

Pāpāmoa Post

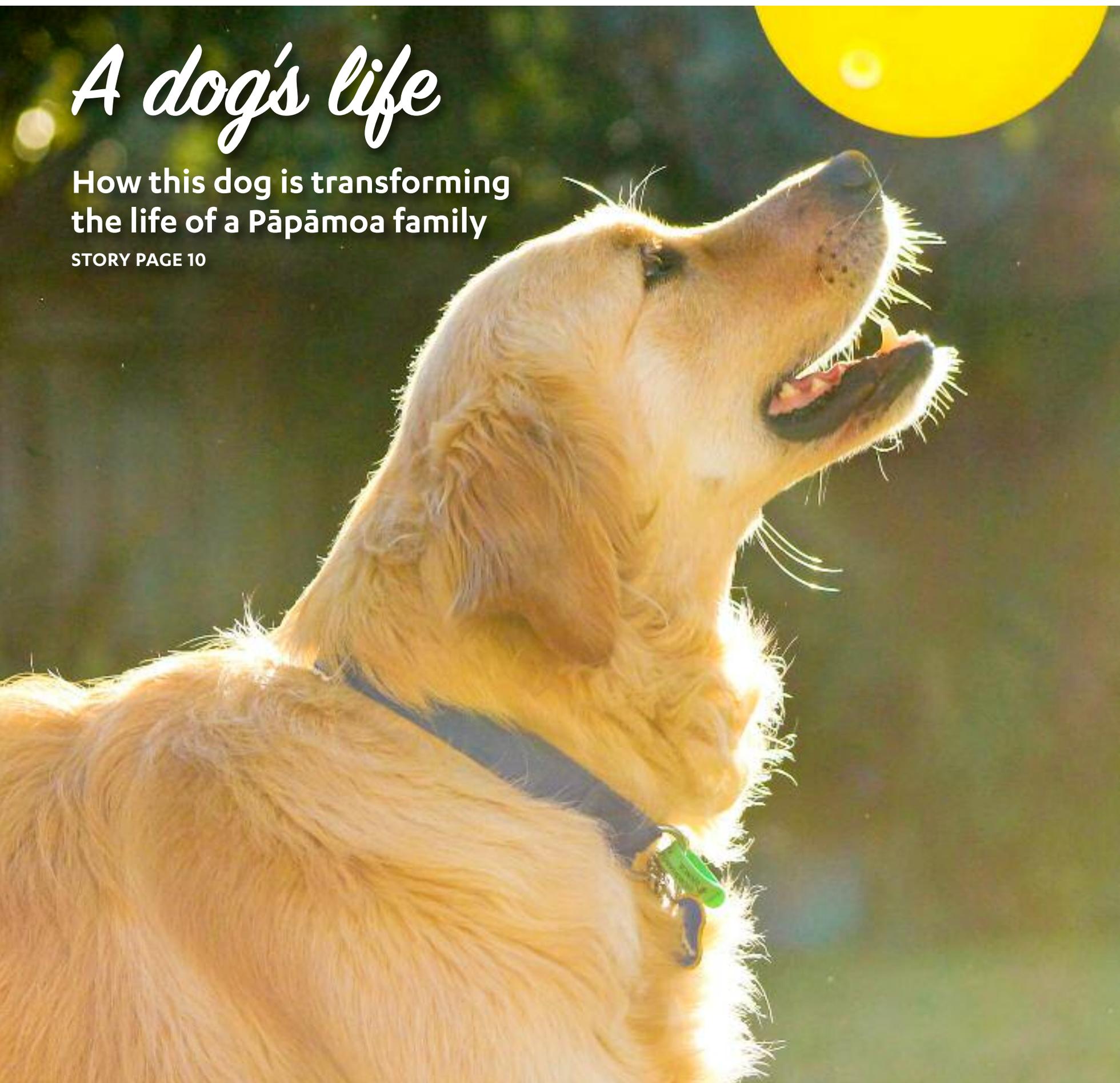
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How this dog is transforming the life of a Pāpāmoa family

STORY PAGE 10



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Feeling the love at CrossFit



Jordan Tanner and Jade Seator after their
CrossFit engagement

CrossFit is a passion for Jordan Tanner and his partner Jade Seator, so when Jordan decided to pop the question he knew just where he wanted to do it.

It was during an afternoon WOD (work-out of the day) that Jordan proposed to Jade at CrossFit Pāpāmoa, roping in his CrossFit buddies to help.

The 25-year-old says he wanted to do something "a bit different" for the proposal to "definitely get it in the bag".

"We are both into CrossFit and it's a place we go every day. Everyone can do it [a proposal] at the beach. CrossFit is our place to go when we want to chill out. It's our time we can let everything out on the floor. If you've had a bad day, you don't let it affect your workout. It's a way to reset."

Jade was completely surprised by the proposal. It happened after she ran into the building from a 200m jog: "She didn't see it coming. She would never have guessed it would be at CrossFit. She came to the door and was like 'what?' She thought she was seeing things."

What she saw was Jordan down on one knee with a ring box, and the couple's CrossFit friends holding up signs saying "Will you marry me?"

Jade said yes, and while the work-out continued, Jordan "already had enough of a sweat on" after the proposal and celebrated with a drink.

The couple plan to celebrate with an engagement party before getting stuck into wedding planning. ■

From the editor's desk

The Assistance Dogs New Zealand Trust is an incredible organisation that transforms the lives of people with disabilities and their families, by providing a specially trained service dog. It's amazing what these dogs can be trained to do. Check out the heart-warming story of local girl Bella Martin and how the gorgeous golden retriever Anna, on our cover, is changing her life. If you're wanting to stay active over winter, there's plenty of inspiration in this issue. Whether it's running events, football, surf lifesaving or checking out Oceanblue Health & Fitness or Pāpāmoa Martial Arts Academy, winter is no excuse when you live in Pāpāmoa! Have a great month, and as always please let us know if you know of someone in our community who is doing great things. ■ Ellen Irvine

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The exacting art of books for kids

If you've been a kid or a parent in New Zealand over the past 20 years, chances are you've read a book illustrated by Richard Hoyt.

Working from his studio in his Pāpāmoa home, Richard has illustrated more than 500 children's books and school journals – so many he's lost count.

He's in demand with publishers in New Zealand and around the world, and is booked up with publishing work until the end of the year. He's illustrated books including Joy Cowley's Buzzy Bee series, and works on "anything and everything", with projects as diverse as board games, magazines, posters and cookie tins.

Despite his prolific success, Richard admits he "goes under the radar", working quietly in Pāpāmoa. Technology allows him to have clients worldwide, including Oxford University Press, National Geographic and Pearson Australia.

The advent of e-books and tablets hasn't dampened the demand for books, says Richard, who believes there will always be an appetite for the printed word (and pictures). The artist has also worked on several reading apps that combine books and accompanying apps.

"Apps are just another

way of reading. If anything, there are more publishers now; we've had three new publishers in New Zealand this year. It's really exciting, there's so much coming through. I just want people to read."

Technology has been a game-changer for Richard's work. For a long time he painted traditionally with watercolours but "went digital" 18 years ago. Now he can draw and paint using his Wacom tablet and Apple computer, saving money on materials. Ultra-fibre makes it easy to send his work to publishers around the world, without the risk of costly couriers losing original work.

"I love the technology," says Richard, demonstrating how he uses his tablet to draw an outline and then add the loose and sketchy layers he's become known for.

His latest book is *The Day the Plants Fought Back*, written by Belinda O'Keefe and published by Scholastic. He's

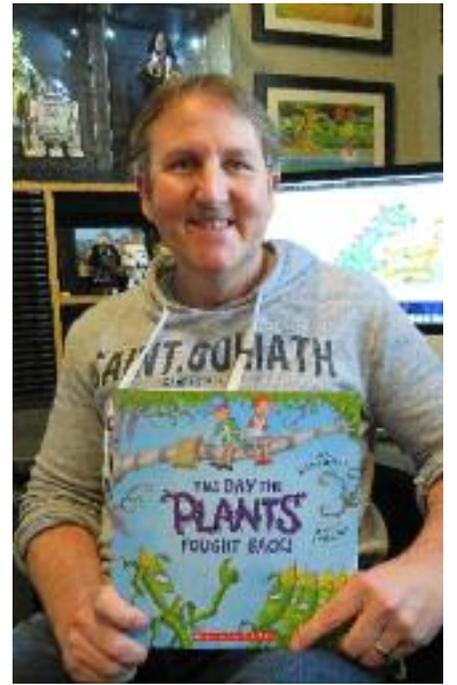
dedicated the book, which is available in Pāpāmoa at Paper Plus, to his grandchildren Cruz, Harley and Aaliyah.

The humorous illustrations depict the amusing tale of the garden plants who take revenge on the boisterous boys who make a habit of destroying their mum's garden.

Richard explains the process of illustrating a children's book: he is given a rough brief and starts with sketches and character development, which is approved before he goes ahead.

It's a satisfying process: "When you enjoy it, I think it reflects in the work. I love it, which is good because I don't know how to do anything else."

Richard is currently working on a picture book series, *Hatty and Tatty*, by Joy H Davidson, about a witch and her cat best friend. The first title is due for release at the end of the year. ■



Richard Hoyt in his Pāpāmoa studio.



Pictures from Richard's latest book, *The Day the Plants Fought Back*.

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Girl power grows at Pāpāmoa Football Club

More than 400 girls from the wider Bay of Plenty, Waikato and Auckland will show off their skills at a tournament hosted by Pāpāmoa Football Club.

The tournament, to be held on August 18 at Gordon Spratt Reserve, is part of the club's strategy to strengthen girls' soccer. It is aimed at girls in the under 8, under 10 and under 12 grades, as well as featuring the WaiBOP Football "battle of the Kaimais" for under-14 girls.

Pāpāmoa Football Club's girls' and women's coordinator Sue Tilby – who was last year's New Zealand Football McDonald's Junior Football Coach of the Year – is a key figure in the tournament's success.

