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Story page 10



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## Pāpāmoa Post

# Pāpāmoa pool goes year-round for swim club

It's been high fives and fist pumps at the Pāpāmoa Swimming Club as the club has gained approval to use the Pāpāmoa pool year-round for its swim training programmes.

Club president Sarah Metcalfe says the milestone comes after 10 years of discussions with Pāpāmoa Primary School, where the pool is located, and hard work from past and present committee members.

The year-round opening of the pool is a huge win for the club and community, says Sarah.

"Up until now the winter months meant a move to Baywave with limited lane space for the June to September period. This has had an impact on club numbers each year, as well as it causing disruption for the delivery of

our training programmes. There are 150 club squad swimmers that are pretty happy about being able to swim local this winter."

The club recently established a development squad to provide a pathway for athletes to participate in the sport at a national level. Having a pool base to train in year-round is a key component in being able to establish and deliver a complete pathway and options for swimmers and the community, says Sarah.

The decision to allow access to the pool year-round has been based on an agreement with the school's Board of Trustees to ensure that the pool is more available to the community.

"We will be working closely with the school to look at how community groups



Pāpāmoa Swimming Club members are celebrating.

and the public are able to use the facility. We are stoked to be working with a Board that has an open mind and approach to the use of the facility," says Sarah.

Currently, in addition to being used by school groups and the swimming club, the pool is used by community groups and businesses and can be hired by private user groups.

Work is planned to upgrade the facility, kicking off with a shelter with heating being installed in May, with showers and change room upgrades also being considered. The pool will be heated to a warm 29C.

"We would like to thank our family of swimmers that continue to support the club by swimming with us. We are so appreciative of our awesome staff and their dedication to the club - our coaches, LTS coordinator and teachers and our lifeguards," says Sarah.

"We also owe a huge thank you to our sponsors and contributors: Pak n Save, The Lion Foundation, Tauranga City Council and TECT.

"We encourage anyone interested in swimming as a sport or for fitness to check us out and support the club by choosing to swim with us."

All information can be found on the website [papamoaswimclub.org.nz](http://papamoaswimclub.org.nz). ■

## From the editor's desk

Pāpāmoa is a great place to start a small business. Locals tell us it's easier to make things happen here rather than in the big smoke. We love supporting local by featuring some of these businesses in the Pāpāmoa Post. Sharing their stories is a win for all of us, as our readers discover delicious new eateries to try, such as Leo's Pizza and Iorana Churros featured in this issue. And if you're wanting to reduce your carbon footprint, be sure to pop into Replenish on Parton Rd (story page 7). After meeting Lynda and Ashleigh I was feeling inspired to do more to reduce my waste. Enjoy your read.

■ Ellen Irvine

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# “Mr S” comes aboard at Pāpāmoa Primary

Pāpāmoa Primary School’s new principal Matt Simeon is excited to be taking on the role in a school he says has an “awesome heart”.

Matt – or “Mr S” as he’s known to the kids – took up the role in March part-way through term one. Getting to know the kids has been his top priority, popping into each of the 27 classrooms to read a story or whipping out his guitar for a sing-along.

His new role is a “welcome back” to Pāpāmoa, as he has previously taught at Te Akau Ki Pāpāmoa School for two different stints, including as a foundation staff member in 1999. Most recently he has been principal at Pillans Point School in Tauranga.

His first weeks at Pāpāmoa Primary have included chatting to staff and students about what they love about their school – and what they would change if they had the chance.

“What I’ve noticed in the first two weeks is the school has an awesome heart. The people of the place, we’ve got awesome staff that are really committed and excited to be in this place, and the kids are just gorgeous.

“I’m having a bit of fun with them and enjoying getting to know them more, and them getting to know me and the crazy world of Mr S,” says Matt, who is a dad to three school-age kids.

The students have been quick to tell him what they love about their school, includ-

ing the pool and playground, while they want their rugby posts and fitness course back (they have been temporarily moved due to building at the school).

As for the staff, one of the biggest things to come through is pride in the physical environment. As “Te Kura Matua a Pāpāmoa” – the original school of the area – some of the bricks and mortar of the school is in need of “a little makeover”, says Matt.

“A lot of that is in progress. The school has been in a holding pattern for about a year due to the work needed to get the eight new modular classrooms, which are stunning. We can now get on with some of the ‘nice to have’ things in the school too.”

Matt says previous principals Phil Friar, Lisa Morreseay and acting principal Fay Warnock have done a great job guiding the school through Covid and navigating building improvements.

“My job is to pick up on their legacy, and to leave the legacy for the people that come after me.”

Matt views his role as principal as ensuring the staff have the tools they need to do their jobs. The over-arching goal is thinking about “who do we want these kids to become in their time at the school?”

His approach involves focusing on kids being safe and happy at school, friendships, literacy and numeracy, and provid-



Pāpāmoa Primary Principal Matt Simeon with some of the students on “fantastic free wheeling fluro Friday”.

ing as many opportunities as possible for kids to experience.

The final ingredient? Making sure there’s plenty of fun.

“If there’s not the joy and fun of coming to school, they won’t want to get out of

bed,” says Matt. “It’s our job to create memories and provide memory-makers to our kids. If in 10 years’ time they are sitting together at a BBQ and saying to each other ‘remember that time at school ...’, we did it right.” ■



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# Pizzas topped with a taste of Brazil

By day it's a suburban Pāpāmoa family home, but by night the home of Leo Eberhardt De Almeida and Elis Rodrigues transforms into a pizza restaurant delighting locals with its unique flavours.

