This was an excellent opportunity to make new connections and try something different! We had a variety of flavours from Malaysia, the Netherlands, England, South Africa, and others, including the obligatory NZ sausages on the BBQ.

There was also a Jenga competition which was a lot of fun, with random competitors facing off, combining young and not so young to bring out a touch of competitive spirit. Prizes were kindly donated by the Long Bay Surf Club.



Long Bay residents enjoying the Jenga competition:



Members of Long Bay Residents' Association Board - Community Clean Up:



Jenga Winners:



Long Bay Village square:

Earlier in the day the residents also got together for the Long Bay Community Clean Up event which runs once a quarter. Another great way to make new connections and help keep the streets and rain gardens clean and tidy. The next clean up event is June 15th at 9.30am.

"It is fantastic to see the variety of cultural food - a celebration of the diversity in our community," remarked Gareth Roberts (Chairperson for the Long Bay Residents' Association).

To make these kinds of events possible, please donate via our website at <https://longbay.nz>. Long Bay Resident's can also join the Association via the 'Join Now!' link at longbay.nz.



What's on at Albany Library in May

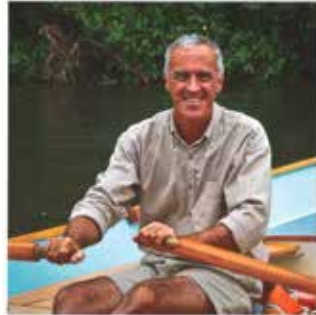
As we move into the colder months we are running a Winter Wellness Series of 3 FREE 'Breathtaking' Optimal Breathing Workshops with Breathwork Coach Jefferson Chapple.

Are you interested in the role breathing plays in keeping you alive, well and happy? There are skills you can learn to optimize this essential human function.

Optimal Breathing

Sunday 5 May, 11:00-12:00

Learn 2 simple exercises to optimize your breathing to improve health and wellbeing.



Time is not Toxic

Sunday 12 May, 11:00-12:00

In this session we explore healthy ageing and longevity.

Anatomy of an Upset

Sunday 19 May, 11:00-12:00

Understanding human upset and drama. We will learn a process to bypass upset and restore harmony.

May is Music Month.

We will be screening From the Pit which is Aotearoa New Zealand's longest running music photography exhibition.

Throughout the month of May we will offer introductory ukulele sessions.



Check with the Albany Village Library for dates & times.

Saturday morning storytimes are now bilingual & often include interactive music & video to gently introduce children to a range of languages in our community, including French, Chinese & te reo Māori.

If you are learning te reo Māori or wanting to maintain your language skills, we have a very positive, friendly & supportive Kōrero Mai te reo Māori conversation group that meet each Sunday morning 10:00-11:00 over a free tea & coffee. We have a range of resources you are able to borrow to support your te reo journey.

All ages are welcome.

Our weekly Sunday afternoon Chess Club is proving to be very popular with children, teens and families.

Everyone is welcome to come along and enjoy a game. Sunday afternoons 2:00-3:00.

We hope you come to visit us in our friendly library next to Kell Park. At the weekends you can park in the Massey University car park behind the library.