Clare Crockford, whose daughter Emma, 9, plays at the club, has helped organise the event since its inception in 2015. She says the aim is to make football as accessible to

girls as it is to boys. "There are lots of tournaments for boys where they can have a full day of playing football, the sausage sizzles, the medals. It is part of the love of the game, and the girls weren't getting the opportunity to experience that.

"Initially the idea was to do a round robin for the under-8 teams. We thought why don't we invite some other teams to come, and it snowballed. We are the only girls-only tournament currently that I know of."

Clare says Pāpāmoa Football Club is building a reputation for women's and girls' football. "We are already considered to be the strongest female football club in the Bay, just by the number of teams we've got."

The appointment this year of Jasmine (Jaz) Quilligan as the club's director of football has also strengthened the organisation. A qualified coach educator, Jaz is actively

involved in all areas of the club and is upskilling coaches in all grades. Jaz plays in the club's senior women's team and is encouraging other senior players to support the younger teams.

"To have a coach of Jaz's calibre has been great," says Clare, "The younger girls have positive role models, showing there is something to aspire to, with inspirational female players in that upper level. There are so many opportunities for girls in football, such as college scholarships to the US. We want to keep the girls open and into it for as long as we can."

Jaz sees plenty of potential in the work she's doing. "We are the second largest club in the Bay, and the third largest in the whole

of WaiBOP, and our female ratio is one of the best in the area."

As for Clare's daughter Emma, she loves playing football: "I like getting to know lots of new friends and I like being able to spend time with my dad because he's my football coach."

Keeping the girls engaged is key to retaining them in the club and the sport, says Clare. The tournament helps achieve this.

"They fall in love with the game, they get the whole social/active lifestyle benefits of it, and among that group there are girls with potential to be really good players."

The tournament is sponsored by Cavius smoke alarms and Pāpāmoa Pak'N'Save. ■

Waste diverted with wizardry

A huge 19kg of waste was diverted from landfill at Pāpāmoa Football Club's recent annual junior boys' tournament at Gordon Spratt Reserve.

Around 750 children from as far as Waikato, Auckland and North Harbour, together with their coaches and supporters, attended the July school holidays tournament.

Vincent Callister of waste minimisation service Waste Wizards says 25kg of total waste was collected over the seven-hour tournament. From this, 19kg was diverted

from landfill, comprising 12kg of compostable waste and 7kg of recycling.

While 76 per cent of waste was diverted from landfill, the aim is a 99 per cent diversion rate. Vincent says the tournament is a great opportunity to normalise waste minimisation to children taking part, who will take notice and buy into the cause.

He's already identified key areas of improvement for next time, including providing an incentive for people to bring their own cup and targeting compostable waste. ■



Jaz Quilligan and Clare Crockford, pictured with Clare's daughter Emma, are confident about the future of girls' football.

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New healthy lifestyle the key to success

Charles Hall has lost 43kg and is on a mission to health. The Golden Sands School teacher, known as Matua Charles, has had teachers' and parents' heads turning with his transformation which has seen him shrink from XXXXL shirts to L.

Charles has a family history of heart disease and three years ago, at age 28, he needed a stent. He struggled to find a pathway to health until last year when he rediscovered a passion for exercise.

"I had a bit of a scare at a young age but even after the stent I didn't have a massive turnaround," says Charles, now 31. "I gave up smoking and lost a bit of weight, but I got caught up with the eating again. My weak point is definitely the sweet stuff, savoury was always second. I came to my senses and thought 'I have to do something here, or I will keep spiralling'."

The turning point was rediscovering martial arts, something he had enjoyed when he was younger. Charles soon fell in love with Brazilian Jiu Jitsu at The Martial Arts Academy Pāpāmoa, and it was a catalyst for changing his lifestyle.

"It was easy to do - anyone can go in at any level of fitness or shape and start their own programme - but it was also challenging. That was the biggest thing that made me want to keep going back. I think that's what drives people, having to compete against yourself and others."

As he increased his exercise, Charles noticed his cravings for junk food were disappearing, and it became easier to make changes to his diet: "That's where I found the loophole."

He began intermittent fasting - eating only between certain hours each day, boosting his energy in the mornings with vitamins and water. The weight started falling off, and Charles was soon doing jiu jitsu four times a week as well as playing golf twice a week.

Everyone wants to know his secret. "The quickest



Charles Hall with daughter Daisy before his weight loss



Charles after losing 43kg.

answer is simple - it's less input, more output. The hardest thing is getting started. Anyone in the situation that wants to lose weight, the last thing you want to do is start with your diet. Just start with exercise and get into something local."

At 180cm tall, Charles is down from 142kg to less than 100kg and aims to get into the mid-80s once he recovers from a minor injury. His other goal is to achieve his blue belt in jiu jitsu, and to be a good role model for his family and for Māori health.

"I'm breaking the cycle," says Charles, who has two sons and a daughter. "I'm having to break the last two generations of bad lifestyle habits. It took up to age 28 to realise the severity of my lifestyle and the way I was living; before that it was completely normal to me.

"It's that curse that I don't want to pass on to my own children, that closed mindset that it's okay to be this way. Actually, it's not okay."

Find out more about The Martial Arts Academy Pāpāmoa on page 14. ■

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Patrol helps keeps Pāpāmoa safe

While most of us are tucked up in bed or watching Netflix with a blanket or a hot drink, some members of the Pāpāmoa community are out in the dark keeping our neighbourhood safe.

The Pāpāmoa Community Patrol is a voluntary group of locals who give their time to help Police make Pāpāmoa a safer place to live. And they are looking for new members to join the team of like-minded people, who spend on average six hours a month volunteering.

The patrol works under the national umbrella organisation, Community Patrols of New Zealand, which has a formal agreement with the New Zealand Police.

Debbie Youngman, chair and training officer/police liaison officer, has been in the patrol for more than four years. "I started and got hooked on it," she says. "The biggest thing I found when I started was, I thought we were this nice fluffy community, but actually we are a normal New Zealand community. We can now do our part in trying to make it a safer one."

Currently there are around 42 patrol members, aged from 22 to retirees. Membership peaked at 60, and the organisation needs a few more members so it can achieve its goal of being out in the community every night.

Community patrollers act as "eyes and ears" for the police. Operating in pairs in a fully equipped and sign-written Community Patrol vehicle, they look for unusual or suspicious activity, staying in touch with police via radio or mobile phone. Prospective patrollers are formally vetted by the police before selection and must undergo training.

Debbie attends weekly meetings with Pāpāmoa's Sergeant Tristan Murray, who sets the tasks for the group. In addition to the night patrol, volunteers are also out during the day in a preventative role.

The group's secretary, Tina Kemp, joined the patrol in 2000 when it was still relatively new, and she has seen plenty of changes. "In those days there weren't very many

of us, Pāpāmoa wasn't very big."

Back then volunteers used their own cars for patrol, and picked up the equipment for each shift from the BP station which used to be on Domain Rd.



Tina Kemp and Debbie Youngman

After nearly 20 years, it's the people that keep Tina involved: "We have a lot of people come and go as people's circumstances change, but they are all like-minded people."

Adds Debbie: "We are all community-minded and want to do the best for Pāpāmoa."

The community patrol's vehicle is sponsored by Ebbett Holden Tauranga, and Legacy Funerals, Pāpāmoa McDonald's, Pāpāmoa Plaza and Pāpāmoa Beach Resort are also sponsors.

The group does its own fundraising, such as sausage sizzles at Mitre 10. As well as regular patrols, it supports community events such as the annual emergency services foodbank appeal, the Pāpāmoa Christmas Parade and the Golden Sands School fun run.

To get in touch with Pāpāmoa Community Patrol, please contact Tina on 027 600 3467 or papamoacp@gmail.com.

Gym transformed

It's been two years since Pāpāmoa locals Mark and Julie Walley took ownership of Oceanblue Health & Fitness, and they have totally transformed the club during this time.

"We knew the level of investment required to bring our vision to life and we're almost there, with just a few things left on the to-do list," says Mark.

"Everyone is blown away with the changes, which include brand new changing facilities for both men and women, and the ROC-IT 15 Circuit - a one-minute total body workout.

"We've also added 200sqm of gym floor space, filled with brand new up-to-the-minute cardio equipment, and a functional area including a dedicated lunge and sled lane."

As well as all the new equipment and space at the gym, which is located at Pāpāmoa Plaza, the couple have completely transformed the existing area with new flooring and a full paint job.

With all the existing facilities, including a 25m pool and sauna, more than 50 group fitness classes each week including Les Mills, Spin and Aquafit and plenty of equipment to choose from, there's something for everyone at Oceanblue, says Julie.

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All Children Matter spreads warm message

How much does a pair of socks mean? Quite a lot if you've got cold feet and never had anything new for yourself before.

Which is why Juliet Little is urging the Pāpāmoa community to get behind All Children Matter's drive for 1000 new pairs of socks to give to local schools and pre-schools for children in need.

"Every child needs a brand new pair of socks," says Juliet, who set up the non-profit organisation in 2017. "A lot of children get hand-me-downs; there's nothing wrong with second-hand but children in need don't usually get something new that's their own. It's quite special and it means quite a lot. Something so small can be huge, and the need keeps growing."

All Children Matter puts together backpacks of clothes, pyjamas and toiletries for children in need. Juliet has been a foster parent and she started the organisation for foster children who often arrive in care with nothing, "just the clothes on their backs".

She soon expanded the organisation to help all children in need, and has since distributed hundreds of bags throughout the North Island, including 11 bags this winter to Kaitiāia.

The Pāpāmoa community has been supportive and given generously – and the community has also received backpacks for children in need via Pāpāmoa Family Services, says Juliet. "People are always happy to donate."

This winter, as well as the new socks campaign, Juliet is seeking warm pyjamas, jerseys, jackets, and new underwear, in sizes from newborn to age 14, for girls and boys. She collects backpacks to put all the gear in, as well as toothbrushes, toothpaste, soap and new lunchboxes and drink bottles.

"No child should go to daycare or school cold this year,"



Juliet Little of All Children Matter.

she says. "I just want to donate as many bags as I can to keep our children warm in winter." Most donations are pre-loved, and Juliet washes all the clothing before it is passed on.