Leo and Elis realised a dream in December when they opened Leo's Pizza from a permitted commercial kitchen in the garage of their Manawa home.

Since then, it's been growing in popularity thanks to word-of-mouth endorsements from locals who love the takeaway pizzas with a Brazilian twist.

The couple serves pizzas to the public on Thursday, Friday, Saturday and Sunday nights from 6pm to 10pm, through an online booking system. They are fine-tuning a delivery option, and will soon be adding Wednesday nights to the schedule and changing to winter hours of 5pm to 9pm.



Alfredo likes to help dad Leo.

Food has always been a shared passion for the couple, and years of planning have gone into the business launch.

"When we first met, we found the main thing we had in common was cooking," says Elis. "We loved cooking for friends and family. Leo loves cooking and he's really good at it."

Part of the motivation in starting Leo's Pizza is to share the unique flavours and spices of the couple's home country of Brazil.

Leo created a unique pizza dough recipe after almost a year of trial and error, while Elis developed the toppings. It's a true family affair, with four-year-old son Alfredo enjoying getting involved too.

The result is a menu of 18 varieties of pizza, all crafted with their unique dough shaped into a square of 28cm by 28cm. Smoked calabrese and pulled pork BBQ toppings are just some of the menu highlights; one of the most popular flavours is the 'Goodfellas' with mozzarella, smoked calabrese sausage, bacon, aioli, parsley and oregano. You'll also find all the classic pizza favourites.

Everything is created by a labour of love. The pulled pork takes two days to prepare; carefully slow-cooked before being placed in the backyard smoker. Elis also hand-makes the catupiry cheese (a soft, ricotta-style creamy cheese) on the chicken catupiry pizza.

The Brazilian influence can be tasted in the flavours of some of the pizzas, says Elis, who learned to cook with her mother.

"We want to show people a bit of Brazilian culture and food. South America is really rich, we have all types of food, fresh vegetables, there is such a variety of flavours."

That influence can also be seen in the dessert pizzas, a common delicacy in Brazil - try the banana and caramel flavour or the banana and hazelnut.

Operating from home takes away the biggest overhead - rent. While the dream would be to open a pizza store,



The Leo's Pizza family - Elis and Leo with son Alfredo.

Elis says like everything about the business they won't do it until they are thoroughly prepared.

One thing for certain is that the future of Leo's Pizza is here in Pāpāmoa.

"We are really grateful and really lucky that people are starting to talk about our pizzas," says Elis. "The life here is incomparable."

To find out more or order go to [www.leospizza.co.nz](http://www.leospizza.co.nz). ■

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## Meet our team



**LLOYD FARRAR**  
Dentist



**RACHEL FARRAR**  
Orthodontist



**RACHAEL WARD**  
Dental Assistant



**BRITTANY KIRK**  
Orthodontic Auxiliary



**BELINDA COYLE**  
Office Manager



Lloyd (Dentist) and Rachel (Orthodontist) are proud to introduce their amazing team at Tara Rd Dental and Pāpāmoa Orthodontist. Belinda, Rach and Britt are all highly experienced, having been in the dental industry for over 50 years between them.

Belinda is a Pāpāmoa local who knows everyone and loves a chat. We are so lucky to have her bubbly personality and warm smile welcoming our patients on the phone and as they walk in the door. In her spare time Belinda loves trying out new local cafes, restaurants (and cocktail bars!), pilates and fishing with her husband. Belinda's daughter is at uni in Christchurch.

Rach is super organised and works seamlessly with Lloyd to ensure their patients feel comfortable and well informed about their dental issues and treatment options. Rach and her husband love getting away to their lake house at Atiamuri where her son Casey has mastered wake-boarding. He has several national titles

and has been selected for the New Zealand team. Her older son, Josh, is a talented graphic design student studying in Auckland. Rach is an energizer bunny, never sitting still for long. She loves staying fit, getting out and about and walking her pooch.

Britt is an exceptional orthodontic auxiliary who can take care of all things orthodontic. Born and bred in Tauranga, Britt has recently moved back to the Bay after several years at a very prestigious practice in Hamilton where she gained a lot of experience doing complex orthodontic procedures. She is a drummer in the Tauranga Pipe Band and loves her cats. We're hoping she will be able to house and kitten sit for us now that we have adopted two wee rescue kittens.

Rachel and Lloyd are thoroughly enjoying running their new business from the purpose-built site. They have great neighbours in the hub and are loving meeting and getting to know so many fabulous local families.

Rachel and Lloyd's philosophy is to

- care for their patients as they would their own family
- communicate clearly all your treatment options
- have fun doing it!

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### CONTACT US:

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# Replenish targets eco-friendly shopping

We all want to reduce our waste, live more sustainably, and save money, and a new heart-led business in Pāpāmoa aims to help us achieve just that.

Lynda Lloyd has launched Replenish, a refill store on Parton Rd where customers can get everything including pantry staples, nuts, grains, spices, and cleaning and body products – all without wasteful packaging. Instead, shoppers bring their own containers, or take a jar from the store’s “jar library”.

With the help of her older daughters Samantha and Ashleigh, Lynda opened the doors to Replenish for Pāpāmoa customers in February, and is also servicing the whole country through online orders.

