

# focus

Issue 27  
June 2024

on community

Long Bay, Okura & Torbay

## Spectacular skies at Waiake

*Photo: Chris Miller*



## Sporebiotics: Supporting your immune system

The first steps in supporting your immune system is to have a healthy gut microbiome and to reduce intestinal permeability. The gut microbiome acts as a surveillance agency, alerting the immune system to any infection. The microbiome can also directly attack infections by producing inflammasomes. Fun fact: the fitness of your immune system is dictated by your microbiome.

But wait, there is more. A healthy gut microbiome also signals the immune system when it's time to stop fighting and to start cleaning up. This is a very important step that goes wrong in auto-immune diseases like Lupus, diabetes, and rheumatoid arthritis.

### Opening Hours

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

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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.

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if you need help.**

The bottom line is that with a healthy gut microbiome you are less likely to get infections, and less likely to have auto-immune diseases.

Sporebiotics have been shown to improve the diversity of the microbiome, which is a key factor in many facets of health, but especially for the immune system. The research shows that the levels of keystone strains like Akkermansia and Faecalibacterium prausnitzii increase following the supplementation of sporebiotics. These keystone strains have been shown to provide protection against COVID. In fact, people who had good levels of these keystone strains had less severe infections.

### Total Gut Restoration Programme:

Sporebiotics are step one of our Total Gut Restoration programme. Step two incorporates prebiotics to help feed the microbiome. While step three involves the addition of polyphenols and immunoglobulins to nourish the cells and the mucous membranes that protect them.

Following this three-month programme can support and strengthen your immune system naturally. To really give your microbiome the best chance of flourishing, the Total Gut Restoration programme should be accompanied by a high fibre diet including a wide variety of vegetables.

Pop into Torbay Unichem Pharmacy to talk to our team about Sporebiotics and our Total Gut Restoration Programme.



Martin Harris

# Helicopter rescues an injured person at Pohutukawa Bay

It blew me away when I walked around the point north of Long Bay before Pohutukawa Bay on a Sunday recently about 5.00 P.M. to see an impressively coordinated rescue unfold in front of me. It involved The Westpac Rescue Helicopter, The St John Ambulance service, and the Royal New Zealand Coastguard. A woman had slipped on the rocks between Granny's Bay and Pohutukawa Bay and injured her head. I had my video camera, so was able to record the rescue.

Afterwards, I watched the video and thought about how I could use this to create a positive outcome for the unsung heroes who provide us with these fantastic rescue services, and also warn people how hazardous the rocky foreshore can be to reduce future injuries. I decided it's best to publicise this incident to highlight the risks. The rock slipping hazard is at its worst during the approaching wet season when mud slips down the cliffs and creates a slippery slurry over the rocks. I recommend that people keep to the inland coastal track especially when the sea is above half tide.

I want to encourage people to make a donation to help these great rescue services and the people who help us by giving them adequate money to do their job since they all rely on charitable contributions.



I'm requesting you to please give a donation through their websites to:

1. The Westpac Rescue Helicopter
2. The St John Ambulance service.
3. Royal New Zealand Coastguard.

One day it may be you or your loved ones life that depends on them!

The original video is on YouTube if you want to see it. Search keyword "Pohutukawa Bay rescue".

Best wishes to the injured person for a quick recovery.

**Roger Clifton**



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## Content of this magazine.

If you have any editorial ideas or unusual photos please send to [editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz)

### Cost of advertising.

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

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Please contact Carole on

473 3259 or email

[editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz)

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

## editor's letter

For many people last month, the highlight was seeing some of the amazing photos of the night sky.

We saw it as it had never been seen before, so congratulations to all those people who shared through facebook and other outlets their photos.

Page 11 has an article about it that may interest you to read.

As next year is the peak of the solar cycle, we could still continue to see activity, although not to the same intensity as we have seen, so we could still be able to be enthralled by our night sky.

June 1st is also" Say something nice day."

What a lovely idea.

We are so quick to say things that are not nice to people.

Wouldn't it confuse everyone if we went around all day complimenting each other?

The other thing is saying something

nice could change a person's day.

If they were low, it could lift them up.

There are some amazing photos this month of what Torbay looked like forty years ago.

I was amazed to see that there had been a caravan park, in what was then Concrete Rd, and is now Relko Place.

I imagined all the Aucklanders who had come to this caravan park for their annual holiday and enjoyed the lovely area that we call home.

The photos of the centre, Beach Rd, also look so different with a church and a garden centre, where the Medical Centre is now.

It is amazing how so much can change in a relatively short period of time.

**Carole McMinn,**  
**Editor**



[editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz) | 09 473 3259

# Children's Ark Early Childhood Centre

282 Glenvar Road  
(Long Bay Baptist Church)

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Renewable, recyclable, reusable, open-ended natural resources.

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- Experienced and stable staff team of fully qualified teachers
- Formular milk included (up to age 2 years)
- Eco Nappies included (up to age 3 years)
- Won a Zero Waste award, sustainability is important to us.
- All food included: breakfast before 8.00am, morning tea, afternoon tea, lunch and late snack. Our cook has a degree in nutrition who provides a healthy balanced diet for the children.
- Competitive fees structure:
  - ◊ We do not charge for public holidays
  - ◊ 4 weeks holiday per year (can be used if your child is sick)
  - ◊ We do not charge for our closed period over Christmas



Currently we have limited vacancies for 2 year olds and a small number for 3-5 year olds

More information on our website: [www.childrensark.co.nz](http://www.childrensark.co.nz)

# Pink Ribbon Morning Tea

Thrilled to share that Heart of the Bays, alongside Browns Bay Community English School, recently hosted a successful Pink Ribbon Day morning tea!

We had delicious food, an exciting raffle (congratulations to our winner, Si!), and most importantly, we raised over \$300 for a great cause.



A huge thanks to everyone who contributed and joined us for this meaningful event!

We're still collecting donations through May. You can drop money at the office.

Let's keep spreading love and support for a great cause.



## Top Salesperson Torbay Branch 2024\*



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### Wendy's update

The Auckland housing market is still moving forward since the low point in July last year. April's trading did not match March's result but was still a solid performance. With more properties on the market we are seeing both buyer and seller confidence in the market.

If you would like a copy of the local sales in Torbay/Waiake/Long Bay for the month of April please just let me know and I can forward it to you.

If you are thinking of selling, I am local and have worked consistently in our area for a number of years - I can apply my experience, knowledge and the insights to the different market trends to maximise your sale. Just scan the QR code for further details, or give me a call direct on 021 772070.

*Kind regards, Wendy*

### Torbay/Waiake *April 2024*



PROPERTIES FOR SALE

**90**



PROPERTIES SOLD

**15**



**\$880,000**

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**\$1,532,000**

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**Wendy Radcliffe**

**021 772 070**

w.radcliffe@barfoot.co.nz

# Making the desert flourish

## Torbay Friendship Club News

To begin with, thank you to all our visitors during the last few meetings. It has been such a blessing to meet you all and to share our friendship over a cuppa. Now here's an idea, if you enjoyed the morning why don't you bring a friend along next time, we have plenty of love and friendship to give. Or maybe you know a retired lady or gentleman who just needs a break from their daily chores.