A home-based educator, she receives requests from schools, early childhood centres, Women's Refuge and Oranga Tamariki for her bags. "I provide a bag full of warm clothes for these children. Some of [the families] might not be able to afford to run a heater so a nice warm jacket is important."

To get in touch with Juliet to donate or to request a bag for a child in need, see the Facebook page All Children Matter. ■

News in Brief

REINZ stats

The median sale price of houses in Pāpāmoa Beach sold in June was \$730,000 – an increase of 11.5 per cent on a year ago, when the median was \$655,000. There were 57 house sales in June, which took a median of 60 days to sell.

Golden Sands Pāpāmoa Fun Run/Walk

Save the date: the Golden Sands Pāpāmoa Fun Run/Walk is back for another year. Book Saturday, November 9, in the calendar – the event starts at 8.45am and will finish at 1pm. Starting and finishing at Golden Sands School, this major fundraiser is a day you don't want to miss. There will be spot prizes, finishers' medals and race packs for all participants.

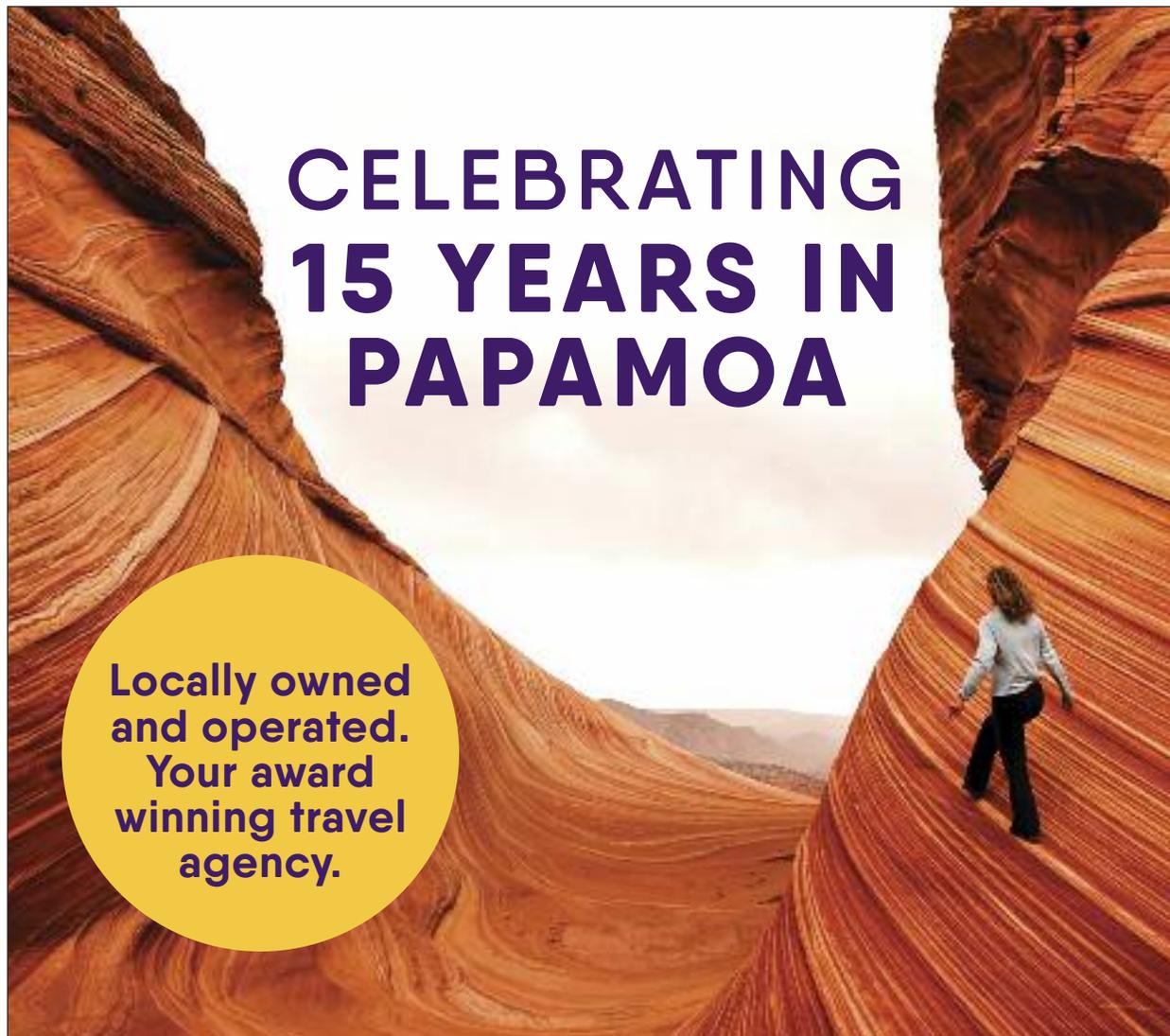
The Golden Sands Festival will keep the whole family entertained, packed with food stalls, activities, entertainment and live music at the school.

Pāpāmoa Domain update

Work has nearly finished to realign a section of the road, improve the footpaths and increase the number of car parks in Pāpāmoa Domain. The project should be completed in the next few weeks, says Tauranga City Council.

Bay Hospitality Awards 2019 Finalists

Pāpāmoa's Blackberry Eatery and The Good Home have been named as finalists in the Bay Hospitality Awards 2019. Blackberry Eatery's Taylor Gibbons is a finalist in the Nourish Magazine Outstanding Barista category, and Sinead O'Brien is a finalist in the category of Toi Ohomai Institute of Technology Emerging Chef. The Good Home Coast Pāpāmoa has been named a finalist in the Eftpos NZ Outstanding New Venue category.



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HOUSE OF TRAVEL

Pāpāmoa to get tsunami sirens within two years

After years of campaigning, Pāpāmoa will finally get tsunami sirens. Tauranga City Council has approved installation along 15km of coastline from Pāpāmoa East to Mount Maunganui. Pāpāmoa will be included in stage one of the project, which entails between six and eight voice-over sirens from Omanu to Wairakei being installed by the end of 2021. This strip has the widest tsunami inundation areas, the furthest to travel to safe areas, and contains the largest population.

Councillor Steve Morris says the council will talk to the Pāpāmoa community about where each siren should be placed.

Sirens with voice-over capability are more effective than those with alerting tones only as voice messages can help drive actions and reduce confusion, says Steve.

"Tsunami sirens are one

of many ways we can alert our community. There are already national mobile altering systems, which are regularly tested and promoted, localised maps that highlight evacuation routes and safe zones, the Red Cross hazard app and national Get Ready, Get Thru education campaigns.

"The main message in all the education campaigns is to not only depend on an official alert. If you feel a strong earthquake, get gone – 'if it's long or strong, get gone'."

The second stage will add sirens along the 3km from Mount Maunganui Primary School to Omanu, an area with a large daytime population, including schools.

Once the sirens are in place, the council will launch a community campaign, including testing, so that everyone knows what to expect and what to do when they hear the sirens. ■

Mothers set to sing in happy harmony

Listen up - Pāpāmoa now has its own choir for parents of young children. The Mamas Sing Parents Choir had its first get-together at the end of July, and founder Sonja Parrott is aiming to connect and support mums through music.

The choir is for all voices and abilities, with an emphasis on fun and "just getting out and enjoying yourself", says Sonja.

"I thought 'wouldn't it be cool to see mums come together'. I've never seen anything like this in action before, so it's an experiment."

The choir is held on Monday mornings at 11am at Pāpāmoa Community Centre (library building), with parents and caregivers bringing along their children who can play or join in while the adults sing. The focus is on togetherness and building community.

"Having a baby, as much as it's a magical time, can be a really stressful time as well," says Sonja. "It can be quite isolating sometimes. It's really important for new mums to get out and do something they enjoy on a regular basis. Music has a strong place in the community and should be accessible for everyone – it shouldn't be limited to the talented few."

Sonja, who is mother to sons London, 10, and Roman, 7, is a music educator through Colourstrings, which teaches music for young children in a fun, energetic, and purposeful way.

And just as music has benefits for children, she says it's also beneficial for adults – it's proven to reduce cortisol and promote the release of endorphins.

"Singing is a really mindful activity. It's difficult to be stressed and worrying about something while singing at the top of your lungs."

Sonja also cites studies about music and maternal men-

tal health that found mothers who went to a weekly music group recovered more quickly from the symptoms of post-natal depression.

The Pāpāmoa group will evolve organically, with Sonja open to suggestions about the type of music it sings. Simple melodies, and singing in canon (rounds), are likely to be staples.

She says the choir is casual, with no one minding if a mother needs to step away to breastfeed her baby or tend to her children.

■ The Mamas Sing Parents Choir meets on Mondays, 11am-12pm, at Pāpāmoa Community Centre. Your first week is free. For more information and to sign up: www.colourstrings.nz/enrol



Sonja Parrott



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Late bloomer flourishing at surf club

By Jamie Troughton

Ryan Hohneck may have been a relative latecomer to surf lifesaving but he's more than made up for it in the meantime.

The 34-year-old was last month named Bay of Plenty Instructor of the Year at the Zespri Bay of Plenty and Coromandel Awards of Excellence 2019, proving that age and experience is no substitute for commitment and passion.

He also scooped some of the big prizes at the recent Pāpāmoa Surf Lifesaving Club's annual awards dinner, taking home the O'Brien Cup for all-round lifeguard of the year, the Lifeguard Committee Cup as instructor of the year and the Devery Family Cup for club member of the year.

Ryan only qualified as a lifeguard in 2014, soon after coming home to the Bay of Plenty after years overseas, but has since learned to crew and drive IRBs, perform emergency first aid and negotiate rocks and rips, as well as compete as a master in surf carnivals. Now he's using those skills to teach the next generation of lifeguards, having qualified as an instructor.

"I always admired what surf lifeguards did and thought about becoming a lifeguard someday, but I finally got around to it in my late 20s. I enjoy being at the beach on a good day and being able to volunteer my time to help people is very rewarding. It's a great way to give back to the community."