It’s a full circle moment for Lynda, who was a zero-waste pioneer before she even knew there was a name for it. Raising her four daughters in Auckland in the 1980s and ‘90s, Lynda used cloth nappies, bought second-hand, and used her local refill store to avoid packaging waste.

“We took our bags everywhere, people thought we were a bit weird taking plastic bags to the supermarket, but I just hated them,” says Lynda. “Of course, now everyone does it.”

And as the rest of the world catches up, Lynda’s passion is helping others reduce their waste and be more sustainable – and saving a bit of money in the process.

It’s a family affair; it was Ashleigh who gave Lynda the idea to follow her passion and open a refill store when she was looking for a career change. Ashleigh moved down from Auckland to help run the day-



Lynda Lloyd and daughter Ashleigh Turley at their new refill store Replenish.

to-day business and drive social media with her sister Samantha. Ashleigh’s husband Nathan is also involved behind the scenes running the digital marketing and administration.

“We will often sit around the kitchen table with our laptops, it’s a real collaboration,” says Lynda, who lives on the same street as three of her four daughters.

She says the community response has been encouraging – people love that they

can buy the exact quantity of what they need.

“It’s almost like try before you buy, so they’re not wasting that packaging and product and money by buying a big bag when they only need a little bit,” says Ashleigh.

At Replenish, customers can buy as little or as much of a product as they like – which is perfect when they are checking out a new laundry detergent, for example, for

sensitive skin. “They can take a little bit home and try a couple of loads without having to buy a large amount,” says Lynda, whose favourite products are the Littlefoot Limelight dishwash liquid and Cherry Blossom laundry liquid.

“We have tried every product, I can stand here hand on heart and say I can guarantee this product, and we are also happy to refund or exchange.”

The shop is also a haven for anyone wanting to dip their toes into sustainable living – people who know they would like to make some changes but don’t know where to start. Lynda and Ashleigh are on hand to offer advice.

“It’s that personal service; we want people to know we are not just here to sell them stuff. They can come and get some tips and tricks. We are here to help them, especially mums with prams or elderly people,” says Lynda.

Replenish also offers a subscription service called Re:Up – a circular delivery service where subscribers receive a monthly package of their most important household staples – making waste-free easier than ever before.

Savings at the till has been a welcome surprise to customers who can’t believe the low total when they pay.

“If we can help by making food bills smaller and reduce waste, it’s a win-win,” says Lynda.

Find out more at [ReplenishPapamoa.co.nz](https://ReplenishPapamoa.co.nz) or call into the store at 60 Parton Rd (Pāpāmoa Business Village). ■

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# Second-hand delights in Pāpāmoa

From Italian leather lounge suites to Kate Sylvester jumpsuits and everything in between, Pāpāmoa's Waipuna Hospice store is a treasure trove. You just never know what you'll find there.

The Domain Rd store has always been highly regarded in the community but a recent makeover has further stepped up its game, providing a bigger, brighter and better layout as well as carpark improvements.

The store closed for a day so that a team of 30 volunteers, staff and community members could undertake the transformation. The changing rooms and spacious front counter have been reinstated, with designated areas for all the different types of goods throughout the shop.

Store manager Sheryl Ham says the transformation has really opened up the space. "It's given us a heap of space for our furniture. We've got a range of styles; shabby chic, modern, retro and vintage."

The store is known for its excellent range of books, collectibles, clothing, and a huge variety of other pre-loved quality goods.

One of its unique features is a "collectibles corner", which houses "things vintage and a bit quirky", says Sheryl.

Money raised from Waipuna Hospice charity shops is used to directly care for people in the community with terminal illnesses, and their families. Waipuna Hospice provides specialist palliative care for patients living with a life-limiting illness, plus support services for them and their families. Its geographical area includes Pāpāmoa, going as far afield as Waihi Beach and Paengaroa.

Sheryl says it's a cause that resonates with the local community, as hospice has touched the lives of so many. "It's amazing what people donate, and they are really thrilled to see the sale of their items going to support the charity."

While the store gets fabulous donations from the Pāpāmoa community it is always in need of more due to the high turnover of goods. Sheryl loves the "full circle" journey of the goods - from donation, to purchase, to the money going back into the community to support hospice.



Pāpāmoa's Waipuna Hospice store manager Sheryl Ham, centre, with some of the team of staff and volunteers.

"When we receive donations, we often get the back story of why it's being donated. Then we see it being displayed beautifully and the customer walking out chuffed with their purchase, saying 'this is exactly what I needed to fill that particular spot', or 'my sister's going to love this'. It's wonderful."

Staff and volunteers are very particular about the condition of every item, making sure goods are shop-ready before hitting the shelves. "We make sure that great quality items go into the shop, so our customers can be confident

in their purchases."

The store is a warm, friendly and happy place to work, says Sheryl, with a great team of volunteers, although there is a never-ending need for more keen hands.

The Pāpāmoa Waipuna Hospice store is located at 157 Domain Rd. Its opening hours are 9am-4pm Monday to Friday, 10am-3pm Saturday and Sunday.

If you're interested in becoming a volunteer, pop into the store or go to the website [Waipunahospice.org.nz/volunteer](http://Waipunahospice.org.nz/volunteer). ■

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# Speedskating champ pivots to churros

Customers enjoying Romina Silva's home-made churros know she's a demon in the kitchen, but they probably don't realise they are talking to a New Zealand national champion.