Chantal Milner, a soil scientist, gave a very interesting talk on her business in Saudi Arabia where she was part of a group helping to establish the correct soil for the King Salman Park. This park is being built on an old airbase in the middle of the desert and as this area was covered in sea many years ago, the sand was salty. She and her colleagues were contracted to advise on how to bring the soil up to standard for this green park area to survive. One can imagine just how much soil had to be brought in to cover this enormous area of 4102 acres. The news of this park arrived in 2019 and will be completed in 2024. What an achievement – if you have access to a computer, have a look at it. I am sure it will amaze you to see this incredible area in the middle of the desert.

We are never short of something to do and fill our days with all the activities offered. There is something for everyone, Scrabble, Mohjang, Coffee mornings, Craft and Rummy. The



monthly excursion is always exciting.

Our midyear lunch is in July, and we have asked members to bring along something to put into hampers which will be drawn by lucky ticket number at the lunch. This is always a success.

Come on guys, get out your winter jackets and boots and join us at our next meeting on the 13 June 2024 (2nd Thursday of the month) at 10 am in the Torbay Community hall.

Should you wish to find out more about the Club please call either Delphine Pearson on 0220729813 or Noreen McArthur on 0272713524. We look forward to hearing from you.



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# The Long Bay Campers

Following on from last month we are telling a little more about Tommy Vaughan. Tommy never married but had a lot of visitors to his farm, which was the Eastern (beach) side. After his death in 1974 the Auckland Regional Council bought the property except for the Homestead and the southernmost area which he bequeathed to the Anglican Church.

Tommy's land was used for the Long Bay campers who came each summer, some with tents and some had semi-permanent structures. Another group that came to the farm in 1934 was from the Young Men's Baptist Bible Class Union. In 1925 Sea Scouts visited. Photos show the Long Bay campers and the Sea Scouts.

During the war years, Tom invited American servicemen and nurses to spend welcome rest and relaxation time. According to Lily Vaughan they



came by the truckload. David and Margaret were always keen to open the gates because the men always threw them lollies. Confectionery was a real treat in those days of wartime rationing.

In the 1950's he bought the shed now on the property, for the dogs, belonging to the Lightfoot family who stayed with him. It was called the 'puppy house' We want to use that shed for farming displays that are too big for inside the Homestead. We would welcome help with getting all these done.

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

## Local Area Gifts to take or send abroad



Local Area Tea Towels \$18

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# Fish cakes

## Ingredients

- 1 ½ cups of cold mashed potato, seasoned.
- 1 tablespoon butter
- ½ kilo cooked salmon, flaked.
- 1 tablespoon chopped parsley.
- 1 pinch cayenne pepper.
- ½ zest of 1 lemon.
- ½ cup plain flour or panko crumbs.
- 2 eggs.

## Method

New World at Long Bay sell salmon frames at \$10.99 a kilo, which are perfect for this recipe, so nice and cheap to make.

1. Add the butter to the cooked potatoes and mix with the salmon, zest, parsley and pepper.
2. Mix together well and form into fishcakes.
3. Put in fridge for 20 min to 1hr.
4. Coating mix: In shallow bowl beat 2 eggs.
5. Dip fish in egg then in the flour or panko crumbs.
6. coat well.
7. Melt butter and a bit of oil and fry till golden brown.
8. About 4-6 min each side.



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Re-Greening Long Bay Workshop



**Are you ready to make a difference in your environment,  
 starting with your very own backyard?**

The Long Bay Residents' Association in collaboration with Friends of Long Bay, Restore Hibiscus & Bays and Untangled, invites you to participate in their inspiring community workshop:

**Re-greening Long Bay – One backyard at a time!** This event promises to equip you with the knowledge and skills needed to transform your garden into a thriving sanctuary for native wildlife.

During this seminar, our expert speakers will cover:

- Biodiversity – Why does it matter?
- How can my garden contribute to environmental health?
- What do I plant, where and when?
- Choosing native plants for your spaces.
- Sources of help and information
- Your questions answered – including control of invasive weeds and pests

This event is more than just a learning experience; it's an opportunity to contribute actively to our community's environmental goals.

Together, we can help turn Long Bay into a greener, sustainable community.

**Don't miss this chance to be part of a meaningful change. Help us grow together!**

There will be spot prizes during the evening to help recipients make a difference in their backyard. Thanks to **Mitre10 NZ** for sponsoring garden supplies!



**Event Details:**

Date: Tuesday 18th June 2024

Time: 19:00 - 20:30

Location: Long Bay College, Staffroom, 30 Ashley Avenue, Long Bay

Admission: Free. Donations are welcomed

**RSVP by 14th June to reserve your spot!**

Email your name/how many will attend to [longbayra@gmail.com](mailto:longbayra@gmail.com).

Or indicate your attendance on our event on our Facebook Group: Long Bay Community



An event by Long Bay Residents' Association - <https://longbay.nz> - Join/donate today!





# When best laid travel plans go awry

At the time of writing this article Shore Travel's Mary Buckley was stranded in Noumea, New Caledonia awaiting an emergency evacuation due to local unrest and the airport closure.

I had intended this month to write about beautiful New Caledonia as an ideal option for a winter holiday getaway, during my visit for a conference. However, we unexpectedly became stranded after the airport workers went on strike in support of the local protest against the French Government's election criteria referendum. It has since escalated into a very unruly situation and a state of emergency has been declared to allow the French army to come in and take control. We are currently awaiting news from the New Zealand Government with options for a safe passage home.

My experience on this trip is a reminder that travel plans can go awry at the most unexpected time. Common travel disruptions, such as missed flight connections, lost luggage, local strikes are something that most of us have dealt with during our travels. However, even if you travel to a destination that frequently has issues, your travels can be interrupted at any time, for any reason.

I've been taking this time to contemplate how prepared I was for this travel disruption and curated this list of recommendations:

## Packing and Preparation Tips for the unexpected:

- Extra medication and supplements for a week beyond your proposed travel period.
- Take over-the-counter medication in case you become sick and reaching a pharmacy is difficult.
- Have copies of any regular prescriptions saved on your phone to email if required.
- Register with [safetravel.govt.nz](http://safetravel.govt.nz) if not before you travel, but as soon as your disruption could require New Zealand Government assistance.



- Travel with a few of your home comforts, such as snack bars, tea bags, coffee sachets.
- Book with a Travel Agent to receive assistance when you get stuck. Communications are very limited and uncertain with any form of authority during political disruptions.
- Travel with your laptop/chargers if you have a job that can be accessed online.
- Local currency for situations where credit cards can't be transacted.
- Comprehensive Travel Insurance is essential to cover the unexpected.

We are staying at the Chateau Royal in Noumea. The service during this crisis has been exceptional. The staff have their families staying with them at the hotel and the Manager has been updating us regularly and assisting those with concerns. All the travellers and staff have been supporting each other and making the best of our situation. I look forward to returning in better times, because this truly is a beautiful travel destination.

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# This year Rotary Browns Bay celebrates our 40th anniversary

Going through our old records in preparation for our Ruby Jubilee party in October has been quite an exercise.