Ryan, who grew up in Rotorua, now works as a systems engineer, surfing and

fishing in his leisure time

After getting a degree at university, joining the work force and travelling through the United States, Mexico, Canada and Australia for a few years, he settled in Tauranga in 2011, firstly in Mount Maunganui and then in Pāpāmoa.

Getting his lifeguard award has made a massive difference to the quietly spoken, humble bloke.

"Not being the most outgoing person in the world, joining Pāpāmoa and the surf lifesaving movement has allowed me to meet some amazing people, which has definitely helped me develop my own social skills. Sometimes you just have to throw yourself into the deep end and realise you can do it if you really want to - with a little encouragement from other clubbies, I've learned about the pathways surf lifesaving offers and have picked up

some really useful life skills along the way. Pāpāmoa has a real family feel to it, everyone knows each other, and they are very supportive." ■

Pāpāmoa Surf Lifesaving Club was well represented at the annual Zespri Bay of Plenty & Coromandel Awards of Excellence 2019. Winners from the Pāpāmoa club included Caitlin Harris for Emerging Official of the Year; Joanne Miller for Official of the Year; Natalie Peat for Sportsperson of the Year Open Female; Naomi Davoren for Sportsperson of the Year Masters Female; and Ariana Moffatt for Beach Education Instructor of the Year. In the Bay of Plenty Awards, Ryan Hohneck won Instructor of the Year, and the club won Rescue of the Year and Pacific Medicare Patrol Club of the Year.



Ryan Hohneck (right) and Pāpāmoa clubmate Andrew Callaway run through a rock rescue scenario during the Zespri-sponsored intermediate lifeguard school in Whiritoa. Photo by Jamie Troughton/Dscribe Media

Pāpāmoa Surf Lifesaving Club Awards winners:

Junior surf: Commitment to junior surf: Poppy Crouch. Coach of the year: Clare Pearson. New coach of the season: Liam Bellman. Junior surf person of the year: Robynne Cabusao.

Surf sport awards: Head coach trophy (demonstrates club values): Leon Castle. Moody Cup (masters male): Murray O'Donnell. Barclay Engraving Cup (Masters female): Naomi Davoren. Kayes Family Cup (open male): Aidan Smith. Kurt Wilson Cup (open female): Natalie Peat. Strotten Family Cup (U19 male): Flynn Grey. Hailwood Cup (U19 female): Sophie Bagdanovas. Ryan Family Cup (U16 male): Liam Davoren. Wickman Family Cup (U16 female): Chanelle West.

Lifeguard awards: O'Brien Cup (all-round lifeguard): Ryan Hohneck. Law Cup (junior male lifeguard): Liam Porter. Larsen Family Cup (junior female lifeguard): Claudia Farr. PSLSC Cup (U19 male lifeguard): Connor Christofferson. Pollard Trophy (U19 female lifeguard): Caitlin Harris. PSLSC Cup (best senior lifeguard): Jack Bullock. Woolley Cup (best patrol): Bravo Patrol. Cowdrey Family Cup (rookie lifeguard): Harry Beattie. Lifeguard Committee Instructor Cup: Ryan Hohneck.

Special awards: Merrett Family Cup (outstanding leadership): Sandy Boubee. Pacific Palm Beach Plaza Cup (outstanding contribution): Andrew Hitchfield. Smith Family Cup (U19 male leadership): Liam Porter. Sophie Larsen Memorial Cup (U19 female leadership): Caitlin Harris. Devery Family Cup (club member of the year): Ryan Hohneck.

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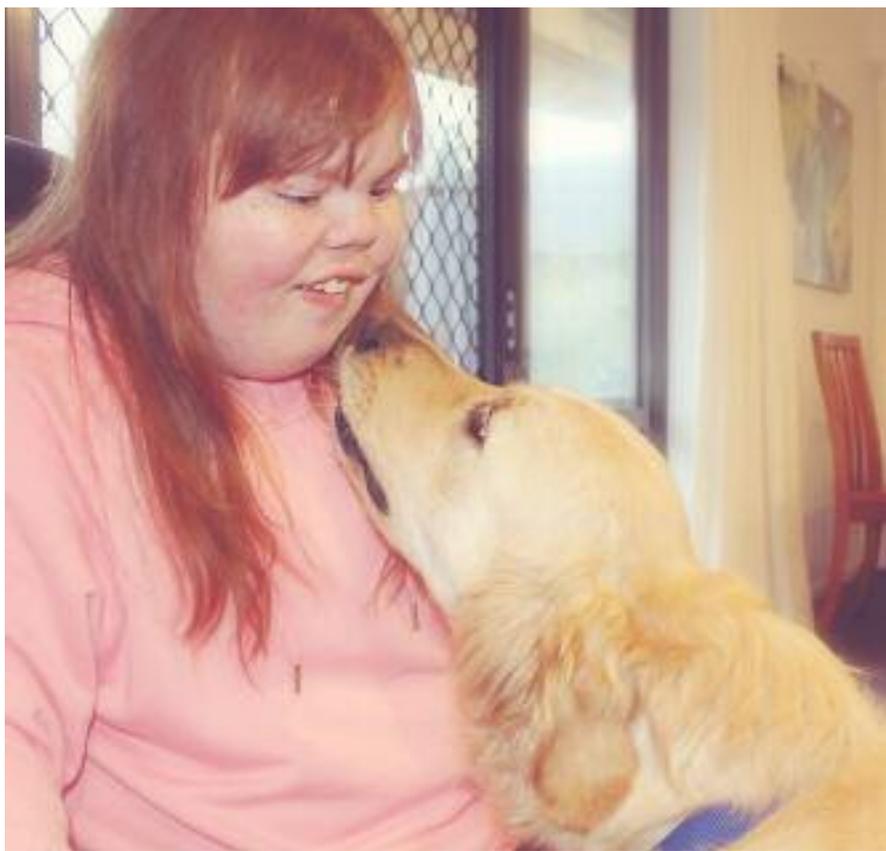


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Bella and Anna forge a special friendship

Anna is an Assistance Dogs New Zealand Trust service dog.



Bella Martin and her assistance dog Anna

After five years on a waiting list, Pāpāmoa's Bella Martin has received a highly trained and totally loveable assistance dog named Anna that will change her life.

Bella, aged 15, was born with an extremely rare chromosome disorder – so rare, says mum Tracy Martin, that it doesn't have a name. The diagnosis carries with it a raft of associated medical issues: Bella also has sensory processing disorder, autism, epilepsy, and congenital heart and kidney problems, is non-verbal and mostly in a wheelchair or walker.

All this means life can be tough for Bella, mum Tracy and stepdad Tony. "Life is a struggle and it's not going to go away any time soon," says Tracy.

"Bella stopped growing when she was seven or eight. She's small for her age. The sensory processing disorder is the main [barrier] when it comes to us trying to live life. Something as simple as going to the supermarket is very difficult. It's very confusing for Bella, there are a lot of people, different smells and colours. It's overwhelming, and it's like her body can't deal with it and goes into shut-down mode."

The result is a meltdown: Tracy describes it as a cup overflowing. "Every time something happens, if she smells

someone's perfume, the sun is glaring on her, there are loud noises; everything fills her cup a bit more, until it reaches the top and spills over. That's what happens with her when she has a meltdown."

Because of this, Tracy and Bella have lived "in a bit of a bubble". Tracy says sometimes it's too hard to manage everyday things that most people take for granted. A simple trip to the petrol station, the library, beach or park, can be a monumental task for Bella.

So when Tracy heard about the Assistance Dogs New Zealand Trust (ADNZ), she was excited to learn how a dog could be life-changing for Bella.

ADNZ provides purpose-bred and trained assistance dogs for people living with disability, to meet the unique needs of each individual client and family. Receiving an ADNZ dog has transformed the lives of many families with various needs, including children with sensory issues and autism like Bella.

But the waiting list is long and it's an expensive process; it costs approximately \$65,000 to train each assistance dog. This includes everything from breeding a puppy, to food, vaccinations, training, and placement of dog to client.

After five years on the waiting list, Tracy

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PHOTOS: TRACY MARTIN

was delighted to learn that an assistance dog had been found for Bella - her "perfect match".

Anna is a three-year-old golden retriever described by ADNZ as "quirky, a little loopy and overly affectionate", which Tracy says is perfect for their family.

Anna is trained to support Bella's specific needs: "She can calm her when life gets a bit scary, warn me so we can get somewhere safe if a seizure is coming, and alert me if she tries to run away.

"Bella is medically fragile and has a lot of medical stuff going on. If she has an MRI coming up, now the dog can go to the hospital with her, keep her calm, and distract her.

"Most importantly, the dog will be a friend and provide

companionship for Bella that's not her mum. It might normalise her life a bit. If she has a dog around her, she's instantly more relatable for other kids."

Already, the dog has had a positive effect: just days after Anna arrived, Tracy was able to take Bella for a walk for the first time in six years.

Tracy is hopeful that Anna will be able to help Bella with sleeping. She is unable to self-settle, which often means sleepless nights for Tracy. Having the security of the dog alerting Tracy if Bella has issues during the night will also help Tracy stop sleeping "with one eye open".

Anna will also help keep Bella safe; Tracy says her daughter is like "a gorgeous, deliriously happy two-year-old who doesn't know danger" and Anna will be able to anchor her.

Tracy is still fundraising for the \$20,000 she needs to fund Bella's dog (ADNZ makes up the rest of the \$65,000 cost).

Tracy says the Pāpāmoa community has always been amazing to Bella, who has lived here since her birth. "We are lucky to live in Pāpāmoa, and I think our world is about to open up and Bella can finally be part of our community. We are excited to get out hopefully a bit more. Instead of being on the outside looking in."

On the to-do list is making the most of the beach. "We live a street back from the beach but we never get there with the logistics of trying to get a wheelchair kid down there, and Bella's other needs. If she could watch this gorgeous fluffy dog play, we might even be able to get to the beach.

"We are so excited to have this loopy, quirky dog to fit our weird, chaotic family."