The owner of Iorana Churros food truck is a national titleholder in speed skating - winning gold at the New Zealand Roller Sports Speed Championships - and she even smashed a New Zealand record for the 200m time trials.

Originally from Chile, Romina and her husband Nicolas were enjoying travelling around New Zealand when the 2020 Covid lockdown hit. Their visitor visa was extended and they've enjoyed their time so much that they're hoping to make it a permanent shift.

Back in Chile, Romina had been general manager for the Chilean national surf association and was drawn to Pāpāmoa for its beach lifestyle. Now she's sharing her skating expertise with local children, teaching skating fundamentals via Active Sparks' after-school skating programme.

She's also part of a speed skating club in Hamilton, as there is no local club in Tauranga.

Bringing a touch of Chile to the streets of Pāpāmoa, in December Romina launched Iorana Churros, spending the summer trading from her Carrington Dr driveway.

Churros - a fried dough delight from Latin American, Spanish and Portuguese

cuisines - are a staple in Chile and Romina missed the sweet treat. They have soon become a fast favourite with locals who have visited Romina's truck, as well as a magnet for the local South American expat community.

"When you go to the beach in Chile you walk around the marina and you find little trucks and cafes, they sell churros. For us, for the Chilean people in South America, it's a common dessert and I missed it a lot," says Romina.

"There are different styles and toppings in Chile, in Argentina, in Mexico... it's the same but different styles, and you can [get] savoury and sweet."

At Iorana, sweet churros are served with either chocolate or caramel sauce, with coffee, hot chocolate, iced coffee, and iced chocolate.

The name Iorana is inspired by the greeting from the Easter Islands, which is a special territory of Chile in the South Pacific. "Iorana" is a similar greeting to kia ora or kia orana.

Now she's got the necessary paperwork, Romina is taking her food truck on the road - she's been at Sol Market, Pukehina night market and Pāpāmoa Farmers Market, and next season plans to take on Dinner in the Domain and bigger events.

To find out when Romina is opening up the caravan on Carrington Drive, and to follow her markets, follow Iorana Churros on Facebook and Instagram. ■



Speedskating champ Romina Silva with her Iorana Churros food truck.

An advertisement for 'MY RIDE MT MAUNGANUI'. The background shows three cyclists from behind, wearing helmets and gear, on a city street at dusk. The text 'MY RIDE MT MAUNGANUI' is prominently displayed in white. To the right is a circular award logo that says 'MOST TRUSTED WINNERS 2021' with a star in the center. Below the main text, it says 'BE SEEN THIS WINTER!' in large, bold, white letters.

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# Stay off the dunes and stick to the track



Damaged dunes at Pāpāmoa

Local beach lovers are urged to stick to official beach access paths, as unofficial beach tracks in Pāpāmoa are causing the dunes around them to erode.

Three areas in particular, near Kirkpatrick Pl and Simpson Rd, are highly damaged and dunes are dying due to being trampled (see photo right). People sliding down the dunes at a section of beach near Kirkpatrick Pl have also badly damaged the fragile ecosystem.

“Unfortunately, after Coast Care replanted and fenced the area people continued to slide down,” says Coast Care regional coordinator Rusty Knutson. “We have since re-fenced the area and have put up more signs.”

Rusty says dune systems are surprisingly fragile and don’t like being stepped on. “Using unofficial tracks over dunes to reach the beach kills off the native dune plants, which in turn stops the regeneration of the dunes,” he says.

“So, in time, we begin to see stretches of bare sand where there used to be dunes. The same thing happens when people arrive at the beach, many like to lay their towels down and sit right next to the dunes which again causes die-off of the resident dune plants.”

Tracks along the most sensitive fore-dune in Pāpāmoa are especially a problem, as well as people climbing to the top of the dunes for a look-out.

“The tracks break up the coastal reserve and reduce habitat for native plants and animals,” says Rusty. “The effects vary depending on a range of factors like wind direction, storm severity and how often the track is used. Coast Care spends a large amount of its annual budget repeatedly rehabilitating these areas at the expense of restoring other areas of need within the dune systems.”

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The circled areas represent particularly damaged sections of the dunes.

A large unofficial track runs along the length of Pāpāmoa Beach Coastal Reserve in the rear dune. Rusty says Coast Care understands that the community enjoys walking along there, “so it would be great if people could minimise the damage and stick to this one track and not use any other minor ones”.

“Coast Care recognises and supports the idea that our communities love their beaches and wish to continue using them as they always have, but we also ask that people recognise that as our populations and their associated use of our beaches grow and our climate change risks increase, the pressure on our fragile dune systems also increases.

“We can make choices to minimise this, like sticking to official access ways or helping out at community planting/weeding events that help protect our dunes and beaches for future generations.”

So how do you know if the track you use is an unofficial one? It’s easy: all the official tracks have big blue beach access markers

at the road and beach end.

“The numbers at the beach and road end match and show how many kilometres you are from Mount Maunganui. If there is no blue marker, then you are using an unofficial track. Official access-ways are routinely maintained by district/city councils and their contractors.”

Rusty says dunes provide a buffer between land and sea which protects homes and other infrastructure from weather and sea surges. In coastal areas they are also the community’s first line of defence against climate change.