Some of our achievements over the past 40 years include:

- Trivial Pursuit fundraisers for Torbay Playcentre, Taiaotea Scouts, Coastguard, Long Bay Primary School, Barracudas Rugby League, Long Bay College Hockey Team, Browns Bay School...and more
- Annually sponsoring young people to Model United Nations Assembly, Science and Technology Forums, Rotary Youth Leadership camp, Spirit of Adventure, Outward Bound, Future Problem Solving competition
- Distributing hundreds of dictionaries to low-decile schools in Northland
- Raising funds for Harbour Sports, MERC, Starship Air Ambulance, I Am Hope foundation, Gumboot Friday, the Salvation Army
- Donating to the Christchurch earthquake appeal, the Cyclone Recovery project, disaster recovery in Tonga and Vanuatu



- Supporting children from Vanuatu coming to NZ for life-saving surgery
- Cooking meals for families staying at Ronald McDonald House
- Planting thousands of trees in local reserves
- Cleaning up our beaches and reserves
- Marshalling for the Harbour Sport Mud Rush, the Browns Bay Christmas Parade and the Hospice Coastal Challenge
- Funding uniforms for the Northcross Kapa haka team
- Sponsoring and hosting youth exchange students
- Assisting with the delivery of the 'Think and Be Me' mental health programme in Northland schools, involving to date 6,700 students, 335 teachers in 38 schools.
- Donating thousands of dollars to the Polio Eradication programme and to the vaccination programme in the Pacific
- Building a water collection system and establishing a dental clinic in Vanuatu
- Knitting hundreds of vests for the fish & chip babies in Africa
- Donating a maternity chair to North Shore hospital
- Assisting families in need of a bit of support
- Assisting the Heart Foundation, MS and several other charities with street collections

## Monthly Quiz

Answers Page 30 [info@brownsbayrotary.co.nz](mailto:info@brownsbayrotary.co.nz)



1. Where in New Zealand is the Winter Festival held
2. June 5 is World Environment Day. Every year there is a different host country. Who is the host for 2024
3. June is named after Juno, the Goddess of...
4. Coeliac Awareness Week is 18-24 June. What is coeliac disease
5. NZ Volunteering Week is 19-25 June. Approximately what percentage of New Zealanders undertake voluntary work
6. June is Pride Month. What inspired the Pride movement
7. When is Matariki observed this year
8. What do the Japanese call the Seven Sisters that the Maori know as Matariki
9. Country singer June Carter married whom
10. World Refugee Day is 20 June. What is the maximum number of refugees New Zealand will accept each year

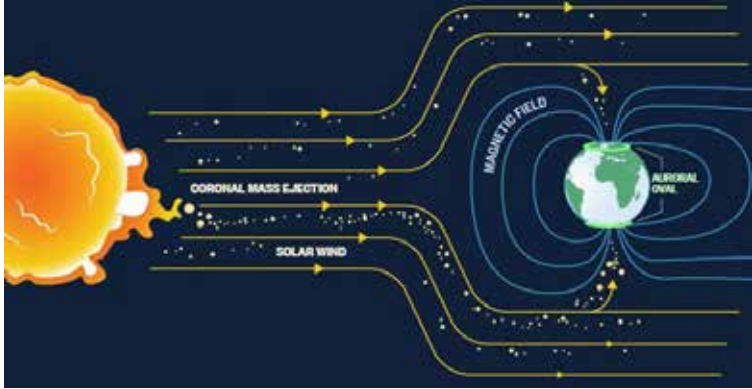
We love helping to make the world a better place and doing what we can to improve people's lives. We enjoy each other's company and organise social occasions and outings. Recently we have been to the Marigold Hotel show, played 10 pin bowls, participated in the Browns Bay ANZAC day service and cooked sausages at the Doggy Day Out. Plus regular coffee mornings, pot-luck dinners, restaurant outings and birthday celebrations.

We always welcome new members. Contact Ian on 027 494 7531 or join us for breakfast at the Bays Club, 7am on the first and third Tuesday of the month

**Sally Cargill**

# Solar Storm May 2024

In the middle of last month people throughout the world were entranced by the appearance of brilliantly coloured skies. The phenomena "aurora borealis (Northern Hemisphere) and aurora australis (Southern Hemisphere) were visible in areas much further from the poles than normal. The aurorae are caused by charged particles ejected from the sun interacting with the earth's magnetic field. In general,



the earth is protected from this 'solar wind' by the magnetic field which deviates the particles. However some get through in the polar regions where the magnetic field lines emerge from the earth's surface. Interactions of charged particles with oxygen in the atmosphere generate green or red light whilst interactions with nitrogen produce blue or purples. Solar activity of this type happens on an 11 year cycle, currently we approaching the peak in 2025. Last month's activity was the strongest noted on earth since 2003, hence the unusually bright aurorae.



Waiake Beach 11.05.24

In addition to solar flares, there was a large CME (coronal mass ejection) where charged particles, typically protons, were spewed out towards the earth at several thousand km per second, reaching earth in 1-2 days. In addition to the very bright aurorae, these occurrences can cause disruption to electrical systems, communication and, of course, satellites. Transpower in NZ declared a grid emergency and shut down some lines in the South Island as a precaution but no damage was reported. Predicting these events is problematic but we can expect more over the next months, although the intensity may or may not be the same.



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# Torbay 40 years ago!

Thank you Bill Ellis for these amazing photos of Torbay, hard to recognise some of the areas now.



1980 Concrete Rd (now Relko Crescent) leading to caravan park.



Caravan Park sign.



1981 Danbury drive looking west.



980 Dairy and Superette, Chemist and Garden Centre.



1890 Beach Rd - looking SW, roof of Prebyterian Church in centre.



1981 Dairy and wine shop.

## Hon. Erica Stanford


MP for East Coast Bays  
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# Torbay Theatre

HERE'S A HOW-DE-DO TOO! was a great success – once again the “drawing room” was full and the audiences delighted.

Next on our calendar is Club Night on Saturday 8th June at 7:30pm. This is a light-hearted and lightly-rehearsed evening where we entertain each other with short items of all kinds.

All are welcome with a \$2 door charge (performers and audience alike) and members who would like to offer an item, please contact Dragan on clubnight@torbaytheatre.com .

Youngest audiences, look out for our July-School-Holiday play in the second week of the holidays. Keep an eye on our website, and your in-box, for an audition notice for this play aimed at children aged roughly 2-6.

**Later this year:** look out for a rehearsed reading of a play in the Gate Theatre, and we look forward to our traditional big musical in December. Keep an eye on our website (below) and for members, your in-box, for dates and details.

**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 027 673 7494 and she will get back to you.

To get involved in any aspect of theatre, please contact us on



*Wilson Wang, Dylan Webb, Henrietta Reid and Philippa Mandeno in a Gondoliers number from Here's a How-De-Do Too.*

*Photo by Ilan Wittenberg*

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](http://www.torbaytheatre.com)  
See also: Facebook page, or ph 027-547-2426.  
35 Watea Rd, Torbay

**HEART OF THE BAYS**  
**ANNUAL GENERAL MEETING**

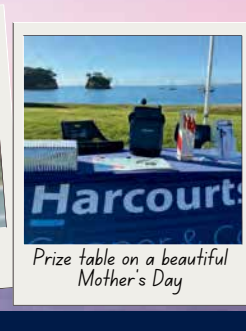
We welcome you to join us at the Heart of The Bays AGM  
Please RSVP at our website:  
[info@hotb.co.nz](mailto:info@hotb.co.nz)

**PLACE**  
2 GLEN ROAD, BROWNS BAY

**DATE**  
June 25, 2024

**TIME**  
06:00 PM

*Thank you* for helping us support **Breast Cancer Cure** this Mother's Day



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\*Year ending 31 March 2023

# Torbay Garden Club

This month at Torbay Garden Club the flower of the month was the chrysanthemum, a flower that has a long history that has resulted in some stunning variations. While it is often seen in a daisy-like form at the florist, there are a wide variety of forms available, from fantasy-like spider flowers through to giant dense balls. They are a lovely way to add some interest and colour into the garden in Autumn. Club members got to enjoy a two-page feature article on the chrysanthemum in the new-look Club Newsletter.