■ To help Bella and Tracy pay for their assistance dog, Anna, go to: givealittle.co.nz/fundraiser/bella-and-anna



Anna helps Bella relax.



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Alfabees tastes some sweet success

Alex Fernandez started Alfabees five years ago with 12 hives and big dreams – now the thriving business has 250 hives and its raw honey is stocked in a local supermarket.

Alex and wife Natalia, who own Alfabees with Aongatete couple Doug and Jocelyn Batchelor, say it was a “dream come true” moment seeing their honey on the shelf at FreshChoice Pāpāmoa alongside the big brands.

“Sharing the space with giants of the industry is an incredible achievement for such a small family business like us. We put love into everything we do, and I’m blessed to be able to do something that I enjoy,” says Alex.

The raw and unprocessed honey has built a following in the Bay of Plenty through sales at local markets. When FreshChoice asked the community what local products they wanted in the new supermarket, the people spoke: they wanted Alfabees.

Raw honey, explains Alex, has not been pasteurised, making it unique compared with most honey on supermarket shelves. “Unprocessed honey keeps all the nutrients and vitamins.”



Alex Fernandez, pictured with son Roman, says seeing his raw honey on supermarket shelves is a dream come true.

While Alfabees launched its raw honey last year, providing a pollination service to the horticulture industry is at the heart of the business, which also sells hives and nucs (nucleus colonies).

“Here in the Bay of Plenty, pollination is very important with the kiwifruit and avocado orchards,” says Alex. So Alfabees hires out its hives, some of which are based in the Pāpāmoa Hills, to orchardists to ensure pollination when the trees are flowering.

Bees are a crucial part of the ecosystem, says Alex, a food technologist who has previously worked with avocado oil: “No hives, no food. Bees play an important part in pretty much everything we eat.”

The family, originally from Argentina, arrived in Pāpāmoa six years ago. After travelling around New Zealand, they decided this was the place they wanted to call home, partly because of the opportunities in the Bay for Alex’s food technology skills. Son Roman, eight, has grown up locally and attends Te Akau Ki Pāpāmoa School.

Alex’s goal for Alfabees is clear; he wants to provide the best quality products at affordable prices. And the sky is the limit: “We’re committed to expanding our business to reach every home in New Zealand with our products. The likes of Comvita and Arataki can do it, why not us?” ■

Water the source of fun and learning

By First Steps Pāpāmoa teacher Rosie Leask

Recently, our tamariki have been combining loose parts play and experimenting with water. This involves using materials that have no set function, that can be moved around, combined with other items to build something, and then taken apart to build something else or used alone.

Our children have been exploring how water flows and have been very ingenious with setting up bamboo halves, bottles and containers of differing sizes to try and make the water move in differing ways. The culmination of this was a waterfall off our climbing platform.

As a centre that strives to be sustainable, our play water is collected in rain tanks and the children have unlimited

access to it when there has been a lot of rain. Where possible, the water is reused later to water our vegetable garden, pot plants or fruit trees.

Water play is so beneficial for children as they learn early mathematical and scientific concepts, how to cooperate with their peers, and also how to understand who wants to get wet and who would prefer not to. The working theories that they have made about water in this play will be built upon throughout their lives as they gain more information to add to what they already know. We try to bring the natural world and our community into the centre as much as possible. If you have a skill, resource or knowledge to share, we welcome you to get in touch. ■



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Young Pāpāmoa Running Buddies rise to the challenge

From conquering the Pāpāmoa Hills to plogging, members of the PRB (Pāpāmoa Running Buddies) Juniors nailed their recent challenge.

This was named "PRB Juniors Run Pap", involving four weekly running challenges over the course of a month - a scavenger hunt, running to the summit of the Pāpāmoa Hills (with a dress up and photo at the top), loopy loops, and plogging.

"Plogging is a concept where you jog and pick up rubbish," says Sarah Metcalfe, one of the organisers. "Our juniors absolutely loved this challenge and unfortunately there was quite a lot of rubbish to pick up around Pāpāmoa. Some of them have now committed to doing it each week."

The PRB Juniors started in 2017 and is an off shoot of the Pāpāmoa Running Buddies Club (PRB). The aim of the juniors' programme is to introduce children to running in a fun and positive way to create a

life-long love of the sport.

"We're a Facebook group that gets together for runs and a couple of club-wide challenges each year," says Sarah. "We have adopted the same approach for our juniors with last year seeing them compete in a Marathon Mission. Over a period of six months they documented their runs to achieve a total marathon distance. We had about 30 juniors complete the challenge and they earned a cool medal for their efforts."

Sarah says juniors are also encouraged to run in local events, and although it is a casual group, two juniors had success this year in winning a BOP cross-country title in the recent primary schools' event.

More than 50 children took part in the recent challenge and were rewarded with a prize pack from the group's sponsors. PRB's main sponsor is Smiths Sports Shoes, which Sarah says provides amazing

product and sponsorship for the club.

"The real reward though is seeing kids out there running and being active and loving it."

Anyone interested in joining the club (either as a 'senior' or junior) can visit the Facebook page Pāpāmoa Running Buddies. ■



Young members of Pāpāmoa Running Buddies Juniors.

First place for Evie and Toby

Young Pāpāmoa runners Evie Metcalfe and Toby Borman have each taken out first place in their age group at the Bay of Plenty Cross-Country champs.

Golden Sands School student Evie won the eight-year-old girls' division, while Tahatai Coast School student Toby won the eight-year-old boys.

The event saw the best 400 runners from around 90 Bay of Plenty Schools compete across farmland near Kaharoa School in Rotorua. The students had all taken part in cross-country events in their sub-region to qualify to attend.

The eight-year-olds completed 1.5km, the nine and 10-year-olds 2km, and those aged 12 and over ran 3km.

Other Pāpāmoa children to win placings were:

- Cam Piermarini (Tahatai Coast), 4th in 8-year-old boys
- Te Awa Koriohina-Maude (Pāpāmoa Primary), 7th in 8-year-old boys
- Emma Hooker (Golden Sands), 5th in 9-year-old girls
- Austin Herbert (Te Akau Ki), 8th in



Evie Metcalfe and Toby Borman after their wins.

- 9-year-old boys
- Alex Tilby-Adams (Pāpāmoa College), 4th in 11-year-old girls
- Kayden Theron (Pāpāmoa College), 5th in 11-year-old boys
- Jupiter Kerr (Pāpāmoa College), 6th in 11-year-old boys
- Caitlyn Williams (Pāpāmoa College), 4th in 12-year-old girls
- Sydney Burnett, (Pāpāmoa College), 6th in 12-year-old girls

On the trails of the Moa

A "Mini Moa" shorter course of 8km has been added to this year's BRG Moa Experience for the first time, appealing to younger runners and those new to the trails.

The event, now in its third year, is a trail-running day on Sunday, September 8, showcasing the trails and hidden gems of Summerhill Farm and the cultural heritage site of Pāpāmoa Hills.

Says organiser Elle Reid: "The Moa Experience is proud to give back and help look after these wonderful tracks. This year we will also be introducing a walking option to both The Moa and The Mini Moa distances."

Both the 15km and 8km courses take participants through a variety of running terrains including pine forests, creek crossings, open farmland and stunning New Zealand bush.

Elle says the event has a strong focus on environmental sustainability, including being a cupless event with no cups at aid stations.

"People who car-pool will go into a draw to win one of three \$100 petrol vouchers from Z. We have 'pack your own' race packs. So people choose what they want to

take, rather than being given a whole load of stuff they will never use."

Elle says more than 60 per cent of participants are Tauranga locals, giving a community feel to the day. "Our sponsors are all local and are passionate about supporting the local community. Many of them are runners too, so take part in the event."

"Our volunteers all come from local community groups such as Pāpāmoa Rotary and Pāpāmoa Rugby Club and our vendors are all local. As well as supporting these local organisations, The Moa Experience is proud to give back to Summerhill Farm and Pāpāmoa Hills. Our donation goes right back into maintaining the trails that we use during the event."

She says the course is challenging with some technical elements to it, and offers panoramic views of the Bay of Plenty.

The main sponsor of The Moa Experience is BRG (Business Results Group). Silver sponsors are Asset Relocations, Smiths Sports Shoes, Z Palm Beach, Body in Motion, Specsavers Bayfair and Harveys.

To find out more, check out themoaexperience.co.nz or The Moa Experience on Facebook. ■

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Fresh look for café on Parton Rd

Meet Kirsty and James Beston and their family: 10-year-old Sierra, eight-year-olds Nash and Jack, five-year-old Lily, two-year-old Layla, Labrador Beau, and “the bump” – a baby boy due at the beginning of September.

Life is “organised chaos” for this busy blended family, who packed up their growing brood and moved from Kumeu to follow Kirsty’s dream of opening a café in Pāpāmoa.

The result is The Fresh Kitchen, the new eatery on Parton Rd in the building where The Eastern once was.

Says James: “This has always been Kirsty’s dream, and one day I looked at her and said let’s do it. Let’s sell our business and pack up the kids and move. We were tired of struggling in Auckland.” Adds Kirsty: “Everyone thought we were crazy!”

After a few weeks of hard work and elbow grease transforming “four white walls” into a welcoming space, the café is already making a name for itself with locals for its fresh, simple food done well.

Kirsty plans to work right up until her baby is born and will be back behind the counter as soon as she can. The café is the result of 15 years of dreaming, creating business plans and strategies for her “one day” business. “From the moment I met Kirsty this is what her dream was: a really good café with good food,” says James.

A framed family photo of the kids is displayed at the café, with the words “Why we do what we do.” The business is a family affair, with the kids all passionate about food.

“Cooking is what we do together. We love cooking at home with the kids, they all cook with us, it’s kind of our thing,” says Kirsty.

In Kumeu the couple had a landscaping and lawnmowing business, with Kirsty also working as account manager for a steel company. Now they are living their dream with a café by the beach: “We just love it here. We’ve both always come here for holidays,” says Kirsty.

The café is already known for its gluten-free ginger crunch, while the cauliflower soup is a popular and speedy sell out. Kirsty and James have big plans for the future: growing their own veges, food trucks and additional cafes are all part of the dream.

