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Football expects more growth



Pāpāmoa FC president Maaka Nelson and director of football Jarrod Young.

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EXCELSA CENTRE,

pāpāmoa Football Club is looking forward to kicking off the 2022 winter season and is again expecting significant growth.

Club president Maaka Nelson is encouraging players who have not yet registered to do so now as registrations will soon close to allow the club time to plan for the season.

Like all clubs utilising Gordon Spratt Reserve, the football club starts the season awaiting news on the outcome of the proposed new shared clubroom facility and ground developments which were noted in Tauranga City Council's 2021 Long-Term Plan.

Eight years and significant time has gone into campaigning and making submissions to the council, says Maaka. "There are currently over 3000 club members utilising the grounds. All the codes at Gordon Spratt and the whole community are waiting for the outcome on what they are doing with the reserve. We have done all we can. It is back in the hands of our council and commissioners.'

Council team leader: planning, Ross Hudson, says development of the facility is budgeted for within the 2023/24 financial year. "The previous feasibility work that was undertaken with the clubs on site is currently being reviewed and extended. This work will help form a robust business case for a financially sustainable facility that meets the needs of the community and park users," says Ross.

'The location of the facility will need to be considered to make sure it works well alongside other changes we hope to make that will improve the utilisation of the reserve. We will continue to work closely with the clubs and community users of Gordon Spratt Reserve."

The club is also waiting to hear from the council on whether more field space will be made available as the club shows no sign of slowing its growth. Last year the club had 753 registered players, and it forecasts 800 winter players. While the growth is welcomed, field space is becoming an issue as it is for all codes.

"Last year significant field damage occurred. I have made the council aware that this will continually happen unless there is change," says Maaka.

The size of the club means it is now run like a business, and this year is adding a club store, storage area and container café to its offerings. A converted container at Gordon Spratt Reserve near the football changing rooms will sell uniform and merchandise as well as coffees, cold drinks, and snacks on Saturdays. To register with the club go to papamoafootballclub.co.nz.

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From the editor's desk

t's welcome news that work is soon to begin on the long-awaited Pāpāmoa East Interchange. The rapid growth of the area has necessitated another 'way out'. Our story on tsunami evacuation also highlights the importance of this road.

We hope you enjoy this issue, including the story on innovative designer Emma La Rocce, whose swimwear design features on this month's cover.

■ Ellen Irvine



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Anzac Day service in Pāpāmoa

hanges to the Covid traffic light system mean that plans for an Anzac Day dawn service at Pāpāmoa's war memorial have been resurrected.

This is great news for the community, as plans had previously been cancelled under stricter settings. A service can now be held on an unrestricted basis as the government has allowed unlimited numbers for outdoor gatherings.

Mick O'Carroll, the Pāpāmoa veteran who came up with the idea for the memorial and mobilised the community to make it happen, is delighted a service can now go ahead.

Details are being finalised with Mount Maunganui RSA and Tauranga City Council, and will be shared with the community once confirmed. The goal is to get more children and young people involved this year, says Mick.

"We want the Pāpāmoa memorial to belong to the Pāpāmoa community, and the children of Pāpāmoa to get involved as well as the schools."

People are also welcome to go to the memorial in their own time and pay their own personal respects, and place a poppy or a wreath on the memorial.

"Just observing and reflecting quietly," says Mick. "It's such a lovely place."

The community-funded memorial, at the beach carpark at Pāpāmoa Beach Rd by Stella Place, held its first Anzac Day service in 2019 with a huge crowd in attendance.

The 2020 Anzac Day was memorably the



Mick O'Carroll.

"stand at dawn" event when locked-down locals stood together at our letterboxes listening to the Last Post on Radio New Zealand.

Last year a civic memorial service was held at the cenotaph, following the civic format including the laying of wreaths, the Last Post and a minute of silence.

Mick says the memorial has been embraced by the community and is visited year-round by people paying their respects and taking a quiet moment.

"I don't think we could have found a better place in Pāpāmoa for it. It's something special for the community."

While Mount Maunganui RSA has taken

over ownership and maintenance of the memorial, Mick is honoured to watch over it.

"I quite often go up there and wash it down and keep it tidy," says Mick, who planted new bromeliads donated by Bunnings Mount Maunganui prior to Anzac Day.

In addition to Anzac Day, the memorial has been used for other services such as Armistice Day and by the Veterans of Combined Forces Surfing Association. ■



The Pāpāmoa war memorial in spotless condition ready for Anzac Day.



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Work to begin on Pāpāmoa East Interchange

The first stage of construction of the Pāpāmoa East Interchange has gone out to tender with contractors and is expected to start in May.

The long-awaited project – which will provide access from Pāpāmoa East to the Eastern Link Highway (SH2) – is now estimated to be completed in mid-2025.

Tauranga City Council director of transport, Brendan Bisley, says in order to speed up the start of construction of the interchange, the project has been split into three stages. The first stage is expected to start in May and go through to December this year.

"This includes placing the materials for the on/off ramps on the southern side of the Tauranga Eastern Link and construction of three stormwater pipes," says Brendan.

The second stage is part of the ongoing subdivision development in this area and the construction of the next section of Te Okuroa Drive.

"This is currently in the detailed design phase and construction is expected to start in September 2022 – provided the funding is obtained through the [Government's] Housing Infrastructure Fund," says Brendan.

Houses taking longer to sell

t's taking longer to sell a house in Pāpāmoa Beach, with the median days to sell increasing to 44 in February from 31 days the previous month and 27 days in February 2021. The median sales prices dropped very slightly to \$1.2 million down from \$1.21 million in January and December, according to REINZ figures.

But the median sales price was still up compared with February 2021 when it was \$1,005,000.

The number of sales in February was 50, down 15 per cent from the 59 sales in February 2021. ■

The third stage is the remainder of the Pāpāmoa East Interchange leading north to the intersection with Te Okuroa Drive. Construction is expected to start in 2023 and go through till mid-2025.

In its Long-term Plan released in July, Tauranga City Council agreed to bring forward preliminary work and design on the Pāpāmoa East Interchange with a commitment to a \$15.1 million investment in year one of the plan.

The council commissioners said in the plan that agreeing to bring the project forward would enable housing developments to be accelerated in the eastern corridor. Commissioners noted that this project would benefit existing residents, as well as 'unlocking' the development of significant new housing.

"While the interchange undoubtedly unlocks the delivery of much needed new homes it also provides connectivity benefits to those who already live in the eastern part of the city."