The monthly Floral Arrangement category of "Autumn Glow" had some truly amazing entries that demonstrated the colour and feeling of the season. The best Floral Arrangement in the show went to Jo Bowler with a stunning mix of flowers and shrubs that embodied the seasonal colours. The Best In Show went to Ange Taft for her dahlia specimen, Princess Erika, a stand-out bloom.

The guest speaker this month was Blanka Ros, from the Kaipātiki Project. Kaipātiki have a large number of native restoration projects on the go around the Auckland region, where they will perform weeding, soil preparation and transplantation of native seedlings they have prepared in their Birkdale-based nursery. Each year they will grow up to 40,000 native seedlings, letting them mature to the point where they can survive in the wild and grow into beautiful tracts of native bush. It was an entertaining and very informative talk, and truly demonstrated the amount of good that can be done by a small group of dedicated volunteers. Torbay Garden Club really value the work that the Kaipātiki Project does and has selected them as our charity to support for the year.

Sadly, the club bid farewell to a long-time member, Wendy Siddells who passed away in April. Wendy was fondly remembered for her ready smile and infectious positive attitude and will be greatly missed. She was commemorated with a minute's silence following a moving tribute.

For the June meeting the Club is looking forward to celebrating Matariki, focusing on what the change of seasons means, with a special talk about Maori gardening practises.

If you are interested to know more about Torbay Garden Club, please check out the website: <http://www.torbaygardenclub.co.nz>.



Photos by Bill Ellis



## In the Garden

Even though it's getting colder, there are still plenty of things you can plant. Just remember to dig in compost and sheep pellets before planting. In the vege garden you can plant beetroot, broad beans, broccoli, cabbage, cauliflower, celery, garlic, onions, peas, radish, rhubarb, silverbeet and spinach. Garlic traditionally is planted on the Winter Solstice as well. Start preparing strawberry beds for planting in June and July. Aphids, whitefly and scale insects may be about, blast off with a hose, apply warm soapy water or select a suitable spray at your garden centre. It's also your last opportunity to plant spring bulbs before the soil gets too cold. For a pop of colour plant cyclamens, calendula, polyanthus, primulas, pansies and violas. It's also a great time to plant winter roses, Hellebores.

## Build financial freedom

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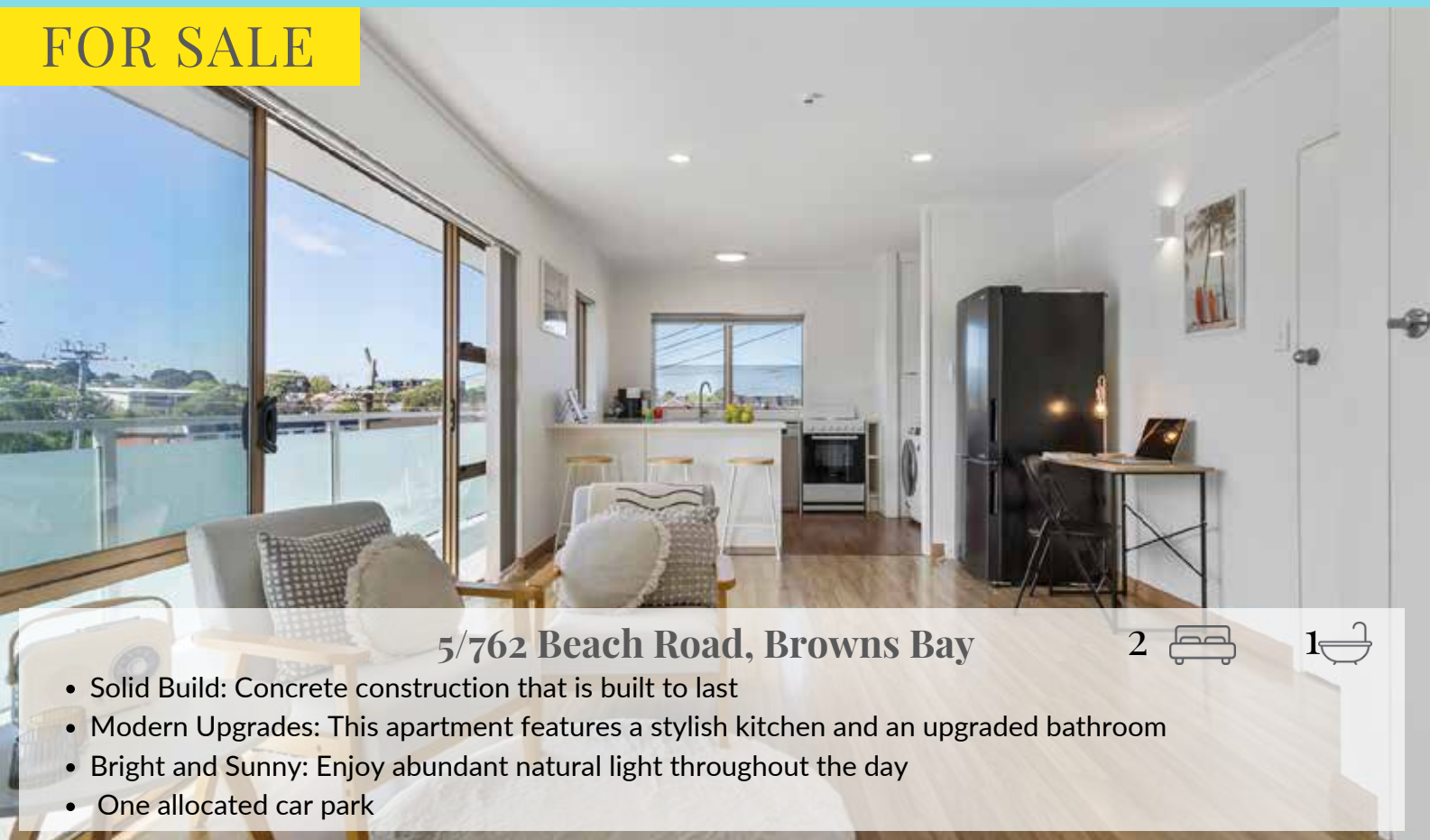
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PERFORMER 22-23

# Real Men Embroider-U3a Browns Bay

Since the severe flooding last year, this meeting is being held each month in the Outram Hall, Murray's Bay.

The title of the talk given by Frances Walsh from the N.Z. Maritime Museum was "Real Men Embroider". Using the needlework skill mastered while mending sails and patching their clothes, some sailors turned to creating pictures of the ships they loved by creating 'woolies', tapestry-like creations embroidered in coloured wool.

Interest in creating woolies was fanned by the distribution of "Berlin Wool" for embroidery – better quality than wool from anywhere else. The invention of anodyne dyes also produced bright and intense colours, such as bright purple and blue which had never been seen before.

With the advent of steam to propel ships [around 1890], this craft seemed to die out on the ships. No more sails to mend, uniforms for sailors and the invention of the camera all being part of its demise.