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

Visit our website: aucklandlibraries.govt.nz



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Craig Zhu

021 800 280

c.zhu2@barfoot.co.nz

Torbay 09 473 9190



Karin de Leeuw

027 270 2700 / 09 473 7832

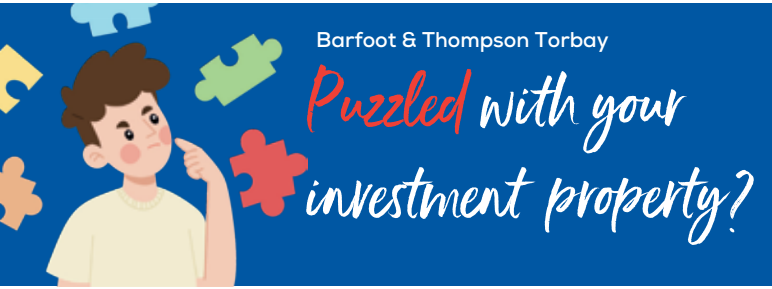
k.deleeuw@barfoot.co.nz

Long Bay 09 473 0712



Quizzes

sponsored by



VEGETABLES

S P R R W O R R A M G E E C
 O E B E E T R O O T R O A B
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 I S K U M A R A P M E C Z A
 I B A R L H O K U C N A U U
 C B O P S Q U A S H B B C H
 A O M O O R H S U M E B C E
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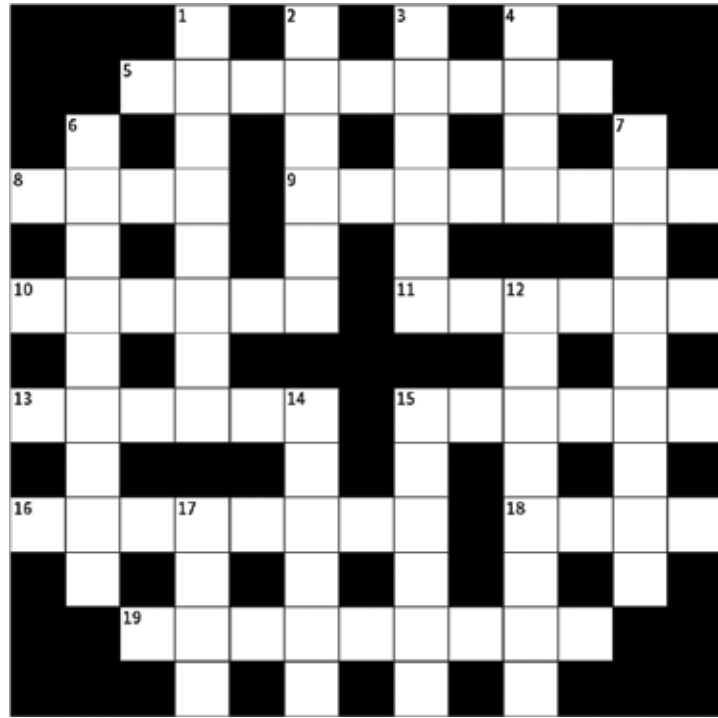
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| PARSNIP | ONION | MARROW |
| MUSHROOM | SPINACH | CAPSICUM |
| KUMARA | LEEK | CABBAGE |
| KOHLRABI | ASPARAGUS | TURNIP |
| GREENBEANS | ZUCCHINI | PUMPKIN |
| OKRA | BEETROOT | SQUASH |
| CARROT | BOKCHOY | |
| POTATO | PEAS | |

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

COMMUNITY

30 good, 35 very good, 40+ excellent

CROSSWORD



Across

- 5 Historic railway control centre (6,3)
- 8 Floating platform (4)
- 9 Spend more than you earn (2,3,3)
- 10 Fight, scuffle (6)
- 11 Elaborately decorated (6)
- 13 Abrupt bend in the road (6)
- 15 Julius Caesar's countrymen? (6)
- 16 Intense (8)
- 18 Polio vaccine developer (4)
- 19 New Zealand rugby team (3,6)

Down

- 1 Coastal (8)
- 2 Messy (6)
- 3 Extremely drunk (8)
- 4 Part of the ear (4)
- 6 Dinner, bed and breakfast (4,5)
- 7 Four-sided polygon (9)
- 12 Having the same name as another (8)
- 14 Covered with dirt, grimy (6)
- 15 Spreading out from central point (6)
- 17 Persons (4)

SUDOKU

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



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Chanelle Fenton

Head of Property Management Torbay Branch



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As your all-in-one resource for air conditioning, heating, and ventilation, we ensure your comfort is a priority in any season.

HEAT PUMP MAINTENANCE & SERVICE

Cars, planes, even people all run better and last longer if they're looked after, your heat pump is no different.

Heat pumps are just an appliance, aren't they? Why bother to get them maintained?

Here's the main reasons we recommend having your heat pump regularly maintained by Air Mc.

REDUCE RUNNING COSTS

Heat pumps work by blowing air, the air they suck in contains dust for the indoor unit and leaves, grass, bugs, feathers etc on the outdoor unit. These things block up the filter and heat exchanger fins which reduces the air flow. The more airflow restriction the more your power bill goes up.