“If you can juggle all these kids, you can do anything,” says Kirsty. “It’s organised chaos; you have to be organised to have a six-child blended family. A lot of these skills are transferable.” ■

Above right: Kirsty and James Beston at their new Pāpāmoa café The Fresh Kitchen.

Right: Kirsty and James with their family.




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The Rock Community Garden Pāpāmoa

Thanks to the recent Pāpāmoa Post article, the local community garden has several new people and families join the existing team. We have made a start to winter work preparing and maintaining the entrance gardens, with plenty more underway and planned. There will be areas transformed, some with trials to improve outcomes. Less labour, less work. We'll update with results you can try at home.



against erosion from rain. Secondly, because they have very large root systems, they are able to absorb nutrients, reducing the risk of leaching nutrients out of the topsoil and into the underground water. Thirdly, they also play an important part in shading winter growing weeds including kikuyu later in spring, leaving a cleaner seedbed for the next crop.

News from the trust

The trust was set up to establish and manage the garden on council reserve. Our priority is supporting the people who are gardening and recruiting more volunteers, to ensure the activities and learning opportunities continue.

If you want to help and gardening isn't for you, we currently need one or two people to help us with promotion and fundraising.

We've been working on ideas for projects to improve the garden and boost its long-term success. Fruit trees are part of this. Donated fruit trees will be gratefully accepted, and we plan to undertake some fundraising to buy more.

News from the garden

We are making good progress preparing for spring. Green crops are being planted in the areas that had been clear to retain nutrients and inhibit the growth of spring weeds. These crops are a combination of wheat, barley and oats, sown and raked into the soil, then a broadcast of red clover afterwards. The cereals will grow fast in the next three to four months, giving us several benefits. Firstly they cover the soil protecting

The red clover is slower to grow but it will be living just fine under the canopy of the cereals. This plant is able to form a symbiosis with rhizobium to transform nitrogen from the air into organic nitrogen (amino acids and protein). Another advantage is that if for some reason the area is not used after the cereals finalise their cycle, the soil is not going to be empty and prone to erosion until kikuyu takes over, and instead will have a crop of beautiful red flowers to rest and improve the soil.

We are grateful that Mitre 10 Pāpāmoa saw the Pāpāmoa Post article and got in touch with us to offer community support to the gardens. This includes reducing waste by supplying the gardens with usable goods that can't be sold, giving us special deals for garden and hardware supplies, and helping us at the garden through staff team building.

For any enquiries, please phone Bill Purdie on 027 6247 247. ■

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Pāpāmoa Residents & Ratepayers Association

Issues with the chip seal on Oriental Pde and Oreti Cres continue, with residents taking to the recent Pāpāmoa Residents & Ratepayers Association (PRRA) meeting to air their concerns.

Resident Chris Phayer gave an update on the state of the chip seal and showed photos: the chip is coming off, and there are bald patches. The loose chip and tar is going down the storm water drains and into garages, says Chris.

The advice received by the PRRA is that the road will be resealed in September at the contractors' cost.

Residents of Santa Monica Dr and adjoining streets are worried that the same issue will occur in their area. Resident Peter Gulik told the meeting that a petition for the resealing of these streets had been signed by 170 residents.

The meeting queried the use of hot mix versus chip seal. Tauranga City councillor Steve Morris advised that NZTA will not provide 50 per cent of the usual roading funding contribution for hot mix, which is more expensive. A road must have 10,000 car movements per day to justify use of hot mix.

Also in the members' forum, Carole Long of Forest & Bird expressed disappointment about the removal of the large pohutukawa tree on the roundabout at the intersection of Pāpāmoa Beach Rd and Domain Rd.

The guest speaker at the July meeting of the PRRA was Paula Thompson of Bay of Plenty Regional Council, who spoke about

the varied responsibilities of the council.

Kevin Kerr of Bike Tauranga told the meeting that the Get Kids on Bikes programme has asked the council to contribute to bike racks in schools initially, and other public places. Children and cyclists in general need safe places to store their bikes from damage and theft, says Kevin.

The next meeting of the PRRA will be a "Meet the mayoral candidates" meeting, held on Monday, August 12 at 7pm at Legacy Gardens.

A "Meet the Tauranga City Council candidates" meeting will be held the following month on September 9.

For more information, visit: www.papamoaprogressive.co.nz. ■

Pāpāmoa Palms Friendship Club

The winter months have not meant hibernation for members of the Pāpāmoa Palms Friendship Club, who have enjoyed several recent outings.

Trevor Swindells says the group enjoyed a talk by Dan Allen-Gordon from the Graham Dingle Foundation at a lunch attended by 60 members. Some of the group's members also enjoyed a trip to Hamilton to see Sweet Charity at the Clarence Theatre in Hamilton, while 34 members enjoyed a "cheap and cheerful lunch" at Thai Thani.

"Forty members booked to see Yesterday at the Tivoli Cinema at Pāpāmoa East, also enjoying tea and coffee and a lovely piece of cake," says Trevor. "We had around a dozen going to Operatunity and seeking something warmer we have another 12 people going to the Barrier Reef. I also must not forget to mention our well attended Monthly Book Club and the Weekly Walking Group."

For more information on the group, phone Trevor on 574 6459. ■

Labour List MP

Angie Warren-Clark



Booted out of the Beehive

Last week, the Beehive's familiar faces were replaced by Youth Parliament – an event that brings 140 young New Zealanders to Wellington every three years, bursting with fresh ideas about how to make our country better.

My Youth MP was Makayla Wadsworth from Otumoetai College. It was inspiring to see Makayla speak in Parliament. Pulling from her work around environment issues, she succinctly laid down the challenge for everyone to do more when she said "Let our contribution to the environment go beyond reusable coffee cups and low energy light bulbs. As we look to the future of tomorrow, let's push towards a cleaner and greener Aotearoa".

Since 1994, Youth Parliament has given young New Zealanders the opportunity to try their hand at politics-proper. Rounding on Wellington, students take the issues they care about most to the debating chamber, to select committees and to party caucuses.

This year was no exception.

We heard the anxiety that the next generation feel when they see the consequences – and the very real images – of climate change around them. Warming oceans, rising sea levels, and increasingly extreme weather events which could irreversibly damage our land, our industries and our way of life.

We heard the call for serious action on climate change.

That's why we took action to stop new offshore drilling, it's why we're investing record amounts into cleaner public transport, it's why we're planting a billion trees to take polluting gases out of the air, and why we've set up the Green Investment Fund to partner with business to fund solutions to climate change.

We've got a plan to safeguard our planet and the future our children will inherit, and we're getting on with it – with the fierce backing of our young people. ■



Angie Warren-Clark with Youth MP Makayla Wadsworth.



Papamo Residents and Ratepayers Association

Join your local residents' and ratepayers group' and have a say on important decisions affecting Papamo!

PRRA membership carries a small annual subscription of \$10 for 1 person, and \$15 for 2 or more people. Subscriptions run from April 1 to March 31.

To complete the membership form, please go online to www.papamoaprogressive.co.nz.

Payments can be made using one of the following methods.

- 1** Direct Banking to the following account, 12-3407-0058195-00 with your name and entering "Subs" in reference box.
- 2** Take to a General Meeting on 2nd Monday of the month commencing at 7pm, in Legacy Gardens on Te Okuroa Drive.
- 3** Mail to your Treasurer, Peter Powley, 45 Oriental Parade, Papamo 3118.



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MP for Bay of Plenty

Todd Muller



Todd Muller

I really welcome the chance to meet our constituents and it always gives me such pleasure when we receive a good turnout to our meetings.

Last month was a great example when over 120 supportive local retirees came to the Pāpāmoa Sport and Recreation Centre to discuss the need for another primary school and an after-hours medical centre in Pāpāmoa, as well as the complexities of MMP.

As people continue to flow in to our beautiful rapidly growing city it is paramount we keep up with our infrastructure needs. It is not just schools and roads that need our continued investment, it's ensuring that our district health board has enough funding to meet our growing population.

The strength of the economy is the single determinant as to whether we have the money to invest in the services that are important to us. You can't wish up more hips and knees and cataract operations. They are paid for off the back of a growing economy and this city is one of the strongest growing areas in the country. The very least it deserves is a requisite amount of investment by the government and investment is simply not where it needs to be.

Rising petrol prices and higher rents are pushing inflation higher. According to Statistics New Zealand inflation rose 0.6

per cent in the June quarter due to higher prices for petrol and rent. In the year to June 2019, the inflation rate was 1.7 per cent, up from 1.5 per cent in the March quarter. As inflationary pressures grow the latest figures on Jobseeker benefits show increases of 11 per cent in a year. Northland had the highest percentage of people on jobseeker benefits, closely followed by Bay of Plenty on 6.4 per cent.

If unemployment is so low and the economy is so strong like this Government claims, New Zealanders would expect this figure to be falling but benefits numbers appear to be out of control and the cost of living increasing.

The National Party is more aspirational for Kiwis, and when employers are crying out for more workers and business continues to report shortages of staff, there shouldn't be more New Zealanders lining up for benefits. ■

Changes to firearms laws – prohibited firearms

By Sergeant Tristan Murray, Officer in Charge at Pāpāmoa Police Station

New firearms laws are now in effect.

- The Arms Act has been amended; and it:
- bans most semi-automatic firearms and some pump-action shotguns; and also certain large capacity magazines— there are limited exemptions; and
- places controls around who may possess parts of prohibited firearms.

An amnesty is in place until December 20, 2019. Those in possession of prohibited items have until this date to notify police and hand in their firearm/s at a collection event.

To notify Police that you have a prohibited firearm that you intend to hand in, please go to the following website and complete the online form:

www.police.govt.nz/advice/firearms-and-safety/changes-firearms-law-prohibited-firearms

Police prefer that owners do not hand in firearms at police stations, but instead attend a local collection event.

It is highly recommended that you complete the form online prior to attending one of the collection points to speed up the process.