These 4 woolies owned by the Museum are not currently on display but could be viewed if requested.

Woolie – 1880 – maker unknown. [The wool has probably faded]

The Archaeology group then delivered a 20 minute talk.



Peter told us about how technology such as LiDAR, ground piercing radar, Carbon 14 dating and the many other rapidly evolving technologies which provide greater accuracy in finding and extracting information from objects found by archeologists.

LiDAR pierces the Amazon jungle to show civilizations under the soil



Fay told us about the HS2 excavations. The High Speed [stage 2] railway is being constructed from London to Birmingham. By law, any major construction site in the UK has to be examined by archaeologists before building is allowed to commence. This has resulted in the largest archaeological project ever undertaken in Britain. Whole, completely lost towns have been discovered. In a Saxon burial ground, all of the 138 graves contained the remains of people, each buried with his/her own long knife or "seaxe". [The people were Saxon]. Sadly, the railway, originally intended to go to Manchester will go no further than Birmingham due to rising costs.

For more information, phone Anne Gough: 027 3210729  
Or Gloria Ward: 021 2353113 Or go to <https://www.u3abb.nz/>



## News from East Coast Bays Library

June is set to be a busy month with changes happening to the way we process books at Auckland Council Libraries.

From Tuesday 28 May, when you visit a library to collect an item you have requested, it will not be arranged alphabetically based on your last name.

The library items will also not have your full name on a paper slip. Instead, your requested library items will be on numbered shelves in your library's holds pick-up area.

When you receive the email to let you know your library item is ready to be picked up, it will give you all the information you will need to find your hold at the library, including:

- The name of the library item
- The library your item is ready to be picked up from
- The numbered shelf it is on
- The date your item needs to be picked up by. If you have more than one library item to collect, you may need to find and collect your library items from more than one numbered shelf in the holds pick-up area.

To help you collect your holds at the library, we encourage you to download the Auckland Libraries app to your Apple or Android device. The Auckland Libraries app will have all the information about your holds in one place.



This new software system that will automate and reduce some of the manual handling tasks involved in moving and managing our collections around our network of libraries. Moving to this new software also enables us to introduce an anonymised and paperless holds

pick-up system. We value your privacy and are committed to its protection and security. Moving to an anonymised system means library patron's names will no longer be visible on a paper slip in a public space in the library. In addition, by removing the paper slips, we'll be playing our part to reduce the amount of paper waste we produce and our environmental impact.

While we are busy learning this new system we are pausing on any special events in June. However, all our regular children's programmes: Babies and Bubbles, Terrific Tots and Sunday Storytimes & Movies continue. This is along with our adult programming including Bookchats, Digital Seniors, Coffee, Cake and Conversation and Craft groups. If you would like to know more about any of these (including the changes) please come in and chat to our friendly librarians.

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

Visit our website: [www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)



## LONG BAY COMMUNITY CLEAN UP

Lets work together to keep Long Bay  
looking beautiful!



**Come join us for a community clean up!**

**Date:** Saturday 15<sup>th</sup> June

**Time:** 9.30am

**Location:** Meet in the Long Bay Village Square by New World.

Bring gloves, a rubbish bag, then hit the neighbourhood and pickup any rubbish around the streets and in the rain gardens etc.

Afterwards we meet back at the Little Local around 10.30am for a coffee and friendly chat.

Invite your friends, family, and neighbours to help us make our community a cleaner and safer place.

Together, we can make a difference. See you there!

We are not just selling houses,  
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# Sahara Waterproofing

Sahara Waterproofing is a local family owned and operated company, dedicated to providing customers with top quality work, using only the best cutting edge waterproofing products.

Glenn, a Torbay local and the company director, hitchhiked through the Sahara Desert in the 80's and vividly remembers the dryness and lack of any humidity at all, this meant that when naming the company, there was no other option!

Our fully certified team has over 40 years combined experience specialising in a variety of commercial and residential waterproofing projects. We only use products that have a minimum 15-year product warranty and offer a

Sahara 10-year workmanship warranty. We have the added benefit of a Licensed Building Practitioner on the team.

The office team all work from their respective homes in Torbay and our applicators are spread across Auckland.

Every project is different, and our team will work with you to ensure that our combination of product, methodology and cost effectiveness are right for you.



We pride ourselves on quality, one customer from a recent project in Mangawhai said;

*Sahara did a great job on our Bach putting a hi-tech membrane over the entire low-pitch roof. Their technical advice gave me options and they recommended what I believe is the best solution. The quality of workmanship is very high. Glenn and his team were helpful, open, and honest in their dealings with me. Many thanks, Sahara. Graham.*

This summer has been warm and dry, if you've got any issues in your home, front foot them now and be ready for Winter, it's fast approaching!

## Is your house watertight?

If last years weather events left you with wet walls, soggy smelly carpets & water in places it does not belong, it's time to think about waterproofing solutions for your home. Stay dry & cozy this winter.

We can help with with

- Basements for storage
- Basements as living areas
- Any areas below ground level
- Block retaining walls
- Decks
- Balconies
- Garages
- Bathrooms & wet rooms
- Sleepouts
- Flat roofs



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# June at Albany Village Library

In June we celebrate Matariki the Māori New Year with free events for the whole whānau.

## Flax Weaving

Thursday 20 June, 3:30-4:30. Learn how to weave flax.

## Matariki Bilingual English/te reo Māori Storytime

Saturday 22 June, 10:30-11:00

## Learn a Waiata

Sunday 23 June, 10-10:30



Matariki is a time of celebration when waiata are sung.

Join with our regular weekly te reo Māori group to learn a Māori song or waiata.

## Make a Poi & learn a traditional Māori Poi dance

Thursday 27 June, 3:30-4:30

## Money Talks

Times are hard for a lot of people in our community, so we have connected with North Harbour Budgeting Services Inc. to provide a series of FREE Budgeting Workshops. To be held the last Thursday of each month for 4 months:

Thursday 27 June, 25 July, 29 August & 26 September, 11:00am-12:30pm

Discover practical tips for increasing revenue and cutting costs.

Empower yourself with insights to enhance your financial wellbeing.

Get a grip on your finances & make room for all the fun things!

Meet like-minded locals, swap tips, and turn budgeting into something positive to talk about.

The workshops are conducted autonomously, free from any organisational influence, non-judgemental and foster a safe environment.

Places are limited so book your place now, either talk to library staff, or email: [avlwrk@aucklandcouncil.govt.nz](mailto:avlwrk@aucklandcouncil.govt.nz) or phone 09 484 7117

We will be supporting Te Tatauranga o ngā Manu Māra o Aotearoa, the NZ Garden Bird Survey which runs from 29 June – 7 July.



Get out into your garden, count the birds, and help build a picture of our environment. See our display in the library during this period for more information.