YOUR HEALTH

Heat pumps are a warm, damp environment, perfect for growing all sorts of nasties like mould and bacteria which are then blown around your room every time the heat pump is turned on. Regular maintenance can prevent mould and bacteria from getting a foot hold and will remove any deposits that have started. This is especially important for family members who may have respiratory issues.

EXTEND THE SYSTEM'S LIFE

A dirty heat pump has to work harder to do its thing putting strain on moving parts and overheating electrical components – Keeping it clean keeps it running happily Leaves, dirt and debris can accumulate on, in and around your heat pump causing the steel panels and chassis to corrode – keeping the panels clean and the chassis clear of debris gives the unit its best chance of resisting rust

RELIABILITY

Struggling heat pumps tend to break down when the going gets tough, right when you need them the most in the height of summer or the depths of winter. Keeping your unit well maintained keeps the strain off it and helps us identify issues before they arise.

As the long, sunny days of summer have given way to the cozy charm of Autumn, the shorter days and cool breezes have started to creep in. There's something special about cuddling up indoors when the temperature drops, right?

Our friendly team has got you covered! We're here and ready to help you keep the chill at bay. Reach out to us for your complimentary heat pump quote, so we can ensure your nights stay toasty and snug.

May Offer for Focus Customers

Book your heat pump maintenance during May and get our special autumn offer – 20% off \$150 including GST for x1 Heat Pump maintenance

Mention **FOCUS20** when you contact our team

Contact one of our friendly team at Air Mc today

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admin@airmc.co.nz

www.airmc.co.nz

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BREAST CANCER AND RISK REDUCTION!*

Get active, watch your weight and cut back on alcohol to reduce your risk of breast cancer.

- In New Zealand, breast cancer is the most common female cancer with around 3000 new cases expected this year. Also approximately 25 men will be diagnosed. There are more than 650 deaths from breast cancer each year and one in nine New Zealand women have a risk of being diagnosed at some point in their lives.
- While some risk factors for breast cancer- e.g. being a woman, getting older and having a strong family history of the disease- are outside of their control, there are some simple lifestyle changes which women can make to reduce their risk. International studies have shown a relationship between a healthy lifestyle and a reduction in many cancers.

The three most important lifestyle choices women can make to reduce their breast cancer risk are:

Weight control

A number of research studies estimate that being physically inactive, and obese or overweight are factors that account for one in five breast cancer cases. For postmenopausal women who are overweight or obese (BMI >25) the risk of breast cancer is increased by 40% compared to lean women (BMI less than 21). To calculate your BMI (body mass index) go to www.heartfoundation.org.nz/wellbeing/bmi-calculator
Women should try to maintain a healthy body weight throughout life to reduce their risk.

Physical Activity

Regular physical activity appears to decrease post-menopausal breast cancer risk, mainly through weight control. One recent study on physical activity and breast cancer shows a 15-20% decreased risk for pre- and post-menopausal breast cancer combined. Aim to build up your exercise to at least 30 minutes 3-5 times a week. The more exercise you do the greater the benefits in lowering your risk.

International research studies show a relationship between a healthy lifestyle and a reduction in many cancers. A report from the World Cancer Research Fund (WCRF) made eight recommendations for cancer prevention.

The recommendations are designed to contribute to healthy dietary patterns, healthy ways of life and general wellbeing.

They are:

1. Body size – maintain a healthy body weight throughout life.
2. Physical activity – be physically active as part of everyday life (brisk walking for at least 30 minutes daily and limit inactive habits like watching television).
3. Food and drinks that promote weight gain – limit your intake of high calorie foods, avoid sugary drinks and consume fast foods sparingly.
4. Fruit and vegetables – eat mostly foods of plant origin such as non-starchy vegetables and fruits (at least five portions/servings daily).
5. Meat – limit your intake of red meat (beef, pork and lamb - no more than 300 gms per week) and avoid processed meat (meat preserved by smoking, curing, salting or chemicals).
6. Alcoholic drinks – limit alcoholic drinks to no more than two standard drinks a day for men and one standard drink a day for women.
7. Preservation, processing, preparation – limit your consumption of salt and avoid mouldy cereals (grains) or pulses (legumes).
8. Dietary supplements – aim to meet your nutritional needs through diet alone as dietary supplements are not recommended for cancer prevention. Make healthy lifestyle choices to reduce your breast cancer risk.