New Zealand’s dune systems are also rich ecosystems that provide homes for many species found nowhere else and are an important part of our coastal biodiversity.

Coast Care is a coastal restoration programme, run in close partnership with local communities, local authorities, care groups and schools, which aims to restore and protect the sand dunes along our Bay of Plenty beaches. ■



Blue markers show the only official beach pathways.



The dunes are a vital buffer between land and sea.

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# 'Pāp Hills' upgrade underway

Construction has begun on the Pāpāmoa Hills Cultural Heritage Regional Park upgrade.

The project includes an improved entry from Poplar Lane, increased carparking capacity and improved safety for vehicle access. A new entrance to the park will include an interpretation area to help park users understand the cultural and historic context of the land they are visiting, and improved track signage aims to enhance the visitor experience.

Construction began in March this year and the Bay of Plenty Regional Council says the project is expected to be

completed in May 2023.

Council says the new carpark is needed to accommodate the rising number of visitors, which currently numbers 100,000 a year with a projected growth of 10 per cent each year.

The increasing number of visitors has highlighted safety issues with access to the carpark, given its close proximity to a working quarry.

The upgrade also aims to highlight the park's rich cultural history. It is regarded as one of the most significant cultural and archaeological landscapes in New Zealand, with visible evidence of historical occupation and links to Maketu, (Mauao) Mount Maunganui and Tauranga Moana.

There are 1630 individual archaeological features recorded within the park. These are predominantly terraces/tuku and platforms/papatahi, pits, middens and defensive earthworks such as



Artist's impressions of how the upgrade will look.



ditches/maioro. The regional council says the number of archaeological features present in such a small area is very unusual for New Zealand, which is why it is necessary to protect these sites and tell their stories.

The regional council is currently surveying local residents on what they love about the park and what can be improved on.

The survey asks how often people visit the park, reasons for visiting, and questions on accessibility, satisfaction with the park, and suggested improvements.

To take part in the survey, go to [www.boprc.govt.nz/living-in-the-bay/our-places/regional-parks/regional-park-survey](http://www.boprc.govt.nz/living-in-the-bay/our-places/regional-parks/regional-park-survey). ■



**BEACHSIDE**

Next meeting:

Papamoa Sport and Recreation Centre  
Gordon Spratt Reserve

Guest speaker: Bradley Hook

Motivator, Journalist and Surfer

6.45pm for 7pm start  
Thursday 2nd June 2022

Entry \$5 includes refreshments

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## Come along and learn

A capacity crowd attended U3A Beachside's first public meeting in March at the Arataki Community Centre.

Spokesperson John Powell says the organisation now has over 100 members and is looking to grow further in the coming years.

The learning organisation, set up only at the start of the year, is already offering new special interest groups and activities.

Ancient history, global oceans, website creation, mah-jong and creative watercolours and acrylics are just some of the topics.

It now has more than 15 groups, either underway or in the process of being formed.

As a result of feedback at the meeting, the idea of U3A Beachside night meetings is being investigated. A meeting is planned for Thursday 2 June at the Pāpāmoa Sport and Recreation Centre, Gordon Spratt

Reserve, starting at 7pm.

The guest speaker will be Bradley Hook, who is a motivator, journalist and surfer. He has written two books and is a partner in Resilience Institute Global.

Please arrive by 6.45 pm for a 7pm start. Entry costs \$5 per person and a cup of tea or coffee will be served. Current Covid protocols will apply.

To inquire about membership contact [u3abeachsidebop@gmail.com](mailto:u3abeachsidebop@gmail.com). ■

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# Summer stunner photo win

Local photographer Chris Taylor has won a Bay of Plenty NZ photo competition with a stunning shot of umbrellas on the beach on New Year's Day.

Chris is well known for his scenic shots of Pāpāmoa Beach, especially those taken on his daily walks at "golden hour".

The winning photo was taken on Mount Maunganui's Main Beach on 1 January.

"It was another stunning Bay of Plenty day in what was one of the best summers in years," says Chris.

"On this day there were hundreds of peo-

ple on the beach. As I was walking along the beachside boardwalk, I noticed the intense blue of the ocean and then saw the line-up of predominantly blue toned umbrellas sheltering a group enjoying the day.

"To me, this scene epitomised the warm sunny summer days and coastal life we are so fortunate to have on our doorstep."

Chris believes that when photography becomes a passion, the photographer develops a heightened awareness of their surroundings. "Maybe it's because either

consciously or sub-consciously we are always looking for a photo."

Chris was thrilled to win the competition, which he said attracted beautiful entries. Prizes were provided by Pacific

Palms Resort, Waimarino Kayak Tours, and Lantern restaurant.

Check out Chris' work by following his Facebook page: facebook.com/christaylor-photographynzl ■



Chris Taylor's winning shot. PHOTO: CHRIS TAYLOR PHOTOGRAPHY

## Median sales price \$1.18m

Tauranga's rate of home value growth has flat-lined over the last two months, increasing by just 0.2 per cent in February and 0.8 per cent in March, says QV.

REINZ figures showed the median sales price in Pāpāmoa Beach in March was \$1.18 million, down from \$1.2 million the month before but still up 22.9 per cent

from the same month a year ago.

The median days to sell increased by 11 days from 23 days in March 2021 to 34 in March 2022. The sales count decreased by 19.4 per cent from 72 in March 2021 to 58 in March 2022.