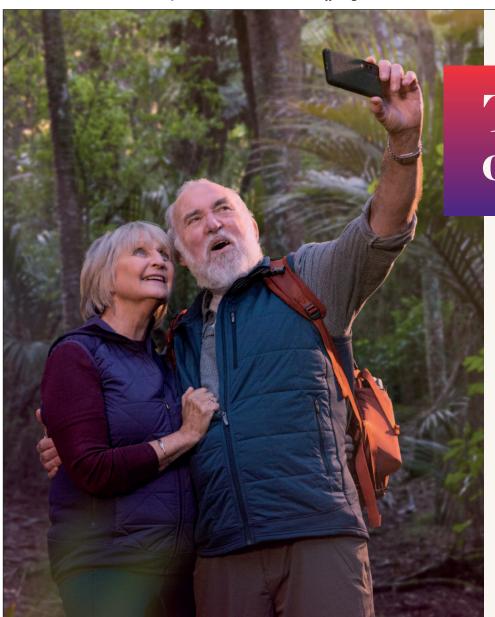
Commission chair Anne Tolley said last year that getting the interchange will have a huge impact on the local community.

"Pāpāmoa is essentially a large cul de sac. It will make a big difference mentally and emotionally to people to know there's another way out."

Bluehaven Group submitted to council last year that 11,000 homes could be unlocked at Pāpāmoa East once infrastructure is in place, including more than 2000 in Wairākei/ Golden Sands. ■



Traffic lights have been installed at the eastern end of Te Okuroa Drive which is yet to be opened.



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Ariane's Commonwealth Games dream

The next few months will be momentous for local boxer Ariane Nicholson as she works towards selection for the Commonwealth Games.

The 38-year-old came late to the sport after discovering it at age 30, and says this is her last shot to get to the Games due to boxing age restrictions.

The opening ceremony for the Birmingham Games is on July 28 this year, her 39th birthday.

"I feel that's a sign", says Ariane, who competes in the 70kg welterweight category. "I

found a video I had done a long time ago and I was talking about the Commonwealth Games. It's something I've always thought I'd love to do, not knowing it was in my capabilities. When I very first started boxing it was what I'd dream about."

The path to selection includes box-offs and training camps for competitors on the long-list to be considered for the final team. "That's the initial process, to be the best in your division or at the top of your division."

Omicron has interfered in the process – a fight in February was canned as her opponent

isolation.

But Ariane has been chosen to be part of the New Zealand team to go to Thailand for a two-week training camp and week-long tournament in April. "That gives me a bit of confidence, I know I'm up there in the group of pickings so that's exciting."

On her return from Thailand, she will head straight into the New Zealand Boxing nationals in her



Ariane Nicholson. PHOTO: KATERINA CLARK



A victory for Ariane. PHOTO: ARIANE NICHOLSON





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Pāpāmoa Post

another very important tournament you have to do very well in."

To be selected would be realising a dream for Ariane. In 2019 she won not only a New Zealand title but also two international titles including gold in the 69kg division at the Arafura Games in Darwin.

She was set to follow that up in 2020 when she headed to Thailand as part of the Boxing New Zealand team. The team was due to travel to Wuhan, in China, to take part in the Asia-Oceania Olympic Qualifying Tournament but was detoured to Jordan and Italy when Covid exploded in early 2020.

"We all came home, and for the ones that didn't qualify for the Olympics there was a second chance to go to the world qualifiers in Paris, but then that didn't happen [due to Covid]." The New Zealand Olympic team was eventually chosen on international rankings, which meant Ariane missed out due to her lack of international fight experience.

All going well, Ariane will be packing her bags for Birmingham. It's been an eight-year build-up for the hairdresser who runs her own business, Hair by Ariane.

"It's not an expensive sport as such but all the travel adds up. It's the training schedule as well - with trying to make the Commonwealth Games you do need to sacrifice some work to do more training, it gets a little bit hectic. You do the best you can, but you make it work."

An intense training schedule often includes multiple trainings per day. Even when she's not training for a competition, Ariane still trains six nights a week plus a couple of morning sessions. She trains at Tauranga Box Health and Fitness

with Chris Walker.

"There's been huge sacrifice. I don't often get to see my friends and family which is really hard. You don't mind giving up the social things because they will always be there. [But you miss] quality time with your friends and family because you are so busy.

"It's a big commitment. It takes a lot of discipline to compete at this kind of level. It's hard because not everyone understands. The reward is the payoff."

A Give A Little page appeals to the community to support the dream; any money raised will go towards all the expenses that still need to be paid while Ariane is training and competing leading up to the Games.

Go to Givealittle.co.nz and search 'Ariane' to find her page.



Ariane and coach Chris Walker. PHOTO:
ARIANF NICHOLSON

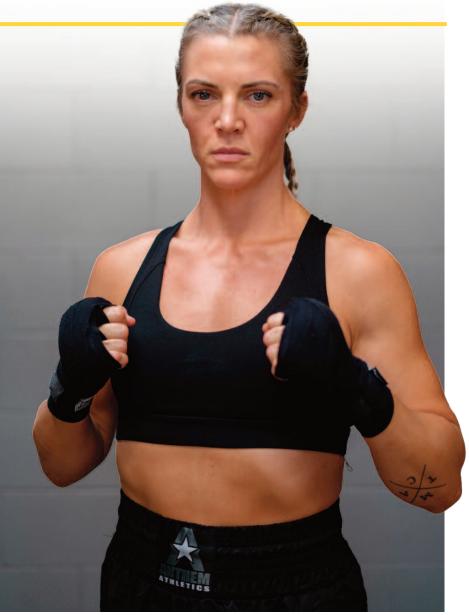


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Papamoa Dental Centre



Hello Pāpāmoa! We are Lloyd and Rachel Farrar, a husband and wife, dentist and orthodontist team. We have opened a brand new purpose-built practice right behind Tara Rd Medical Centre in a new business hub. Our neighbours in the hub are awesome, especially the Best Bakehouse which has just opened and is also a family-owned and operated business.

We are proud to be part of this amazing community and are excited to be open and providing high-quality dental and orthodontic care to local families. Our amazing staff are friendly and welcoming and you will instantly feel at home in our warm and stylish space.

Lloyd is the dentist. He has over 20 years experience with wisdom teeth, implants, sedation and complex treatment plans. Lloyd is also accepting new registrations for the free under 18 government scheme.

Rachel offers all orthodontic treatment options including, braces, clear aligners, plates and, retainers. She loves meeting patients of all ages and finding the best option to achieve fantastic results.

Rachel and Lloyd's philosophy is to

- care for their patients as they would their own family
 - communicate clearly all your treatment options
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Being brand new, we have plenty of appointments available so give us a call!