Limit Alcohol

Although not a popular message, even moderate alcohol consumption increases your risk of breast cancer. Several large research studies including the Million Women Study (2002) link alcohol intake (more than one standard drink a day) to an increased risk for breast cancer – approximately 7-10% for every additional drink. How does alcohol cause an increased risk? A key reason is alcohol interferes with oestrogen metabolism: oestrogen levels are increased. To reduce oestrogen levels and therefore your risk, alcohol free days are recommended. Make healthy lifestyle choices to reduce your breast cancer risk.

*Breast Cancer Foundation NZ

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

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

ADHD: Nourishing Your Brain

Why are there a lot more people with Attention Deficit Hyperactivity Disorder (ADHD) now than in previous decades? You would have to suspect that there is something in the modern environment that increases the risk of having ADHD. The change in nutrition is one such factor that I have investigated.

The most likely culprits in our diet are refined sugars and food additives (especially colourings). Its not always easy to cook meals from scratch using whole foods when we are busy. But if you can, it will be beneficial.

Key nutrient supplements I like to consider adding to a great diet to support brain health in people with ADHD are iron, magnesium and fish oils.

Iron:

If you are low in iron, then you are likely to find concentrating more difficult than usual. This happens in people with or without ADHD. So, it makes sense to get iron levels checked from time to time. Too much iron is bad for you so it pays to test your blood levels before supplementing.

Magnesium:

Studies of magnesium (usually combined with vitamin B6) have shown improvements in hyperactivity, aggressiveness, and attention in children with ADHD. These symptoms became worse when magnesium and B6 were stopped. Other studies have shown that the majority of children with ADHD

are deficient in magnesium. Makes sense to give your kids a magnesium boost.

I would thoroughly recommend magnesium at a dose of about 200mg/day for children with ADHD.

Fish Oils:

It makes sense that the brain as a fatty organ needs good fats to nourish it. A standard modern diet has low levels of omega-3 fatty acids and one beneficial omega-6 fatty acid (gamma linolenic acid). These essential fats are vital to nourish the brain. Studies have shown that supplementing with these fatty acids can provide benefits for learning and concentration. They can also reduce inflammation in the body.

I have seen artwork done by children before and after fish oil supplementation. The difference was truly remarkable.

The levels of the essential fatty acids in fish oil have been shown to be low in children with ADHD.

There are other nutrients that might be of benefit to people with ADHD. However, a good start would be to reduce refined sugars and food colourings in the diet, and supplement with magnesium and fish oils.

If you would like to discuss magnesium and fish oil supplements that are child friendly, then pop into Unichem Torbay Pharmacy and ask our team.

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- ▶ Address musculoskeletal imbalances
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Lynne Scott - 021 204 3280

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Author

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For more info, call Sharon on 0800 20 22 20, or visit arvida.co.nz/ariabay

3 – 7 Woodlands Crescent, Browns Bay

LIVE THE AGE YOU FEEL

 **ARVIDA
Aria Bay**

Mother's day

Mother's day is celebrated every second Sunday in May and so this year falls on May 12th.

While it has now become a commercial event, ask any florist what is the busiest day after Valentine's Day and she will tell you Mother's Day.

It is a day to remember our mothers, and to appreciate them for who they are.

Remember without your mother you wouldn't be walking around right now.

The word "to mother" means to care for your child.

We tend to always think that mothering is from people who have given birth to the child, but this is not always the case.

We raised seven children in our family, and they were a mixture of natural, adopted, and fostered children. They all received the same level of love and care.



I know of others who are grandparents raising grandchildren and they are mothered by their grandmother, and some are raised by aunts or other relatives.

The idea of celebrating motherhood started in the USA.

Anna Jarvis of Philadelphia, whose mother had organized women's groups to promote friendship and health, originated Mother's Day. On May 12, 1907, she held a memorial service at her late mother's church in Grafton, West Virginia. It snowballed from there.

During the Middle Ages, in the UK, the custom developed of allowing those who had moved away to be in service in the large houses needing servants, to visit their home parishes and their families on Laetare Sunday, the fourth Sunday of Lent. This was to celebrate mother church. This became Mothering Sunday, where it continued into modern times, although it has largely been replaced by Mother's Day.