Albany Village Library

30 Kell Drive, Albany, Auckland, 0632

Ph 09 484 7117

Visit our website: [www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)

Like us on Facebook: <https://www.facebook.com/albanyvillagelibrary/>

# Thinking of selling?

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**Craig Zhu**

021 800 280

[c.zhu2@barfoot.co.nz](mailto:c.zhu2@barfoot.co.nz)

Torbay 09 473 9190



**Karin de Leeuw**

027 270 2700 / 09 473 7832

[k.deleeuw@barfoot.co.nz](mailto:k.deleeuw@barfoot.co.nz)

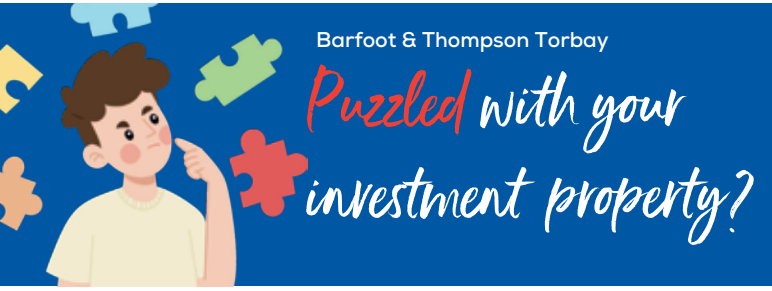
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# Quizzes

sponsored by

Answers Page 30



## IN THE GARDEN

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

- |             |             |             |
|-------------|-------------|-------------|
| BEETROOT    | BEGONIA     | CAULIFLOWER |
| CYCLAMEN    | DAFFODIL    | FENCE       |
| HEATHER     | HIBISCUS    | HOSEPIPE    |
| HYDRANGEA   | LAWN        | LEMON       |
| LETTUCE     | LILY        | PATHS       |
| PELARGONIUM | POTATO      | SHED        |
| STRAWBERRY  | TOMATOES    | TRAMPOLINE  |
| WEEDS       | WHEELBARROW |             |

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

**MAGAZINE**

25 good, 30 very good, 36+ excellent

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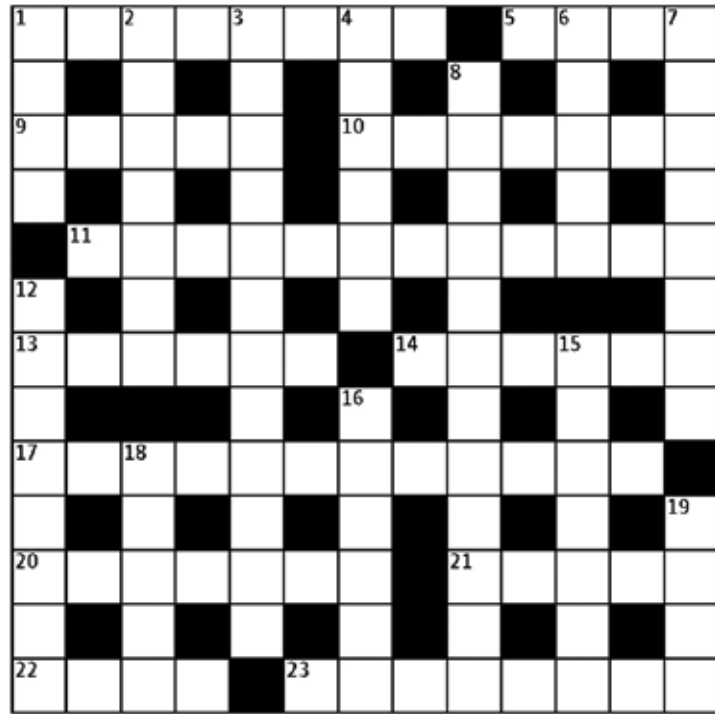
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## CROSSWORD



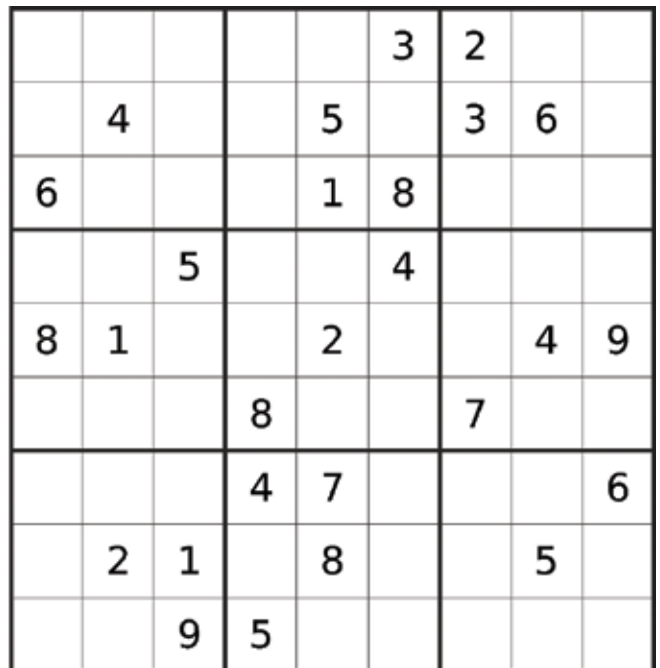
**Across**

- 1 Autocratic ruler (8)
- 5 Therefore (4)
- 9 Reject with disdain (5)
- 10 Easily broken (7)
- 11 Recovering from relationship breakdown? (2,3,7)
- 13 Good name (6)
- 14 Garden cart (6)
- 17 Spanish surrealist painter (8,4)
- 20 Lower down (7)
- 21 44th US President (5)
- 22 Labour (4)
- 23 Girl with dark brown hair (8)

**Down**

- 1 Fine powder (4)
- 2 Disturb an area of ground (5,2)
- 3 William Shakespeare's wife (4,8)
- 4 Alight (2,4)
- 6 3-line Japanese poem (5)
- 7 Resign or retire (4,4)
- 8 Happily married, usually elderly couple (5,3,4)
- 12 Medieval weapon (8)
- 15 Showing dependence (7)
- 16 Trouble, difficulty (6)
- 18 Isolated person (5)
- 19 Ceremonial staff (4)

## SUDOKU



We are your local solution!

Chanelle Fenton

Head of Property Management Torbay Branch

# Lasting Balance at Yoga Sanctuary

The Yoga Sanctuary in Mairangi Bay is under new ownership. Long-time North Shore Resident, Mary Buckley has always known Yoga Sanctuary which is in the heart of Mairangi Bay and part of this local community. "It's over 20 years old, so I look forward to the opportunity to nurture the business for another 20 years or longer."



Mary has always been interested in health and wellness and practiced Yoga on and off since her late teens. "Yoga is a practice that supports you at various stages of life when you need to find space and balance", says Mary.

Yoga Sanctuary has a beautiful selection of expert Yoga teachers who are very loyal to this studio and together they help people find a balance that endures through varying levels of yoga, specialising in Vinyasa, Yin and Restorative practices. In addition to Yoga Sanctuary's current schedule, Mary will introduce early morning weekday classes for the early risers, and increase their offering to the under 18s with some teenage after school classes.



It only takes about 6 to 12 weeks of regular yoga practise to start feeling the benefits, from increased mental and physical energy, a boost in alertness with fewer negative feelings. Mary believes that "Yoga Sanctuary is like a supportive friend, there to greet you with a warm embrace. Our teachers will guide you on your journey to life's full potential, a world free from aches and pains where time stands still."

Keep a look out on the Yoga Sanctuary website for the return of regular workshops. "These will include sessions for those who are new to Yoga and would like to be expertly guided through Yoga basics" Sign up to their weekly newsletter and receive your first yoga session for free. They also have introduction offers for those who would like to try a variety of classes.

In the future Yoga Sanctuary will partner with Mary's other business, Shore Travel, to offer overseas Yoga retreats. "In the meantime, we have the annual Mana retreat in the Coromandel for those who enjoy a weekend of me-time with like-minded people in this serene beautiful location."