CONTACT US:

1G Tara Road, Pāpāmoa Beach (behind Tara Rd Medical Centre)

Pāpāmoa Orthodontist: hello@papamoaorthodontist.co.nz | 07 579 3571 | www.papamoaorthodontist.co.nz

Tara Rd Dental: hello@tararddental.co.nz | 07 579 5291 | www.tararddental.co.nz

'Marine heatwave' at Pāpāmoa

Above and right: Pāpāmoa Beach has been experiencing a marine heatwave which will influence a warmer than usual autumn.

f you think the ocean at Pāpāmoa Beach was unusually warm this summer, you are right – and it's expected to keep air temperatures warmer than usual this autumn.

MetOcean Solutions ocean models and satellite data show that coastal waters in New Zealand reached up to 4 degrees warmer than usual and that marine heatwaves persisted for more than 100 days in places.

The longest marine heatwave this summer has been here in the Bay of Plenty, where heatwave conditions have been ongoing since 10 November.

Since then, the Bay of Plenty has seen sea surface temperatures 1-2 degrees warmer than average. This marine heatwave currently isn't showing any signs of abating, according to MetOcean Solutions.

The warm seas have been welcomed by local surfers who have taken advantage of the milder temperatures.

Reuben Woods, who is a long-time local surfer and the president of Pāpāmoa Boardriders club, says the water this summer has been the warmest he can remember

"And not only warmer, it's been consistently warmer the entire summer. This is really not a normal pattern. Our waters usually warm up but come and go throughout summer. This has stayed and to be honest it's been amazing!"

The marine heatwave is expected to contribute to delaying the seasonal transition to cooler temperatures during April and May, according to NIWA's seasonal outlook.

Temperatures are very likely to be above average (70 per cent chance), and rainfall is equally likely to be either normal or below normal. An elevated chance for atmospheric rivers and ex-tropical cyclone activity may increase the risk for heavy rainfall events early in April.

The warm sea temperatures are caused by a mixture of factors. In some areas, warm air masses, light winds and sunlight heat up the surface waters, explains Dr Carine Costa, a Moana Project oceanographer from MetOcean Solutions.

"In other areas the marine heatwaves are caused by ocean currents moving warm water masses into areas they don't normally reach."

The research – which is part of the government-funded Moana Project - uses advanced ocean models to determine ocean temperatures.

Moana Project oceanographer Dr Robert Smith from the University of Otago says that this summer saw among the strongest marine heatwave conditions New Zealand has seen in the satellite ocean surface temperature record that began in 1981

A marine heatwave is an extended period of extremely warm ocean temperatures.

Dr Smith says: "With temperatures reaching 4 degrees above average, a marine heatwave off the North Island west coast in mid-December blew all records for at least the last 41 years.



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Pāpāmoa Post Pāpāmoa Post

Emroce swimwear rides the sustainability wave

Emma La Rocca is a changemaker leading the world in sustainable

Emma is the founder of Emroce sustainable swimwear: hand-made in Pāpāmoa but worn by women all over the world.

Her innovative zero-waste pattern-makan expert in her field, sharing her approach with international brands and design stu-retrieved by divers in Italy. dents, and she is even featured in a sustainable fashion museum in Amsterdam.

Combining a love for fashion design and

Tucked away in her Pāpāmoa workshop, passion for sustainable living, Emma started Emroce around eight years ago when living in Lake Como, Italy. Since 2019 she has run it from the Pānāmoa home she shares with her husband and two young

The Italian connection comes from Emma's husband Fabio, and the high-qualing sees her in demand internationally as ity and sustainable fabric used to make the

> But it's the pattern-making which really the production. Emma has designed a

togs is created from recycled fishing nets

makes a difference in the sustainability of

Emma La Rocca, right, and in her workroom. PHOTOS: MARTA BELLU and PAPAMOA POST

clever way of cutting the fabric so there is bought online from countries zero waste - compared to an estimated 30 as far afield as Germany and per cent waste with traditional pattern-making, and businesses wasting thousands of

dollars' worth of fabric every year.

The saving on fabric, as well as time – the pattern halves the time it takes to cut - pattern-making and production, the better means she is able to keep the pricing compet- for the planet. "It's a win win." itive. She designs, researches, pattern-makes, cuts and sews the togs in her workroom, as she sees current production and con-

While many fashion designers tightly guard their secrets. Emma's view is that the more people who use sustainable

Emma challenges fashion industry norms

health and the planet. The power for change create less fabric waste - saving this huge fast is in the hands of the consumer, says Emma, who references an Albert Einstein quote on our planet a little at the same time. her website: "A new type of thinking is essential if mankind is to survive and move to

Sustainable fashion first piqued Emma's University's Wellington campus at design

She landed on the idea to use her skills to create sustainable swimwear when she was working as a surfing

> instructor in South America during her post-uni travels. She wanted to make togs that were fashionable, zero waste and, most importantly. functional and could stand up in the surf.

It's been a labour of love, with slow and organic growth, lots of late nights working while her children sleep, all achieved without a bank loan and with a lit-

tle crowd-funding.

The hard work is paying off as Emma is now called on as a global expert on sustainable fashion design. One of her latest coups is being asked by the world's largest sporting goods retailer, French-based Decathlon, to consult and inspire their pattern-makers to

fashion company a lot of money and saving

Emma is regularly called on to speak to design students via video-call about her work, which is showcased in the Fashion for Good museum in Amsterdam. The museum interest when she was a student at Massey tells the stories behind the clothes we wear and how our choices can have a positive impact on people and the planet. It was founded by architect William McDonough, who Emma considers her "eco idol" and who wrote her favourite design book, Cradle to

> "I've spent many years practising this technique, and it's still a really mastered skill," says Emma. "It's not my idea; kimonos were always made zero waste. It's an old idea that's being reinvented."

She sees potential for the biggest impact by targeting the fast-fashion industry, changing the way it is producing patterns.

Choosing Pāpāmoa as a base was a considered business decision when the family decided to return to New Zealand to have their second daughter.

"I needed to be kind of close to a city - it helps to have the port here - and I needed to be close to the beach to test the swimwear," says Emma, who loves surfing.

While Emroce has caught the eye of influencers around the world including actor Alicia Silverstone of Clueless fame, Emma values connecting with her local community.

market at Simpson Reserve, Sol Markets, a goldmine for getting to know locals who share her passion for sustainability.

"The crowd's really cool, they know it's a sustainable market, and it brings people who are interested in sustainability. I have really good conversations with everyone."

Find about more about Emroce the website Emroce.com or @emroceswimwear on Instagram and Facebook.

Right: Zero-waste pattern-making is key.



Right: A model wears an Emroce design. PHOTO: MARTA BELLU



An Emroce photo shoot in Italy. PHOTO: MARTA BELLU







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Pāpāmoa Rotary Kitchen Makeover



By Barb Joyce of Pāpāmoa Rotary

magine High Tea at the local hotel. Tiny sandwiches, beautiful cupcakes, Earl Grey tea in delicate china cups and saucers. A dozen of your girlfriends enjoying the chance to chat, reminisce and catch up on gossip. Now imagine that scene moved onto your back terrace.