QV says the market is now officially a buyer's market. ■



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# Exercising post-COVID

By Jimmy August  
of ReDefined

We have been asked many times over and over, what is the best exercise post COVID?

Research suggests that a slow and patient approach when returning to exercise is crucial in reducing and minimising long term health consequences, and potentially avoiding what is known as "long COVID". It's normal for people to want to bounce back as quickly as possible. While we fully encourage movement, we also need to look at the science to have a sensible and well-informed approach.

I personally found it took four weeks to get back to where I felt my energy and health levels were pre-infection. The virus seems to affect different people in different ways. Acute (early initial phases) to chronic (medium to long term) has the potential to have negative effects on many of our body's systems and organs.

Here are our tips for returning to exercise after COVID:

- 1. Don't push yourself.** Let's stay away from the classic Kiwi "push on through" attitude. Stressing your body will be counter-productive to recovery, so aim to start at 50 per cent of your usual capacity and build from there.
- 2. Support your immune system.** There is some pretty clear and overwhelming evidence that Vitamin D can massively help reduce symptoms. Let's also have a look at your food; are you fuelling your body correctly? Think of your B vitamins,



Jimmy August

vitamin C, zinc, magnesium and avoiding inflammatory foods.

**3. Listening to your body is now more important than ever.** If exercise is exhausting or tiring you, let's look to lighten the load. Be aware of your breathing rate, heart flutters and anything else abnormal. Typically, in COVID recovery we are finding much higher resting heart rates, so be aware of how this will affect your daily life and exercise.

**4. Progression.** The golden rule is start low and go slow. If you normally run for 30 minutes, then knock it right back. Go for a walk for 20 minutes and see how you feel because these symptoms come on while you're exercising, but it's often with delayed on-set that people start to feel sluggish or weary.

**5. Yoga and meditation.** There is strong evidence that the practice of yoga and meditation helps improve lung health, reduces viral susceptibility and speeds the recovery from acute respiratory infections thanks to their relaxing effects. Controlling stress and anxiety is critical for recovery. It's very important to look at strategies such as meditation, mindfulness and yoga to help the body to recover from infection. The downshifting and natural movement from universal wellbeing philosophy tie in so well together. Some gentle exercise and calming the mind to reduce stress are a great starting point.

Reach out any time if you have any questions - [www.redefined.nz](http://www.redefined.nz) ■

# Why the auction process works

By Rachel Cole of Harcourts

Properties marketed under a no-price strategy will attract 3-4 times the number of potential buyers, offer premium price opportunities, and have a higher rate of success within a shorter time frame.

Surprisingly enough, the price factor is often very low on a prospective buyer's list of priorities.

The auction process creates urgency in our buyers as they are placed in a limited time frame to be in a position to buy unconditionally. It involves an intensive, high-profile structured campaign which ensures maximum market coverage.

Buyers on auction day are cashed up and ready to buy. Prior to auction, buyers must have all their conditions satisfied to be in a cash position to bid. Your sales consultant will work hard to ensure as many prospective purchasers as possible are in this position.

**A three-stage selling process:** Auction is one of the few methods of sale where you get not one, but three opportunities to sell your property.

**Stage one:** In the lead-up period high profile auction marketing will highlight your property, producing the greatest exposure when enquiries are likely to be at the highest level. Pre-auction offers can also be considered.

**Stage two:** The auction is the shortest part of the process, but it is the best opportunity to stimulate competition. Because most people think in a range of values,



Rachel Cole

rather than a specific figure, this is the time when a potential purchaser is most likely to stretch to the upper range of values to secure your property, and thereby produce the highest possible selling price for you.

**Stage three:** Some people believe that if your property has not sold by this stage of the auction process then the system has failed. Not so. Stage three can produce a whole new range of buyers, those who may need to sell another property or arrange finance before they can commit themselves unconditionally.

Did you know Harcourts provides a weekly owner information evening which outlines the auction process and prepares you for all scenarios that could happen on auction day? This helps you to understand what to expect and puts you in control, making it a positive experience.

Call me to discuss how I can tailor an action campaign to suit you on 0800 RACH 4 U. ■

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# PRRA calls for 'monitors'

Pāpāmoa Residents and Ratepayers Association (PRRA) is calling on its members to monitor Tauranga City Council in a particular area.

At the PRRA's annual general meeting in April, chair Philip Brown told the group that the association needs its members' help to "keep up with" council happenings.

Suggested areas a member could monitor include finance, long term plan, rubbish, roading, public transport and health.

"PRRA needs your help monitoring what is happening. Without volunteer experts PRRA cannot keep up. Look at this as a hobby, become our local expert in an area.

"We all need to know and understand what is going on. Otherwise, they (council) will slip things in, and we will say 'we didn't know about that.'"

Outlining the year at the AGM, Philip said Tauranga had been "stripped of local democracy". In March, Local Government Minister Nanaia Mahuta announced her intention to appoint a Commission to the Tauranga City Council until July 2024.

"The PRRA continues to be relevant and important in representing the community's views to the commissioners," said Philip.

"Unfortunately, the commissioners practice 'aggressive consultation' when they tell you what you are having. Aggressive consultation is 'will you take option 1 or 2?'; there is never an option to say no. The community wants another solution.

"Any online survey which goes against the answer they have predetermined is ignored."