Welcome to Yoga Sanctuary.

Through varying levels of Vinyasa, Yin and Restorative Yoga let our teachers guide you on your journey to life's full potential, a world free from aches and pains where time stands still.

visit [yogasanctuary.co.nz](http://yogasanctuary.co.nz) for intro deals

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# Torbay & Long Bay Medical Centres

## BOWEL CANCER

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New Zealand has one of the highest rates of bowel cancer in the world. More than 3,000 people are diagnosed with bowel cancer each year and over 1,200 will die from the disease.

Being aware of the symptoms is the first step you can take to prevent bowel cancer. Symptoms may come and go so don't wait if you have any of these concerns, no matter what age you are.

### **Symptoms may include:**

- Bleeding from the bottom (rectal bleeding)
- Change of bowel motions/habits that come and go over several weeks
- Anaemia
- Severe persistent or periodic abdominal pain
- A lump or mass in the abdomen
- Tiredness and loss of weight for no obvious reason

If you have any of these symptoms, or you are concerned about your bowel health, see your GP right away.

### **Prevention:**

While no cancer is completely preventable, you can lower your risk of bowel cancer by eating a healthy diet and exercising regularly.

A healthy diet and regular exercise can lower your risk of bowel cancer. Numerous studies have indicated that a diet too rich in red meat and processed foods can heighten the risk of bowel cancer.

### **So, what can we eat to help prevent bowel cancer?**

Enjoy a wide variety of nutritious foods, such as:

- Plenty of vegetables, legumes (dried beans, peas, lentils), fruits and cereals (breads, rice, pasta and noodles), preferably whole grain
- Lean meat, fish and poultry
- Milks, yoghurts and cheeses, choosing reduced fat varieties where possible
- Always drink plenty of water

### **Take care to:**

- Limit saturated fat and moderate total fat intake
- Limit intake of red and processed meats
- Choose foods low in salt
- Limit alcohol intake if you choose to drink
- Consume moderate amounts of sugars and foods containing added sugars
- Quit smoking

### **Bowel Screening Saves Lives!**

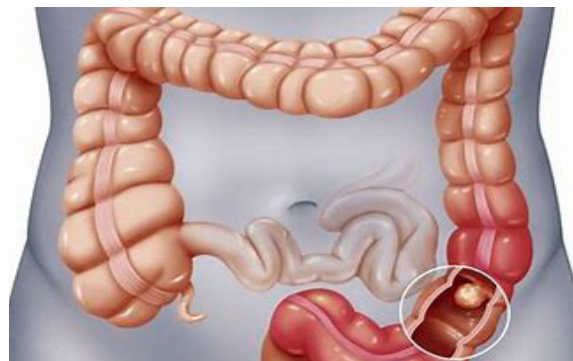
The National Bowel Screening Programme is a free programme to help detect bowel cancer at an early stage when it can often be successfully treated.

It is being offered every two years to men and women aged 60 – 74 years who are eligible for publicly funded health care.

If you are eligible to take part, you will be sent a letter and a test kit. The test is simple to do and can be done at home.

Call the bowel screening information line 0800 924 432 to ensure that you are on the register and that your address details are correct.

(Please remember that those Waitemata DHB residents who are under the age of 60 years and were invited to take part in the bowel screening pilot programme between 2012 – 2017 will continue to be invited for screening every two years)



**Remember to have your flu vaccine and covid booster to reduce serious illness this winter!**

**Call today to book your appointment 09 477 9000**

**Torbay Medical Centre**

1042 Beach Road, Torbay, 0630  
09 477 9000

**Long Bay Medical Centre**

55a Glenvar Ridge Rd, Long Bay  
09 473 0063



# What do you need to do to stay well this winter?

Moving to a sunny tropical island would be a fun way to stay well this winter. But it is not possible for most. Nourishing your immune system to protect you against bad bugs is my speciality. And the best way to nourish your immune system is to nourish your microbiome, which includes all the good bacteria in your body and the environment that they live in.

## Microbiome (Gut Bacteria):

The good bugs are like your neighbourhood watch. They monitor for signs of troublemakers like winter viruses. In a healthy person, there are about 40 trillion microbial cells, so that is a large neighbourhood watch. When they sense trouble, they signal the immune cells (police) to spring into action.

In addition to a neighbourhood watch function, the microbial cells also have the ability to directly protect you from viruses. For example, during an influenza infection, microbes in the lungs release inflammasomes which protect you from the influenza virus. The microbes in the lungs also signal the microbes in the gut to recruit more protective immune cells. Plus, when the infection is gone, these gut microbes send out anti-inflammatory cells like IL-10 to help calm down the battlefield and clean up the mess.

Every surface of the body has a mucosal lining. This includes the gut, skin, eyes, lungs, and urogenital tract.

Fun fact: you have 400sqm of mucosal lining (compared

with 2sqm of skin). This mucosal lining is the largest site of immune sampling, which gives a fantastic early warning system against potential threats. It is no coincidence that this mucosal lining is covered in microbes.

In a nutshell, the fitness of your immune system is dictated by your microbiome, which I define as the good bacteria and the mucosal lining they live in.

## Sporebiotics:

The best way I know to improve gut function is through the use of specialized probiotics called Sporebiotics. This is especially effective if you combine the sporebiotics with appropriate prebiotics to feed the good bacteria, as well as polyphenols and immunoglobulins to help nourish the environment that the microbes live in.

## Nutrients:

I'm a big fan of key nutrients to support the immune system. This includes vitamins A, C, and D, plus minerals like zinc and selenium, and herbs like echinacea. However, supplementing with these nutrients is much less effective if you don't have a healthy microbiome.

If you would like to know more about how to naturally support and strengthen your immune system with Sporebiotics, pop in and chat to the team at Torbay Unichem Pharmacy.

*Martin Harris*

# EXERCISES THAT WORK!

## Stretch | Flex | Strengthen

Reduce pain trigger points, enjoy increased balance, strength and flexibility.

## Ladies Small Group Classes

Due to popular demand, new ladies group opening up!

Days: Tuesday & Thursday evenings 7 to 8pm  
Bookings essential to hold your place. Don't miss out  
4 ladies in a group. All ages welcome

## Relaxed Environment | Non-Commercial | Home Studio

We also offer personal training, exercise assessments and consultations and massage therapy.

Movement Specialist & Fitness Trainer (Reps. Registered) | Pelvic Floor & Core Certified | Author  
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Lynne Scott - 021 204 3280

# THE BEST OF BROWNS BAY ON YOUR DOORSTEP



With 85% of apartments already sold, they won't hang around for long!

**Our close-knit community has a limited number of apartments available now.**

We've recently completed the development of our boutique apartments at Arvida Aria Bay. Architecturally-designed, fully insulated and just a stone's throw from the beach, the shops and the hustle and bustle of beautiful Browns Bay.

**For more info, call Sharon on 0800 20 22 20, or visit [arvida.co.nz/ariabay](http://arvida.co.nz/ariabay)**

**3 – 7 Woodlands Crescent, Browns Bay**

**LIVE THE AGE YOU FEEL**

 **ARVIDA  
Aria Bay**

# Long Bay Baptist Church celebrates diversity

Last month we held a Sunday service celebrating our diversity. Because we have over 20 different Nationalities it seemed good to do.

The celebration included food from many of these Nations and a great time was had by one and all.