Imagine dinner out at a local restaurant. A two-course meal, great friends, 20-plus neighbours gathered round a couple of large tables enjoying the ambience and evening atmosphere. Now imagine that scene moved into your open-plan living area, with candles, music and beautiful flowers

Imagine a group of friends out for pizza in the park. The local company has delivered the pizza, you brought your own beer and the evening weather is great. Now imagine that event moved into your back yard with the pizzas out of your own pizza oven.

Imagine you are Pāpāmoa Rotary and want to raise funds for a local charity.

Could that work? Could we raise funds that way? Rather than paying money to a hotel, restaurant or pizza place – could we hold these events at home, and still charge the participants "hotel" prices but donate the money to charity? What a challenge! You bet we could!

Each of us handled it however it suited us. A few of us each had six people at home for dinner. One person laid on high tea for 12. One person invited 20 neighbours in for dinner! Everybody who was invited to join us was happy to pay the "recommended retail price" and with a bit of help from our Rotary District we raised in excess of \$6000! How fantastic is that! And who were we raising this for? Live for More.

The purpose of Live for More is to help young men find freedom from their troubled past and be inspired to live positive and fulfilling lives through surf therapy programmes. They transform troubled lives one wave at a time. The focus age group is 17 to 25 in the nine-week



Pāpāmoa Rotary members raised more than \$6000 for Live for More.

programme with normally another 3-4 weeks working with individuals to ensure they stay the course.

One young man's graduation story is a very powerful speech and we felt it was worthy for all of us to read to our guests at the Kitchen Makeovers.

We have a lot of fun in our Rotary Club raising funds for local causes as well as being part of the worldwide "End Polio Now" campaign and other disaster relief funds.

We'd love to talk to you about getting involved. Contact me to see if you might enjoy being part of our group.

Contact Barb Joyce at 021 244 3944 or tedbarby@kinect.co.nz. ■







BP opening soon

new BP Connect site under construction at Bruce Rd, Pāpāmoa, is scheduled to open in May. The site will offer a range of fuel choices, carwash, retail convenience shop, truck stop, and Wild Bean Cafe as well as the Good Mood Food selection of Krispy Kreme doughnuts, Häagen-Dazs ice cream and Wishbone ready meals.

A spokesperson for BP told Pāpāmoa Post that each BP Connect site generates approximately 20 new jobs for the local community. ■

ADVERTORIAL

Local kindy's vision for learning

Long-term local Cheryl Jones is loving spending her days back in Pāpāmoa after many years commuting across town. At the end of 2021 she took up the role of Centre Manager at BestStart Doncaster Drive Kindy and she hasn't looked back.

"I am very excited to be working back in Pāpāmoa where my BestStart journey first began. This is such a beautiful little centre that just feels like home for me

"I have brought an amazing team of teachers with me who I have worked alongside for many years. Being Pāpāmoa locals we are all focused on supporting our children, families and our Pāpāmoa community".

Cheryl has been working in ECE for more than 30 years and has a passion for helping children develop their confidence and self-belief. She has brought this to BestStart Doncaster Drive Kindy, sweeping away the cob-



Cheryl Jones in her role as Centre Manager at BestStart Doncaster Drive Kindy.



The centre curriculum considers children's interests.

webs and reinvigorating the centre with a new vision to "Step Boldly! Leap High! Soar Freely!"

"Our vision embraces the important journey of learning, looking not only at the outcomes, but celebrating all the exciting and important steps along the way.

"As teachers, our role is to nurture children's natural curiosity about the world around them, a world of exciting opportunities and unlimited possibilities".

The centre's curriculum considers children's interests and the specific way they learn

through play. The team have designed learning spaces that encourage investigation and add depth to learning possibilities.

Cheryl explains that learning occurs in stages, through active 'hands on' exploration with teachers and parents collectively playing an important role as facilitators, guides and supporters in children's development.

"One day our children will be the movers and shakers of their world, so the role we play in building self-confidence and sparking a love of learning is a fundamentally important one.

"We're passionate about



Cheryl Jones

inspiring our children to become motivated explorers and learners. We see challenges as exciting opportunities to explore, learn and grow, and love seeing children's pride in the achievements that their developing independence brings".

BestStart Doncaster Drive Kindy offers a range of full and part-time spaces for children aged 2-5 years old and is open right through the year, only closing for public holidays. Currently they are offering new families 30hrs childcare for just \$30. Contact the centre to secure your child's place.

New tsunami evacuation maps

Walk, don't drive, is the message if there is a tsunami risk and you need to get out of Pāpāmoa.

Standard tsunami evacuation advice from the National Emergency Management Agency (NEMA) is to walk rather than drive. If everyone tries to drive out of Pāpāmoa at the same time, traffic modelling undertaken by NZTA shows that it will take at least six hours to get everyone clear, even on a good day with no emergency or damage to roads from the earthquake.

As experienced during Tauranga's tsunami warning in March 2021, there will be major traffic jams during an evacuation, says Paula Naude, manager of emergency management at Tauranga

City Council

"Think about what happens to the traffic after a concert or a car accident. Magnify that in the aftermath of a big earthquake that could trigger a tsunami. You are much better to evacuate by foot or cycle," says Paula.

Tauranga City Council has adjusted the tsunami evacuation maps for the coastal strip including Pāpāmoa, with the revised information delivered in packs to households.

The new maps, pictured, have been reviewed and updated to reflect new road developments, tsunami modelling, and infrastructure refinements. The tsunami pack includes the maps as well as a tem-

plate for households to 'make a plan' and a fridge magnet to ensure the map and plan are stored in an easily accessible location. Evacuation flyers were last delivered to households in 2017.

Paula Naude says the evacuation maps prompt residents to know their nearest safe zones. "Use the maps to work out where you need to go to escape a tsunami and practice walking there.

"As well as planning your evacuation route, it is also important to regularly review and practice your evacuation and to have a plan B in case your first route is inaccessible, blocked, or circumstances have changed."

Paula says although the maps are avail-

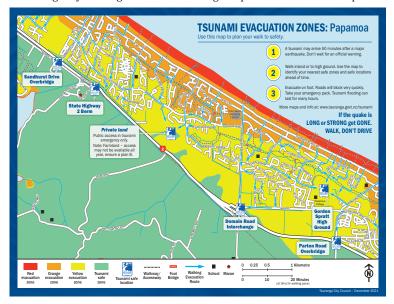
able online, they are being sent to each household in the tsunami zone to encourage people to be prepared and make it easier to plan ahead.