Restoring democracy at Tauranga City Council is a key goal of the group. Current council projects will lead to "ever increasing rates which any future democratically elected council will have no chance of reining in and stopping," Philip told the meeting.

"The commissioners have no accountability to residents and ratepayers... PRRA is more relevant than ever."

Achievements of PRRA in the previous year include making submissions, petitioning council to stop the closure of Links Ave, pushing back on proposed planting at Palm Beach Reserve, and working on Three Waters push-back.

PRRA is looking to appoint a new treasurer and secretary. For more information see the website [papamoaprogressive.co.nz](http://papamoaprogressive.co.nz).



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# Golfing for youth support

By Barb Joyce of Pāpāmoa Rotary

Pāpāmoa Rotary raised around \$35,000 for youth groups in the Pāpāmoa and Te Puke areas at the Bluehaven/Pāpāmoa Rotary Charity Golf Tournament last month.

It was held at Te Puke Golf Club, and a full field of 116 golfers enjoyed a magnificent tournament.

Introduced by event organiser Rod Keucke and assisted by Pāpāmoa Rotary president Vivian Edgar, Bluehaven CEO Nathan York said the company was pleased to again be the principal sponsor of the charity tournament being run for the 9th year. It was great to work with Pāpāmoa Rotary and be able to support youth in the fast-growing Pāpāmoa area, he said.

The tournament was run in an Ambrose format, and the winners were the Ray White team with an amazing gross score of 57 (with a nett of 48.7). Prizes were awarded for the top three teams, with the remainder of the vast prize pool being

awarded by way of a draw of score-cards picked at random.

In a well-filled clubhouse, generous punters bid at an auction called by Frank Vosper for items including golf prizes, a night in the Taupō Hilton with a Mercedes



Bluehaven CEO Nathan York

car for the weekend, vouchers and merchandise worth several thousand dollars from Stoney Creek, Classic Flyers and many others. Raffles were sold for donated prizes of over \$3000.

Pāpāmoa Rotary wishes to thank the many hole and playing team sponsors, as well as the generosity of the local businesses who, after a couple of tough years, have willingly contributed to support Rotary and the youth of Pāpāmoa and Te Puke. ■



The Bluehaven directors team.



**Angie Warren-Clark** List MP

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# Car break-ins and thefts

**By Pāpāmoa Neighbourhood Support Co-ordinator Bruce Banks**

Over recent months I have been fielding many calls and emails from Pāpāmoa residents asking about, and commenting on, the rise in car break-ins and stolen cars in our community.

We cannot deny that this type of vehicle offending is at an elevated level right now and has been for some time. But it is not just a Pāpāmoa problem. The offending is widespread in the Bay of Plenty and at a national level.

There are two distinctly different types of offending: car break-ins and car thefts.

Car break-ins are usually opportunistic. Valuable items left inside a vehicle and in clear sight are just like a hot chip to a seagull: ir-

sistible. The offenders, some of them in their teens or younger, are out and about looking for an easy target, so try not to make your car too attractive to the thieves.

**Lock your car.** Too many unlocked cars are being targeted.

**Park in a garage** or in a well-lit spot.

**Fit a car alarm** if one is not standard at manufacture.

Car thefts are also occurring at an alarming rate. Cars are being stolen for a number of reasons including joyriding or to use while committing other offences such as petrol thefts, burglaries, and ram raids.

Thieves tend to be selective about the type of vehicle to steal. It is common knowledge among thieves that the easiest cars to break into and steal are the smaller sedan/hatch

type vehicles (1990s) or thereabouts.

Why? Because generally they do not have factory fitted alarms or immobilisers, can be accessed easily by popping a quarter-light window, and are also relatively easy to hotwire.

If you own a Mazda Demio, Suzuki Swift, Mitsubishi Lancer, Mazda Attenza or Axela, or similar, you need to take extra care, because these (and others) are very high on the stolen car list right now. The best theft protection is to spend around \$100 on a steering wheel lock - even cheaper than your insurance excess. Thieves are lazy and will find an easier target and leave your car alone if they see a steering wheel lock is fitted.

Some residents who contact me when they have a car break-in or have a car stolen are pretty angry and even resort to criticising

Police, saying they are "doing nothing" and "letting the crooks get away with it". They also vent the same thoughts on social media.

Let me assure you, our Pāpāmoa Police do care and with the community's help they are holding the offenders to account. Offenders are being put through the courts, dealt with by Youth Aid and other tools available to the Police.

A significant number of offences are being committed by recidivist offenders who eventually get caught and go before the courts.

Please get in touch if you'd like to find out more about setting up a Neighbourhood Support group in your area: nspapamo@wbopns.org.nz, 562 2828 or 027 271 3772. ■

## MP for Bay of Plenty Todd Muller

May is Budget month, with this year's Budget being read by the Minister of Finance on Monday 19 May at Parliament. When I was a child people were always fearful of tax increases on tobacco, beer, and petrol; it was common to see queues of cars filling up and stocking up before 7.30pm when the prices went up.

Under the current government we can likely expect a lolly scramble of public spending that will mean a small increase to the household budgets of a small number of New Zealanders. The bulk of us will continue to experience higher prices at the petrol pumps and in the supermarkets. Some of the luckier people will still have disposable income after bills and essentials and they will likely notice higher prices when going out for dinner or entertainment.