The collection events for the Western Bay of Plenty are:

- 2-4 August 2019 – Te Puke Sports Club, Atuaroa Rd, Te Puke from 9am to 1pm
- 30 August – 1 September 2019 – Stadium Lounge, Bay Park, Tauranga from 9am to 1pm
- 27-29 September 2019 – Stadium

Lounge, Baypark, Tauranga from 9am to 1pm

A buy-back process for newly prohibited firearms is currently in place and runs until December 20. To take part in the buy-back process you are required to have a valid firearms licence. If you are handing in parts or accessories included in the prohibited list, you do not require a firearms licence to receive compensation.

The price list for prohibited firearms in the buy-back scheme is also available at the website address stated above.

When you come to a collection event, please bring the following with you:

- Your online reference number (which you will receive having completed the online notification prior to attending);
- Your firearms licence (if applicable);
- Your bank account number;
- Photo identification (drivers' licence or passport);
- All your prohibited firearms and parts, cleared of ammunition;
- Any other firearm/s or parts you wish to hand in to Police for destruction; and
- A valuation if you believe your firearm fits the unique prohibited criteria.

From what we have seen from our counterparts in Christchurch, the buy-back scheme has been a success with 200 firearms and 217 parts and accessories handed in.

Hopefully we will get the same response here in the Bay of Plenty, which will go a long way to making our community a safer one. ■

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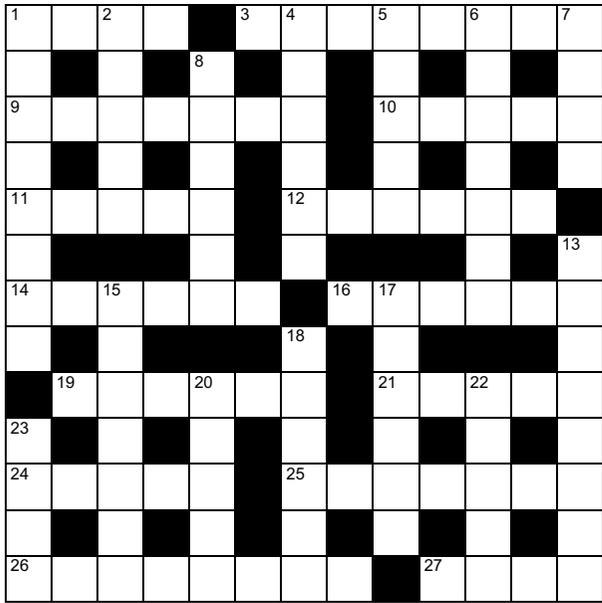
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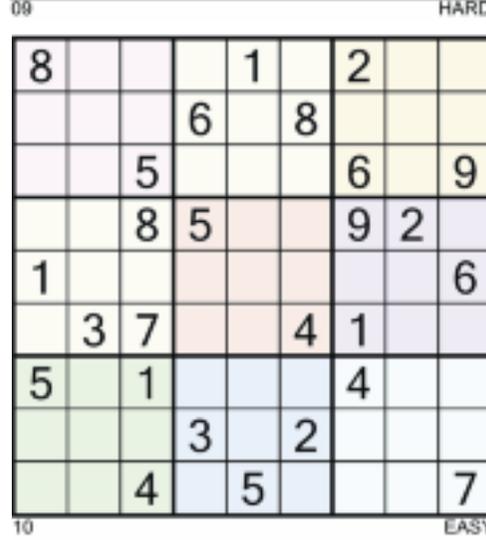
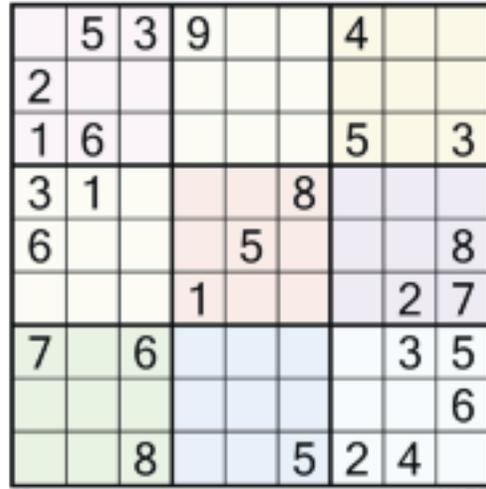
Quick crossword



- Across**
- Location (4)
 - Virility (8)
 - Greed (7)
 - Courageous (5)
 - Imprint (5)
 - False (6)
 - Eccentric or mad person (colloq) (6)
 - Stick (6)
 - Cricketer (6)
 - Military chaplain (5)
 - Brownish-yellow colour (5)
 - Large tent (7)
 - Surfeit (8)
 - Warmth (4)
- Down**
- Last appearance (4,4)
 - Ornamental headband (5)
 - Tree-lined path (6)
 - Custom (5)
 - Law (7)
 - Concluded (4)
 - Uncomplicated (6)
 - Passionate (8)
 - Bother (7)
 - Leave (6)
 - Quiver (6)
 - Stagger (5)
 - Wet thoroughly (5)
 - Bend out of shape (4)

Sudoku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.



Kids' corner

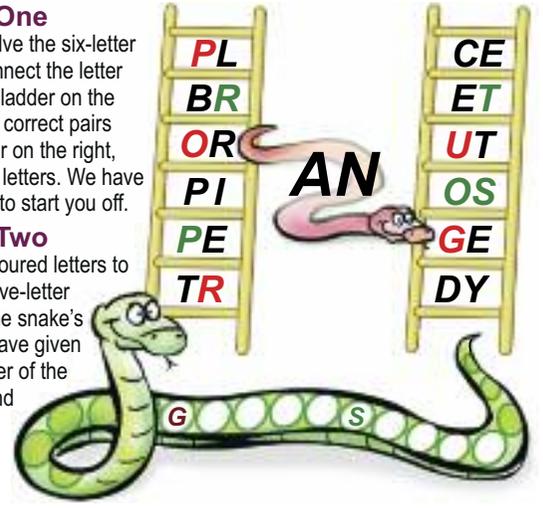
Snakes and Ladders

Puzzle One

Can you solve the six-letter words? Connect the letter pairs in the ladder on the left with the correct pairs in the ladder on the right, with middle letters. We have solved one to start you off.

Puzzle Two

Use the coloured letters to make two five-letter words on the snake's back. We have given the first letter of the red word and the green word.



Solutions

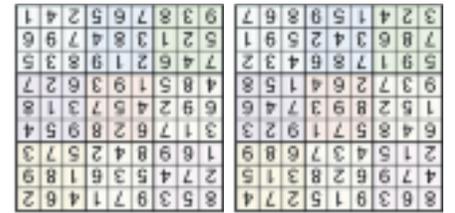
Crossword

Across: 1. Site 3. Machismo 9. Avarice 10. Brave 11. Stamp 12. Untrue 14. Nutter 16. Adhere 19. Bowler 21. Padre 24. Amber 25. Marquee 26. Peithora 27. Heat. **Down:** 1. Swan song 2. Tara 4. Avenue 5. Habit 6. Statute 7. Over 8. Simple 13. Vehement 15. Trouble 17. Depart 18. Tremor 20. Lunch 22. Douse 23. Warp.

Snakes and Ladders

- Puzzle 1**
PLANET, BRANDY, ORANGE, PLANS, PEANUT, FRANCE, GROUP, SPORT
- Puzzle 2**

Sudoku



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QUICK QUIZ

- Which school has the tagline 'Te Rito o te Harakeke'?
- What is the capital of Australia?
- What do Pāpāmoa's Gravatt Rd, Percy Rd and Stella Place have in common?
- Name the four members of The Beatles.
- What came first to Pāpāmoa – McDonald's or KFC?
- What year did women get the vote in New Zealand?
- What year did Pāpāmoa get its first (and as yet, only) set of traffic lights?
- Who is Reginald Dwight better known as?
- What is Te Rae-o-Pāpāmoa?
- Who was Prime Minister of New Zealand at the turn of the Millennium?
- Which Pāpāmoa resident was made a Member of the New Zealand Order of Merit in the 2019 Queen's Birthday Honours?
- What planet did Superman come from?

ANSWERS

- Golden Sands School
- Canberra
- They were named after Percy and Stella Gravatt
- Paul McCartney, John Lennon, Ringo Starr and George Harrison
- McDonald's
- 1893
- 2010
- Sir Elton John
- Pāpāmoa Hills Regional Park
- Helen Clark
- Sarah Hirini, for services to rugby.
- Krypton