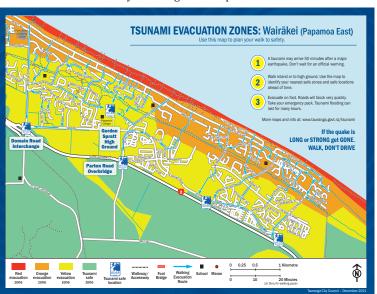
"Take time to study the map and information provided regarding the warning signs and risks associated with tsunami. If the earthquake lasts longer than a minute, or if it is strong enough to knock you over, you need to get going immediately."

Other natural warning signs include the ocean making strange roaring noises or a sudden change in sea level.

The council assures residents that the high ground at Gordon Spratt Reserve is safe, with the following explanation on its website: "The dune system along Pāpāmoa

has an average height above mean sea level of about 8m, so when a 14m wave hits the dunes, only the top 6m of the wave flows onto the land. Once a tsunami hits land it loses about 1m of height for every 300m it travels inland. Tsunami water will also lose a lot of energy when it crosses the Wairākei Stream. The top of the high ground sits at least 3m above the highest predicted water level. It is designed to survive an earthquake, liquefaction, and scouring from tsunami water."







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How yoga can improve your surfing

By Jimmy August of ReDefined

most red-blooded males, when I was in my 20s going to the gym meant pounding out heavy weights, lifting as heavy as I could. Combining this with football three times a week, those were the fittest days of my life. Working as a personal trainer at many gyms, while I have always had a healthy respect for yoga and indeed all forms of

fitness, I was set in my thinking of "that's not for me". The weights room and sports field is where I live!

Fast forward to my early 30s, and I looked back on my naivety with a slight tinge of regret. My flexibility was worse than average, my thoracic spine felt seized, my shoulders rounded, and my sleep score index was somewhere in the 30-40 per cent range.

I had just taken up surfing, and it's a sport that is very challenging to learn! Different conditions and different waves - anyone tried paddling an 8-foot board out through heavy surf? Sometimes making it out past the breakers was an achievement in itself! But then I found I was popping up easier, my movements were more fluid, and the mini mal board was kicked to the curb, replaced with my first shortboard.

It didn't take a scientist to work out the correlation between the strength, mobility and



improved balance, agility and coordination on a surfboard. Kelly Slater long attributes his longevity and prowess in the surfing world to regular yoga sessions from a young age.

But it wasn't just the surfing that improved. My strength sessions were going to the next level. Range of movement in progressively overloading your strength sessions is vital. My squats were deeper and far smoother, I could straight-leg

deadlift for the first time ever, chin-ups were a breeze and the range of movement in various push-up variations was awesome. I had long struggled with the overhead barbell squat and kettlebell windmill (that's that thoracic spine immobility I mentioned earlier!), but the rapid improvement that came through yoga was truly an eye opener and a game changer in how I approached programme design.

It's experiences like these that have helped shape our values and offering at ReDefined. I love smashing out a good hard sweaty workout, but equally as much Iove a good flow or Yin Yoga session. And there are the benefits of reformer Pilates - hitting muscle groups I forgot

I guess that's why we are stoked to be able to share these types of experiences and give the Pāpāmoa community a space to train in multiple movement modalities all under the one roof.

Pandemic & property: how things have changed

By Rachel Cole of Harcourts

e all know how Covid-19 has affected our everyday lives over the past two years. This new era has meant scenarios like online schooling and work-fromhome are now normal, and everyday activities that we used to take for granted now need planning and a careful attitude.

Even when it comes to home-buying, the pandemic has moved the goalposts. So what exactly has changed in the residential real estate sector both here and overseas in the past two

Digital adoption: Lockdowns and restrictions in movement around the country have forced every business sector to implement digital ways of doing business. Online portals and other tools have been a part of real estate for many years and used well by prospective home buyers and sellers, tenants and landlords.

Bigger and better homes: Being stuck at home for long periods of time with family members has exacerbated the need for more space, especially because of the specific requirements of online schooling and work-fromhome.

The demand for modern flexible room configurations is brisk, with work-from-home and e-learning mod-



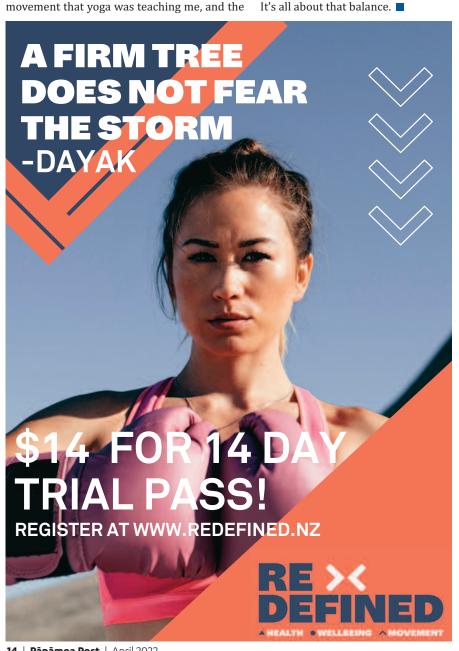
Rachel Cole

els becoming the order of the day. According to many international statistics, a third of buyers now choose space and size of homes as a critical factor in the post-pandemic

Houses that can support activities such as office work, study and exercise are increasingly important, particularly as families are starting to plan well into the future for their long-term requirements

In other words, the pandemic has triggered a paradigm shift in consumer behaviour, with demand now skewed towards generous space, quality of life and no compromise on

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A flourishing garden without water worries

Wanting a beautiful backyard and to do her bit for the environment too, Pāpāmoa gardener and artist Jenny Coker has spent the past two years creating a garden that flourishes without much water.

"We all know that our seasons and climates are not going to get any more favourable and that we really will continue to have water restrictions, that's just a fact of life, pretty much everywhere around the world," says Jenny. "So instead of wasting water in the garden, I wanted to create a garden that uses as little water as possible while still being vibrant and full of colour."

Removing the top 10cm of turf from her beachside backyard, she replaced it with a layer of composted soil before planting two central weeping cherry trees to shade the rest of the garden.

"Trying to future proof the garden, I thought right, I'll have a canopy to shelter the plants underneath. I knew the more shade I could create at the base of the plants, the better it would be to hold the ground water," she says.

A layer of medium sized plants formed a second sun umbrella, followed by a carpet of ground cover.

"There are a lot of really beautiful ground covers and many of them don't need much water once they're established, including common herbs like thyme which thrives on being neglected," she says.

says.

"The trick is just to cover your ground so it keeps the moisture in and create these canopy layers, so you don't have to be watering the whole thing all the time."