In the UK Mother's day is still celebrated on the third Sunday before Easter and so is on a different date each year.

Double Twist- a sculpture by Gregor Kregar

Double Twist is a combination of two reflective stainless arch structures that measure 12 x 8 x 5 meters and 5 x 3.7 x 1.8 m. The larger arch is positioned in the Long Bay Village Plaza and the smaller arch is positioned diagonally across the



roundabout. The small arch is orientated on a perpendicular angle to the large arch. The two arches form a visual anchor that welcomes people to the Long Bay Village Plaza. The pair of arches creates a strong visual identity for the newly developed Long Bay Village and its Plaza. The sculptures are positioned in a way that invites visitors to walk through and around them.

The reflective skin of the structures mirrors and fragments the surrounding environment; altering perspectives and expanding views to create a fantastical kaleidoscopic mix of reflections. The structures appearance changes according to the time of the day, the light conditions and the season, allowing the work to continually respond to its surroundings.

The physical aspect of these works reflects the constantly changing visual nature of the site they occupy. These works reflect something different for every viewer and passerby; self-reflection, thoughts and memories all may be triggered, leading to unique and memorable experiences.

Time For A Legal Check Up?

Jean and Peter were in their early 80's and were still living in their family home. Many of their friends had moved into retirement villages, but they loved the home they had lived in for the last thirty years. Their home was owned by a family trust and had been in the trust for twenty years. They had set the trust up because everyone else seemed to be doing it at the time and they had thought if one of them needed to go into care, then the trust might protect their family home.



Jean and Peter were trustees together with their daughter, Olivia. When they first put the home into the trust, gift duty was still applicable. When gift duty was abolished in 2012, they had stopped gifting and were still owed money by the trust. They hadn't been to see their lawyer in years and their wills were the same ones they had done when they set up the trust twenty years earlier.

Jean had noticed that Peter had started to get quite forgetful, but she put it down to old age. It had started slowly, but when their daughter, Olivia, visited from the South Island, she said to Jean that she had really noticed how bad Peter had got. Olivia suggested that they take Peter to the GP for a check up. The GP tested Peter and said in her view he was already quite a way down the track with loss of capacity and referred them to a geriatrician.

Over the next few weeks Peter's health deteriorated rapidly and quite quickly it was apparent that Jean would not be able to look after him at home and that he would need to go into care. It

took some time to find an appropriate care facility for Peter, but fortunately Olivia came back up to Auckland to help. Olivia also helped Jean complete the residential care subsidy application in the hope that Peter would qualify for the subsidy. As well as the family home in the trust, Peter and Jean had a small amount of savings in their personal names on term deposit.

Jean was surprised to learn that Peter would not qualify for the subsidy, and that was simply because the family home was owned by a trust. If the family home was owned by them in their personal names, they would qualify for the subsidy as the family home is exempt if only one person goes into care. When the family home is in a trust, then WINZ treats that as being an investment that you have deprived yourself of. Fortunately, WINZ do allow you to restructure your affairs if you can qualify for the subsidy in a different way, and that is what Jean decided to do in this case. The trust was wound up and the family home distributed back to personal names and Peter qualified for the subsidy. This was a great relief for Jean.

The other hurdle was that Peter and Jean hadn't put in place enduring powers of attorney. The doctors said that Peter no longer had capacity to make decisions in relation to either his property or his personal care and welfare. This obviously meant that he was not able to sign powers of attorney to appoint someone to act on his behalf. Jean and Olivia had to make an application to the Court so that Olivia could be appointed as Peter's attorney. Unfortunately, the costs of making the application to the Court and the time involved were both on the high side. It was a stressful time and made Jean realise that it is important to go and get legal check up's with your lawyer in the same way that you go and get a health check up with your GP. She quickly put in place her own enduring powers of attorney which gave her some peace of mind.

It is important to regularly review your legal document status every five years or if there is a change in circumstances. This can include your will, enduring powers of attorney and trust documents if applicable. Ensuring your assets are appropriately structured and spending a little bit of money to make sure everything relevant is in place regularly, is far preferable than having to spend a lot when you don't have the right documents in place.