Pāpāmoa Tide Chart August 2019

	1 Thu	2 Fri	3 Sat	4 Sun	5 Mon	6 Tue	7 Wed	8 Thu	9 Fri	10 Sat	11 Sun	12 Mon	13 Tue	14 Wed	15 Thu	16 Fri
Pāpāmoa Tides	6:07 1.9 12:16 0.2 18:42 2.0	0:49 0.3 7:03 1.9 13:09 0.1 19:35 2.0	1:43 0.2 7:58 2.0 14:01 0.1 20:27 2.1	2:36 0.1 8:52 2.0 14:53 0.1 21:19 2.1	3:28 0.1 9:45 2.0 15:46 0.1 22:12 2.1	4:20 0.1 10:39 2.0 16:39 0.2 23:04 2.0	5:13 0.2 11:34 1.9 17:34 0.2 23:57 2.0	6:07 0.2 12:30 1.9 18:30 0.3	0:52 1.9 7:02 0.3 13:29 1.8 19:28 0.4	1:47 1.8 7:58 0.3 14:28 1.8 20:28 0.4	2:43 1.7 8:55 0.4 15:26 1.8 21:27 0.5	3:39 1.7 9:52 0.4 16:21 1.8 22:23 0.5	4:34 1.7 10:46 0.4 17:13 1.8 23:16 0.5	5:26 1.7 11:35 0.4 18:00 1.8	0:05 0.4 6:14 1.7 12:22 0.4 18:45 1.8	0:51 0.4 6:59 1.7 13:05 0.4 19:27 1.8
Fishing Guide																
Moon Phase	R 7:13 S 17:23	R 8:02 S 18:36	R 8:46 S 19:51	R 9:24 S 21:04	R 9:59 S 22:15	R 10:32 S 23:23	R 11:05	S 0:30 R 11:39	S 1:36 R 12:16	S 2:39 R 12:56	S 3:39 R 13:40	S 4:35 R 14:29	S 5:26 R 15:22	S 6:12 R 16:17	S 6:52 R 17:14	S 7:27 R 18:11
	17 Sat	18 Sun	19 Mon	20 Tue	21 Wed	22 Thu	23 Fri	24 Sat	25 Sun	26 Mon	27 Tue	28 Wed	29 Thu	30 Fri	31 Sat	
Pāpāmoa Tides	1:33 0.4 7:42 1.7 13:45 0.4 20:08 1.8	2:14 0.4 8:22 1.7 14:24 0.4 20:46 1.8	2:52 0.4 9:01 1.7 15:02 0.4 21:24 1.8	3:30 0.4 9:40 1.7 15:40 0.4 22:02 1.8	4:08 0.4 10:18 1.7 16:19 0.4 22:39 1.7	4:47 0.4 10:59 1.7 17:01 0.5 23:19 1.7	5:29 0.4 11:42 1.7 17:46 0.5	0:02 1.7 6:14 0.4 12:31 1.7 18:36 0.5	0:50 1.7 7:04 0.4 13:25 1.7 19:32 0.5	1:44 1.7 8:00 0.4 14:25 1.7 20:31 0.5	2:43 1.7 8:59 0.4 15:26 1.7 21:33 0.4	3:45 1.7 9:59 0.3 16:26 1.8 22:33 0.4	4:48 1.8 10:57 0.2 17:24 1.9 23:32 0.3	5:47 1.9 11:54 0.1 18:19 2.0	0:28 0.2 6:45 1.9 12:49 0.1 19:13 2.1	
Fishing Guide																
Moon Phase	S 7:59 R 19:07	S 8:27 R 20:03	S 8:54 R 20:59	S 9:21 R 21:56	S 9:48 R 22:53	S 10:16 R 23:52	S 10:48	R 0:53 S 11:23	R 1:55 S 12:05	R 2:58 S 12:55	R 3:59 S 13:53	R 4:57 S 14:59	R 5:49 S 16:11	R 6:36 S 17:25	R 7:17 S 18:40	

Pāpāmoa *the way we were*



Royal Palm Beach is now considered one of the older areas of Pāpāmoa but back in the 1980s this area was the Gravatts' farm. These photos, courtesy of Cristene McCrea and taken by Alastair McCrea, show the farmland that is now Royal Palms, taken from the beach side of Pāpāmoa Beach Road. ■

In our regular feature **Pāpāmoa: The Way We Were**, we invite you to send in your old photos of Pāpāmoa. We'd love to see your pics. Please email ellen@papamoapost.co.nz



News in Brief

Party on Hills View Drive

Above and Beyond early childhood centre is having an open day party on Saturday 17 August from 10am to midday. Meet the staff and director and enjoy a free sausage sizzle, coffee cart, ice cream, face painting, bouncy castle, petting zoo, balloons, and get in the draw to win six months' free childcare. In case of bad weather, see the Facebook page Pāpāmoa Above and Beyond for postponement date.

Frazzled Kiwi

The Frazzled Kiwi Adventure Race is coming to Pāpāmoa for the first time. The race, designed for families, school students and social adults, is a two to three-hour adventure race on foot. Participants will use their map and clue sheet to find checkpoints and complete fun mystery activities in outdoors settings they might otherwise never experience. The event will be held at Summerhill Farm on the morning of Sunday, August 25. Organisers promise mud, water, plenty of fun and a great family day out. For more information and to register go to Frazzledkiwi.co.nz.

New president for Pāpāmoa Lions

The Pāpāmoa Lions Club's new president for 2019-2020 is Cat Andrews. The club

celebrated its 40th birthday with a dinner and an induction of its board for 2019-2020. The incoming board for the next Lions year also includes Wayne Keereweer, Kelvin Bennet, Terry Hawker, Dave Sullivan, Sue McCowan, Dina Sullivan, Graeme Mortlock, Don Whitworth, Natarsha Jenkins, Don Avey, Adam McLaughlin and Lloyd Fox.

Little Big Markets in Pāpāmoa

The Little Big Markets Pāpāmoa will be held at Pāpāmoa Pony Club from 9am to 2pm on Saturday August 17, weather depending. The market will be held on the third Saturday of the month throughout winter.

Lions Market dates

The Pāpāmoa Lions Club market will be held on Sunday August 11 and Sunday August 25 (weather depending). The market is at Gordon Spratt Reserve, Alice Lane, off Parton Road, from 8am to midday.

Sand Scuttle plants

Dune plants donated by participants in the Sand Scuttle in March have been planted as part of the Dune Planting Day hosted by Coast Care Bay of Plenty and Bay of Plenty Regional Council. The dunes were planted in the area 400m east from the

Pāpāmoa Surf Club. Sand Scuttle participants were invited to help out on the day and be part of the process, which provided a great opportunity for children to learn about why these plants are so important in protecting our dunes and our beach.

Indoor art and creative market

An indoor art and creative market is held on the last Saturday of each month in the Pāpāmoa Community Centre (library building). This month's market will be on Saturday August 31. All inquiries to carolyntj4@gmail.com

Photography award

Pāpāmoa photographer Justin Aitken won the Wedding In-Camera Artistry section of the Nikon Iris Professional Photography Awards 2019. The judges said Justin's winning images showed "finesse, craft, design, diversity and a range of skills that pushed the visual and emotional boundaries. The story in each showing raw and real expression".

Planting update

Tauranga City Council is planning a community session mid-spring to meet with Palm Beach residents about the

Wairakei Landscape Plan. Planting work stopped earlier this year on the Palm Beach section of the Wairakei stormwater reserve, to allow time for the community's feedback to be considered. The council says it has acknowledged residents' concerns about planting and is looking into alternative planting approaches which will retain the grassed foreshore in key locations and ensure that any effects on views over the stormwater ponds are minimised. Council says it has received feedback both in support and opposed to the planting. Plants that have already been planted will remain until council has re-engaged with residents on the look and feel of the reserve while considering its obligations under the resource consent.

Grey Power President appointed

Grey Power Pāpāmoa has been saved after a plea for a president and treasurer was answered. At a special meeting held to secure the future of the organisation, the necessary committee roles were filled, says secretary Dorothy Seymour. The next meeting is on Friday 9 August at 1pm at Pāpāmoa Community Centre. For more information ring Dorothy on 07 574 7271.

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Papamoa Plaza development kicks into full swing

The ground works are almost complete, and the buildings will begin to emerge during August. Diggers begin in earnest developing the additional carparks with over 3500m³ of sand, soil and gravel to move, push and seal, before we open these carparks up in December. After a frantic July school holidays, Papamoa Plaza retailers have restocked with the latest season's fashion and menu options with the same "local flavour". Come in and see the progress as Papamoa Plaza takes another step towards providing the retail and services we have all been asking for.

See you soon,

David and the team at Papamoa Plaza

STORE PROFILE

New Zealand Post 

Brian and Vicky bought the NZ Post Kiwibank franchise at Papamoa Plaza in May 2011, so have been in the business more than eight years.

We moved to Papamoa having lived in Hamilton for the past 30 years and are delighted to now be classed as "locals" in this wonderful part of the world.

The greatest thing about our job is meeting the 500 people that come into our shop each day and being able to assist them with their postal requirements, banking, paying the bills, looking after motor vehicle registrations and change of ownerships, and offering a wide range of gifts and cards. We are very fortunate to have our wonderful staff of Linda, Jackie and Tracey who are so supportive in helping us and our customers.

Our shop is located on the outside of the plaza at the end closest to the Z service station. This provides easy access for our customers who often want to pop in to send some mail or make a quick purchase. It is great being part of the plaza with people always being around and having the support of the plaza management team.

Papamoa is a great place to live and we enjoy the many walks available in the area, the wonderful beach and the various community groups that are available. There is a great range of cafes and restaurants available that we enjoy relaxing at. We

also have our daughter, Kathryn, living in the area with her husband and two young children so lots of quality Nanna and Poppa time too!

Over recent times NZ Post and Kiwibank have chosen to separate their services in many of the corporate stores throughout the country. An example of this is at Bayfair where the Kiwibank is now just a bank only, with postal services being offered at Girven Road Pharmacy. Franchise stores, however, such as ours, continue to provide Kiwibank transactional services as well as full postal services, motor vehicle services, a wide range of bill payment options, Travelex foreign currency, as well as a great range of gifts, cards, jewellery and souvenirs. We also have post boxes available for domestic and business customers to receive their mail.

One of the most satisfying comments we receive from customers who are often visiting from out of town is "Wow. We didn't think Post Shops like this existed anymore. You have such a great range of lovely gifts and things that are different."

If you haven't been in recently or are new to Papamoa, come and say hello. We are sure you won't be disappointed.



STORE PROFILE



Q&A with staff member Tammi

What do you enjoy most about your job?

Chatting with customers and helping them find something that makes them comfortable and confident!

What is great about having Dorje located at Papamoa Plaza?

It's handy to a lot of retirement homes, which is where a lot of our customers are from, and of course so close to the beach.

What's your favourite thing to do in the region when you're not working? Going to the beach and eating!

Where do you like to shop or eat at Papamoa Plaza? Cafes and Stirling Sports.

What're your most popular products at the moment? Autumn/Winter stock, the weather is cooling down!

What makes Dorje different from other fashion stores?

Our cool breathable fabrics, easy to wear free size garments and unique colourful prints.

How do you ensure each season your offering is relevant and what your customers love to buy?

We are always on the hunt for new and exciting designs and prints.

What do you offer that people might not know about?

In-store lay-buy and store gift vouchers - so handy when buying a gift for someone else.

What would a typical Dorje customer purchase from you?

At this time of year along with clothing and jewellery, scarves are extremely popular. Dorje has the most extensive range of scarves in the Bay.



NZ Post staff, Linda, Brian, Vicky and Jackie



Dorje Store Manager, Tammi