She used good quality compost and mulch to help regulate the temperature of the soil and prevent water evaporation, while also controlling weeds.

Jenny also recommends using plants that are native to the region or are advertised as drought-tolerant, and watering strategically in the evenings. Two years on, Jenny's garden is bursting with colour and she's able to moderate the amount of water she's using, which means she's saving money on water bills too.



Jenny Coker in her garden



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Sarah Hirini

Sarah Hirini continues golden run

Pāpāmoa local Sarah Hirini has kicked off her season as captain of the Hurricanes Poua for the inaugural season of Sky Super Rugby Aupiki.

Sarah, who has also captained the Black Ferns and Black Fern Sevens, collected three major prizes at the 2021 NZ Rugby Awards, including the supreme Kelvin R. Tremain Memorial Player of the Year. She was named Black Ferns Sevens Player of the Year and became a two-time winner of the Tom

French Memorial Māori Player of the Year Award.

The Pāpāmoa loose forward led the Black Ferns Sevens to Olympic gold at the

2020 Olympics in Tokyo, was Sevens World Champion in 2013 and 2018, is a Commonwealth Games gold medallist, and six-time World Series winner.

Labour List MP Angie Warren-Clark

inister Mahuta in her capacity as Minister of Local Government recently announced the Tauranga Commissioner structure would continue on longer than October 2021, a decision not made lightly. The fact that the Commissioners have made a real tangible difference, making hard decisions and embedding consultation with the wider community, including mana whenua, is evident. This work needs to continue so that the gains made by clear decision making will be embedded in our city, ensuring that we continue to build a more liveable city. Though a democratic election is what we would all hope for, the reality is we are sorely behind in infrastructure and planning as the fifth largest city in New Zealand. We can't lose the progress we've had under the commissioners.

You'll never please everybody but Minister Mahuta had huge support from a wide range of people from mana whenua, those in social services, community and business leaders asking for three more years of the Commissioners. I think the Minister has landed in the perfect sweet spot: keeping

them until July 2024 when local elections will be held. It's our job as a community to consider the types of skills and people we need to lead our city from 2024 – and to ensure the billion-dollar balance sheet is managed professionally within the context of the fastest growing city in the country. Tauranga City is a jewel in the golden triangle, and I encourage everyone to participate in local democracy with the thoughtful selection of candidates and a large, representative voter turnout in 2024.

As I write this I cannot help but feel worried for our world as the war in Ukraine escalates. Parliament made history when we unanimously passed the historic Russia Sanctions Act, a broad legal framework enabling economic sanctions targeting specific people, companies, assets and services involved with Russia's aggression. A temporary relief package was created to ease some of the domestic consequences of Russian's invasion. Though it sometimes seems the light at the end of the tunnel is rather dim, we got through a pandemic together and we can navigate the impacts of war together

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Local election delayed

The Government has decided to delay a Tauranga City Council local body election until July 2024. Instead, it will appoint a new commission.

Tauranga City Council Commission Chair Anne Tolley says the decision recognises the complex processes required to get Tauranga moving and the risks associated with introducing a new set of elected members mid-way through some significant decision-making processes.

But the decision has been met with disappointment from the Tauranga Ratepayers Alliance, which has started a petition called "save democracy in Tauranga", and is supported by former Mount Maunganui – Pāpāmoa ward councillors Steve Morris and Dawn Kiddie.

Anne Tolley says the extended timeframe will allow a Commission to continue imple-

menting the workplan now underway to address the city's severe housing shortage and underinvestment in community facilities and infrastructure.

"It will also mean a Commission can work with council management to develop the council's draft 2024-34 long-term plan, engage with the community on the workplan and budget it proposes and cement-in a strong programme to guide the city's future development.

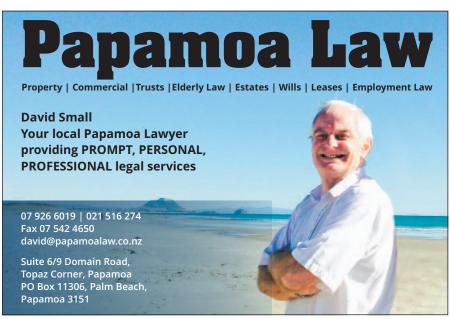
"It's gratifying to know that the Minister of Local Government has confidence in the commission model and recognises how much the council has achieved in the past 13 months," says Anne. "This decision provides time to make some real progress and put in place the building blocks which will allow Tauranga to become the great city it deserves to be."











Papa Mo's wins sponsorship award



Pāpāmoa Cricket Club junior players in their Little Mo kit sponsored by Papa Mo's.

ocal restaurant Papa Mo's has been awarded a Pay It Forward award from Vodafone in recognition of their generous sponsorship of the Pāpāmoa Cricket Club.

Papa Mo's has been behind the club since it was established in 2018, with its sponsorship helping fund gear including the recognisable club shirts.

The club has gone from strength to strength and nominated Papa Mo's, which is located at the Excelsa Centre in Golden Sands, to thank them for their loyalty and generosity.

The award was announced on TV3's Newshub, with club president and founder Mark Divehall thanking Papa Mo's owner Luke Van Veen for making a difference in the community.

The award was awesome recognition for Luke and the business for the support they

provide, and was a great opportunity to repay the faith shown in the club, says Mark.

The "Little Mo's" junior club members also got on board to thank Luke for their "player of the day" ice creams from Papa Mo's

Papa Mo's received a \$5000 personalised business connectivity package from Vodafone, designed to take businesses to the next level so they can continue to thrive and do good in their community.

Vodafone says that behind every local sports team there are great local businesses helping to support them. Without the funds these clubs get from sponsors they simply couldn't function, but they play a vital role in allowing people (from preschool age way up past retirement) across Aotearoa to have fun, fulfilling experiences.

MP for Bay of Plenty Todd Muller

t's quite concerning to read about the growing crime in our region. Yes, we have a cost of living crisis. But the type of theft that is increasing is not what you'd expect when people are struggling to feed their families due to high grocery prices.

No, we are seeing quite blatant antisocial behaviour from people with an enormous sense of entitlement and little regard for others' safety, livelihoods or sense of security. Theft of tobacco, liquor and tools is not helping anyone's children. At the same time, the Government is failing to better resource the Police, and failing to make law changes to keep our communities safe. Since Labour came to office in 2017, gang membership has increased by over 50 per cent, violent crime has increased more than 20 per cent, and assaults are up more than 30 per cent. New Zealand dairies, supermarkets and liquor stores have seen a 25.7 per cent increase in victimisations. Theft has skyrocketed by 32.2 per cent in that time.