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



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

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 our Trusts and Wealth Protection Team for specialist asset structuring and planning advice.

Quiz Answers

- French for 'm'aider' ('help me')
- Pakistan
- Yuri Gagarin of Russia
- Cinco de Mayo
- The German airship Hindenburg burst into flames, killing 35 of the 97 people on board
- Edward Jenner
- The Plunket Society
- A member of a Tibetan people living on the slopes of the Himalayas in eastern Nepal.
- 31 March 1984
- One: Barry Gibb.

Puzzle Answers



Word Puzzle

city, coin, commit, con, cot, count, county, coy, cumin, cut, icon, icy, into, ion, mint, minty, mom, mount, mum, muon, mutiny, nit, not, nut, omit, otic, out, tic, tin, tiny, tom, tommy, ton, tonic, toy, tui, tummy, tun, tunic, unit, unity, unto, you, yum

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

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Tides

May 2024

(Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Wed 01			00:12	2.8m	06:27	0.8m	12:29	2.7m	18:41	0.7m
Thu 02			01:09	2.8m	07:26	0.8m	13:27	2.7m	19:43	0.8m
Fri 03			02:10	2.8m	08:27	0.7m	14:30	2.7m	20:50	0.8m
Sat 04			03:11	2.9m	09:28	0.7m	15:36	2.8m	21:56	0.7m
Sun 05			04:10	3.0m	10:27	0.5m	16:40	2.9m	22:56	0.6m
Mon 06			05:07	3.1m	11:24	0.4m	17:39	3.0m	23:52	0.5m
Tue 07			06:02	3.1m	12:18	0.3m	18:35	3.1m		
Wed 08	00:45	0.4m	06:55	3.2m	13:11	0.2m	19:27	3.2m		
Thu 09	01:36	0.4m	07:47	3.2m	14:01	0.2m	20:17	3.3m		
Fri 10	02:26	0.4m	08:39	3.1m	14:50	0.2m	21:05	3.2m		
Sat 11	03:16	0.5m	09:29	3.1m	15:37	0.3m	21:53	3.1m		
Sun 12	04:07	0.6m	10:19	2.9m	16:24	0.4m	22:42	3.0m		
Mon 13	04:58	0.7m	11:08	2.8m	17:11	0.6m	23:31	2.9m		
Tue 14	05:51	0.8m	11:57	2.7m	18:00	0.7m				
Wed 15			00:22	2.8m	06:45	0.9m	12:47	2.6m	18:52	0.8m
Thu 16			01:14	2.7m	07:39	0.9m	13:40	2.5m	19:49	0.9m
Fri 17			02:08	2.6m	08:33	0.9m	14:35	2.5m	20:48	1.0m
Sat 18			03:00	2.6m	09:24	0.9m	15:31	2.5m	21:45	1.0m
Sun 19			03:50	2.6m	10:14	0.9m	16:26	2.5m	22:36	0.9m
Mon 20			04:37	2.6m	11:00	0.8m	17:16	2.6m	23:22	0.9m
Tue 21			05:22	2.7m	11:44	0.8m	18:02	2.7m		
Wed 22	00:04	0.8m	06:05	2.7m	12:26	0.7m	18:45	2.8m		
Thu 23	00:45	0.8m	06:48	2.7m	13:07	0.6m	19:26	2.8m		
Fri 24	01:27	0.7m	07:31	2.8m	13:48	0.6m	20:06	2.9m		
Sat 25	02:09	0.7m	08:15	2.8m	14:30	0.5m	20:48	3.0m		
Sun 26	02:52	0.7m	09:00	2.8m	15:12	0.5m	21:31	3.0m		
Mon 27	03:39	0.7m	09:47	2.8m	15:56	0.5m	22:17	3.0m		
Tue 28	04:28	0.7m	10:35	2.8m	16:42	0.5m	23:06	3.0m		
Wed 29	05:20	0.7m	11:25	2.8m	17:32	0.6m	23:58	2.9m		
Thu 30	06:14	0.7m	12:17	2.8m	18:27	0.6m				
Fri 31			00:53	2.9m	07:11	0.6m	13:14	2.8m	19:28	0.7m

Times adjusted for Daylight Saving.

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