*Photos by Jim Baxter.*



# Legal Considerations *for Later-Life Relationships.*



*Tom's wife had died a couple of years ago. While he had no real intention of partnering up again, he had recently met a lovely lady at his golf club. He and Cathy hit it off straight away. They had a lot in common, mainly golf, but also going out to nice restaurants and walking along the beach.*

Tom and Cathy's relationship progressed, and they decided that they would like to live together. They each had their own homes. Tom's was the more modern of the two and was in a trust with his other investment assets. He was very happy living there, but Cathy wasn't keen on living in the house Tom had lived in with his wife and thought they should look for something together.

Tom and Cathy looked at many houses, but in the end decided to move into a villa in a retirement village. The village suited them – everything was on one level and the villas were stand alone. Cathy also loved that it was totally re-furnished, so everything was as new. They had some friends in the village and loved the idea of the social lifestyle.

Tom put his house on the market so that they could buy the occupation right in the village. Cathy didn't have as many assets as Tom and wanted to keep her home as an investment property to provide her with some income. As Tom's house was in a trust, he had to check that his co-trustee was agreeable to sell the home and invest the money into the occupation right of the villa. Tom's co-trustee was his lawyer, who reminded him that one of the reasons for the trust was to protect the assets if Tom got into a new relationship. Tom's lawyer also advised him that trusts generally cannot buy occupation rights in retirement villages, and it would need to be purchased in Tom's name.

It was agreed that the trust would lend Tom the funds to buy into the village and that when he either moved out of the villa or died, then the balance of funds would be returned to the trust. Tom's lawyer was concerned though that as Cathy wasn't contributing to the villa, under the relationship property laws, she would be entitled to half of the value of the villa if she and Tom separated after three years. The same would be true if Tom died – Cathy would have a claim for half of the value of the occupation right.

Tom's lawyer suggested that Tom and Cathy enter into a contracting out agreement, where they would each agree that the value of the villa would be Tom's separate property and Cathy wouldn't make a claim on it. Tom also wanted to give Cathy some security, that if he died or had to leave the villa for the next level of care, Cathy wouldn't need to move out of the villa. His lawyer said that could be all included in the contracting out agreement.

Tom also reviewed his will and powers of attorney to make sure that they were all up to date with his change in circumstances. One of his children had recently moved overseas and it didn't make sense anymore to have him as Tom's attorney in relation to property. Also, he now wanted to make sure that Cathy would be consulted in relation to his health if he couldn't make decisions for himself. He made a small change to his will to provide some of his personal savings to Cathy if he died. He wanted to make sure she would be ok financially.

The last piece of advice Tom's lawyer gave him was to ensure he told his children what was happening. She said that the best way of keeping relationships positive was to be as transparent as possible. She said that because of family dynamics, this wasn't always possible, but in Tom's case, she thought transparency with his children would see the best outcome.

There are lots of twists and turns in life and while moving into the retirement village was the catalyst for Tom to go and see his lawyer, it's important to review your core legal documents whenever there is a change in life circumstances – a new relationship is one of those changes.



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



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## Quiz Answers

1. Queenstown
2. The Kingdom of Saudi Arabia
3. Marriage
4. An intolerance of dietary gluten
5. 21.5%, contributing an estimated 159 million hours
6. The Stonewall riots in New York in 1969
7. Friday 28 June
8. Subaru
9. Johnny Cash
10. 1500

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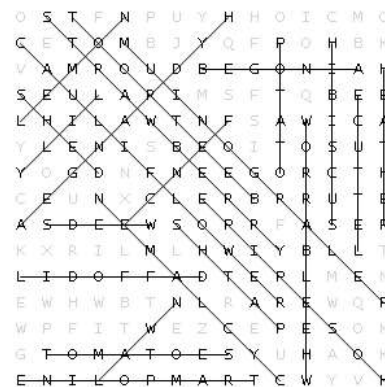
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## Puzzle Answers



### Word Puzzle

again, age, aim, amaze, amazing, amen, amine, anaemia, anime, enigma, gain, game, gaze, gem, gen, gin, image, magi, main, maize, man, mana, manage, mane, mange, mania, maze, mazing, mean, mega, men, mien, mine, nag, name, nazi, zag, zig, zing

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

## focus

on community

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editor@focusoncommunity.co.nz

## Tides

June 2024

(Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW				
Sat 01		01:51	2.9m	08:08	0.6m	14:14	2.8m	20:32	0.7m
Sun 02		02:48	2.9m	09:06	0.6m	15:17	2.8m	21:35	0.7m
Mon 03		03:46	3.0m	10:04	0.5m	16:20	2.9m	22:35	0.6m
Tue 04		04:42	3.0m	11:01	0.4m	17:19	3.0m	23:31	0.6m
Wed 05		05:38	3.0m	11:56	0.4m	18:15	3.0m		
Thu 06	00:25	0.5m	06:33	3.0m	12:49	0.3m	19:07	3.1m	
Fri 07	01:16	0.5m	07:26	3.0m	13:39	0.3m	19:57	3.1m	
Sat 08	02:06	0.5m	08:18	3.0m	14:27	0.3m	20:45	3.1m	
Sun 09	02:56	0.6m	09:08	2.9m	15:13	0.4m	21:31	3.1m	
Mon 10	03:45	0.6m	09:56	2.8m	15:58	0.5m	22:17	3.0m	
Tue 11	04:34	0.7m	10:42	2.8m	16:42	0.6m	23:03	2.9m	
Wed 12	05:22	0.8m	11:28	2.7m	17:28	0.7m	23:49	2.8m	
Thu 13	06:10	0.8m	12:13	2.6m	18:15	0.8m			
Fri 14		00:35	2.7m	06:58	0.9m	13:00	2.5m	19:06	0.9m
Sat 15		01:23	2.7m	07:46	0.9m	13:50	2.5m	20:01	1.0m
Sun 16		02:11	2.6m	08:35	0.9m	14:44	2.5m	20:56	1.0m
Mon 17		02:59	2.6m	09:24	0.9m	15:39	2.5m	21:49	1.0m
Tue 18		03:47	2.6m	10:14	0.8m	16:33	2.5m	22:39	0.9m
Wed 19		04:35	2.6m	11:02	0.8m	17:23	2.6m	23:27	0.9m
Thu 20		05:24	2.6m	11:49	0.7m	18:10	2.7m		
Fri 21	00:12	0.8m	06:13	2.7m	12:36	0.6m	18:56	2.8m	
Sat 22	00:58	0.7m	07:02	2.7m	13:21	0.5m	19:40	2.9m	
Sun 23	01:45	0.7m	07:52	2.8m	14:06	0.5m	20:26	3.0m	
Mon 24	02:33	0.6m	08:41	2.9m	14:52	0.4m	21:12	3.1m	
Tue 25	03:22	0.5m	09:30	2.9m	15:39	0.4m	22:00	3.1m	
Wed 26	04:13	0.5m	10:20	2.9m	16:27	0.4m	22:50	3.1m	
Thu 27	05:04	0.5m	11:10	2.9m	17:18	0.5m	23:41	3.1m	
Fri 28	05:57	0.5m	12:02	2.9m	18:12	0.5m			
Sat 29		00:35	3.0m	06:51	0.5m	12:57	2.8m	19:11	0.6m
Sun 30		01:30	3.0m	07:47	0.5m	13:56	2.8m	20:12	0.7m

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