Despite this, Police are making fewer arrests. In 2017, Police arrested 5228 offenders for occurrences at dairies, supermarkets or liquor stores. In 2021, this dropped to 1947 arrests – a massive reduction of 62.8 per cent. Is this reduction in arrests connected with the government's policy to reduce prison populations? Or due to insufficient Police resourcing?

Labour promised 1800 new Police by July 2020 and now, 20 months past that

deadline, they've only delivered 70 per cent of that target. The only legislation the Government has prioritised is getting rid of the three strikes law – legislation designed to keep our most violent recidivist offenders out of the community.

Please make sure you are connected with your local Neighbourhood Support group, which has a very strong network in Pāpāmoa, and do your bit for the safety of your own family and property and those within your community.

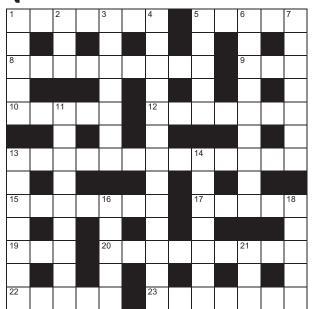








Quick crossword



Down

1. Difficult problem (5)

5. Dissatisfied (3,2)

4. Suffer stoically (4,3,4,2)

2. Choose (3)

6. Flawed (9)

7. Confuse (7)

11. Meddle (9)

16. Bare (5)

18. Reverie (5)

21. In favour (3)

13. Repulsive (7)

14. Lothario (3,4)

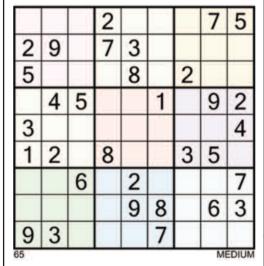
3. Lewd (7)

Across

- 1. Stretch out (7)
- **5.** Pretend (5)
- 8. Contented (9)
- 9. Hold down (3) **10.** Elevate (5)
- **12.** Clothing (7)
- 13. Impetuosity (13) **15.** Drive mad (7)
- **17.** Recorded (5)
- **19.** Poem (3)
- 20. Commotion (9)
- **22.** Velocity (5)
- 23. Fit of bad temper (7)

Sudoku

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



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

Kids' corner

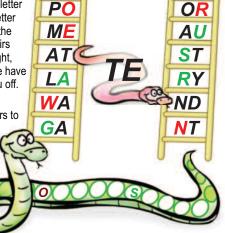
Snakes and Ladders

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 areen word



Solutions

Crossword

14. Don Juan, 16. Naked, 18. Dream, 21. For. 12. Apparel, 13. Hotheadeness, 15. Derange, 17. Noted, 19. Ode, 20. Kerfuffle, 22. Speed, 23. Tantrum. **Down:** 1. Poser, 2. Opt, 3. Obscene, 4. Grin and bear it, 5. Fed up, 6. Imperfect, 7. Nonplus, 11. Interfere, 13. Hideous, 14. Dop luan 16. Naked 18. Department Across: 1. Prolong, 5. Feign, 8. Satisfied, 9. Pin, 10. Raise,

Snakes and Ladders

ОМИЕВ, ЅЈСАВ. Puzzle 2 WATERY, GATEAU. ATTEND, LATEST, POTENT, METEOR, L alzzu9

Sudoku

9 E 6	9	2 8
6	2	7
6	L	L
		•
1	2	3
8	6	Þ
9	L	9
2	9	L
t	8	S
L	3	6
	2	1 2 9 4 8

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33

Pāpāmoa Tide Chart April 2022

	1 Fri	2 Sat	3 Sun	4 Mon	5 Tue	6 Wed	7 Thu	8 Fri	9 Sat	10 Sun	11 Mon	12 Tue	13 Wed	14 Thu	15 Fri	16 Sat
Pāpāmoa Tides	1:08 0.4 7:30 1.9 13:38 0.3 19:55 1.9		8:03 1.9 14:09 0.3		9:27 1.9 15:33 0.4	10:08 1.8 16:13 0.4	10:48 1.8 16:54 0.5	11:30 1.7 17:35 0.5	6:07 0.6 12:15 1.7	6:55 0.7 13:03 1.6	7:47 0.7 13:56 1.6	8:41 0.7 14:52 1.6	9:34 0.6 15:49 1.7		11:17 0.5 17:36 1.8	5:55 12:06 18:25
Fishing Guide	B	B	B	B	G C	G C	G C		B	B	B	B	B		y G C	G C
Moon Phase	R 6:58 S 19:19	R 8:01 S 19:45	R 8:04 S 19:11	R 9:07 S 19:40	R 10:09 S 20:11	R 11:10 S 20:47	R 12:09 S 21:29	R 13:04 S 22:17	R 13:53 S 23:12	R 14:37	S 0:10 R 15:15	S 1:12 R 15:48	S 2:16 R 16:18	S 3:20 R 16:45	S 4:26 R 17:11	OS 8
	17 Sun	18 Mon	19 Tue	20 Wed	21 Thu	22 Fri	23 Sat	24 Sun	25 Mon	26 Tue	27 Wed	28 Thu	29 Fri	30 Sat		
Pāpāmoa Tides	0:25 0.4 6:43 1.9 12:54 0.3 19:14 1.9		8:19 2.0 14:29 0.2		9:59 2.0 16:07 0.2	10:52 1.9 16:59 0.3	11:48 1.9 17:55 0.3	12:47 1.8	7:34 0.4 13:50 1.8	14:53 1.8	9:35 0.4	10:32 0.4 16:52 1.8	11:24 0.4 17:44 1.8	6:03 1.9 12:12 0.4 18:33 1.9		
Fishing Guide	B	B	B	B	B	G C	G C	GC	Ge	G C	G C	G	G C	y G C		
Moon Phase	S 6:42 R 18:07	S 7:55 R 18:40	S 9:09 R 19:18	S 10:24 R 20:05	S 11:37 R 21:01	S 12:42 R 22:05	S 13:37 R 23:14	● S 14:22	R 0:25 S 14:59	R 1:35 S 15:31	R 2:42 S 15:58	R 3:47 S 16:23	R 4:50 S 16:48	R 5:53 S 17:13		

*Not for navigational purposes

Tide chart supplied by OceanFun Publishing, Ltd.

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NOTE: For Tauranga tides add 40 mins.

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- 2. Phone 0800 222 848 (to leave a voicemail).
- 3. Email us at awessom.research@auckland.ac.nz with your contact details.

Registering your interest will not enrol you into the study, it is just a good way for us to know that you are interested to hear more about it A member of the research team will contact you by phone Your details are kept confidential and will only be seen by the research team. Approved by the Health and Disability Ethics Committee on 13/12/2021, reference number: 20/CEN/242.

Success for Sam



News in Brief

Writer nominated

Pāpāmoa writer Leah Carter was named as a finalist for the Janice Marriott Mentoring Award at the Storylines NZ Awards. Last year Leah was shortlisted for the Storylines NZ Tom Fitzgibbon Award for a junior manuscript.

Market dates

The Pāpāmoa Lions Club Market is scheduled for April 10 and 24 from 8am to midday at Gordon Spratt Reserve. The Little Big Markets will be held on Saturday 23 April at Pāpāmoa Pony Club from 9am to 2pm. The Pāpāmoa Farmers Market is held every Sunday from 8.30am to midday at ReDefined, 58 Ashley Place.

PRRA meeting

The Pāpāmoa Residents and Ratepayers Association's next meeting and AGM is on 11 April at 7pm at Legacy Gardens. NZTA project managers John McCarthy and Paul Willey will speak about the Bayfair to Baypark link.

Pāpāmoa Toastmasters

Pāpāmoa Toastmasters needs you. During Covid red traffic light meetings are on Zoom on the first, third and fifth Wednesday of the month from 6pm to 7.15pm. In orange level the group will host hybrid meetings on Zoom and in person on the first, third and fifth Wednesday of the month at 5.30pm in Pāpāmoa East. Cost is \$75 for six months. Contact Chrissy on 027 296 7939 or Iain on 07 572 2987 or 027 57 22 987. ■

Pāpāmoa middle distance runner Sam Tanner has successfully defended his 1500m title at the National Athletics Championship in Hastings.

Sam, who competed in the same event at the Tokyo Olympics in 2021, is set to compete at the Commonwealth Games in Birmingham this July-August, and has spoken about his goal to medal at the Paris Olympics in 2024.

Sam grew up in Pāpāmoa attending Pāpāmoa Athletic Club and still lives locally.

PERA

Papamoa Residents and Ratepayers Association

Do you want to learn more about what is happening in your community of Papamoa?

- Are you concerned about the impact of growth on local amenities, roading, traffic and you and your family's safety?
- Are you concerned about the lack of cycle lanes and cycleways, tsunami alert systems?
- Are you concerned that the Council doesn't listen to the concerns of residents and ratepayers?
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Meetings at Legacy Gardens on Te Okuroa Drive on the 2nd Monday of each month at 7pm We have presentations on topics of interest Question time open to members

Please note that Vaccine Passes are required to attend all PRRA meetings.

Website: www.papamoaprogressive.co.nz

Pedal & Pump at Easter

The popular free Pedal & Pump event is returning to Pāpāmoa this Easter. Pāpāmoa Unlimited organises the event, which is this time themed as Alice's Wonderland Easter Hunt, and is open to both cyclists and walkers.

The event will kick off from Pāpāmoa Plaza and people are invited to do it in their own time between 10am and 4pm on Easter Sunday, 17 April.

"Join us for a walk or ride [on a] digital scavenger hunt through the beautiful Te Ara O Wairākei trail in Pāpāmoa this Easter Sunday with your bubble," says organiser Julia Manktelow.

"Locate Alice and her friends for your chance to win some wicked Easter prizes. We all need some fun so let's have it in true Pap fashion!"

The event has been created for people to take on at their own pace and stay within their bubbles.

"Just make sure to sign into our Covid-19 QR code and registration link which you will find all over Pāpāmoa Plaza Easter weekend."

Pedal & Pump is sponsored by MyRide Mount Maunganui. For more details see the Pāpāmoa Unlimited Facebook page.



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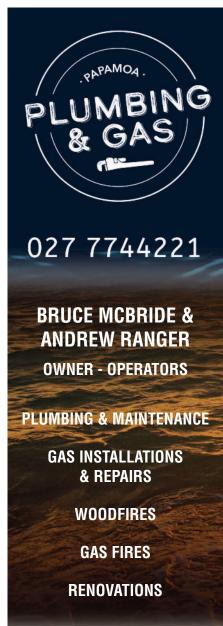
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Chrissie from Merric

New season looks at Merric

As the weather starts to cool and you want to freshen up your winter wardrobe, pop into Merric for fabulous fashion with warm and friendly service.

The women's fashion apparel store is known for its up-to-the-minute yet very affordable fashion apparel and accessories for most occasions.

Store manager Chrissie Stewart and the team love nothing more than helping you find the perfect piece or outfit, customised to your personal needs.

"We can help with a wide array of special occasions. If you have something you want to match up, bring it in and we can match it for you," says Chrissie.

Helping people find what they need and making them feel good about themselves is what it's all about. "We see them walking out the door, we have made their day and they have got a smile on their face. It's about seeing them go out really happy that they have got a good purchase."

This season expect to see trends in store of shades of forest green, clear sky blue, yellow plum, and pear sorbet, as well as asymmetrical tops, and prints including the popular animal patterns. More tailored lines are arriving in store, as well as the ever-popular classic silhouettes such as tunics.

"There's something for everybody," says Chrissie. "We have the longer sleeves and three-quarter sleeves coming in. Tunics are very favourable with people, you can layer them up with a thermal underneath for winter."

New styles are regularly arriving, and there are always bargains to be had on the clearance racks with 30 per cent off, 50 per cent off and even more.

Make sure you ask about the loyalty card points and discounts, which never expire.



Getting Proactive about your wellbeing

After suffering from an injury, illness or other setback, the body's resilience takes a big hit.

Proactive's Four Corners of Health model assesses the four most crucial factors when it comes to optimising recovery and boosting performance: physical function, nutrition, sleep, and mindset.

Proactive Papamoa Plaza physiotherapist Steve Tucker says it takes just two minutes to answer a questionnaire to assess your own "four corners of health".

"It's a concept that measures wellbeing," explains Steve, who has more than 30 years' experience as a physiother apist. "We ask questions to establish how your wellbeing is – it's a little bit like a warrant of fitness check. Then we can coach you to improve your overall wellbeing."

The philosophy is incorporated across the suite of services that Proactive offers. The multi-disciplinary healthcare centre works together to provide a full range of services – physiotherapy, clinical psychologists and occupational therapists on site, with a regional medical and community rehabilitation team.

The business is the only rehabilitation centre in the country to offer such a broad suite of options across mind, body and spirit.

"We supply a start to end flow of services, which includes private clients and all the ACC contracts," says Steve. "These include psychology, concussion, social rehab needs assessment, training for independence, pain management, and vocational rehabilitation. This means we can supply a comprehensive and timely service to our clients."

Proactive is located next to NZ Post on the exterior of Papamoa Plaza and is able to treat all people regardless of their vaccination status.

Get in touch with Proactive Papamoa Plaza on 07 281 0496 or check out their website to see the range of services they can

help you with. www.proactive4health.co.nz.





Emily and Steve from Proactive



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