With New Zealand's inflation rate at its highest in 30 years, I fear that the additional government spending we are predicting from

the Minister of Finance this month will lead to inflation becoming entrenched. The cost of living increases can largely be blamed on higher fuel prices, high rents, and increased prices for locally grown produce. Climbing interest rates on mortgages, credit cards and overdraft debt will be compounding the pain for many, with households now paying more than \$3000 extra on essentials than a year ago.

As we pass the peak of Omicron it's time for the government to focus on the economy properly, rein in spending and make responsible economic decisions for our country's future.

If you are interested in learning more about Opposition views on the economy, I will be attending the 9 May meeting of the Pāpāmoa Residents and Ratepayers Association, and on 23 May I will be hosting Opposition Finance Spokesperson Nicola Wills at a Tauranga Business Chamber lunch. Feel free to contact my office for booking details. ■

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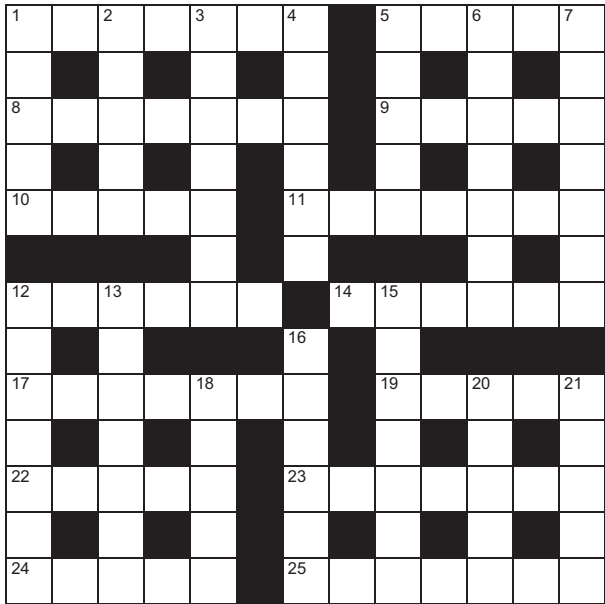
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### Quick crossword

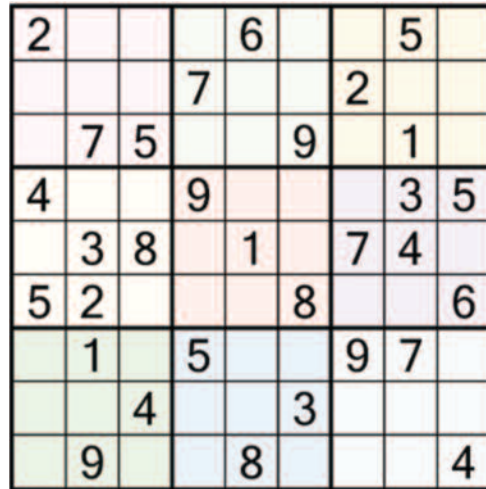


- Across**
1. Fold under pressure (7)
  5. Flower (5)
  8. Adept (7)
  9. Boyfriend (5)
  10. Brushed (5)
  11. Cancel out (7)
  12. Insect antenna (6)
  14. Destroyed (6)
  17. Opposed (7)
  19. Military fabric (5)
  22. Destined (5)
  23. Bother (7)
  24. Tier (5)
  25. Link (7)

- Down**
1. Expenses (5)
  2. Bring together (5)
  3. Art board (7)
  4. Conclusion (6)
  5. Herb (5)
  6. Loud applause (7)
  7. Wealthy (7)
  12. Afraid (7)
  13. Precisely (7)
  15. Not identified (7)
  16. Inactive (6)
  18. Lowest point (5)
  20. Stroll (5)
  21. Motionless (5)

### Sudoku

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



### Kids' corner

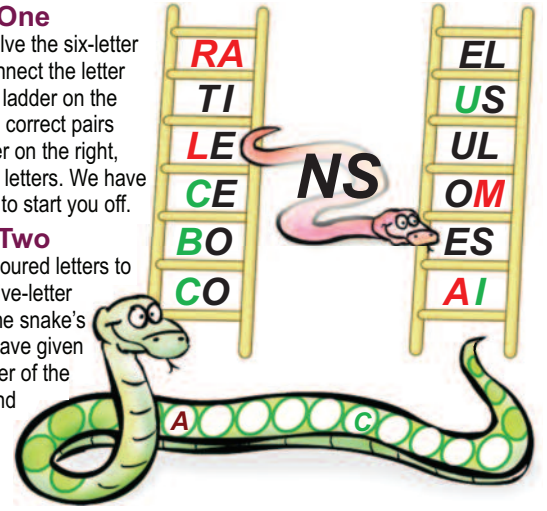
### Snakes and Ladders

#### 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. Crumple, 5. Bloom, 8. Skilled, 9. Swain, 10. Swept, 11. Nullify, 12. Feeble, 14. Ruined, 17. Against, 19. Khaki, 22. Fated, 23. Trouble, 24. Layer, 25. Connect. **Down:** 1. Costs, 2. Unite, 3. Palette, 4. Ending, 5. Basil, 6. Ovation, 7. Moneyed, 12. Fearful, 13. Exactly, 15. Unknown, 16. Static, 18. Nadir, 20. Amble, 21. Inert.

#### Snakes and Ladders

**Puzzle 1**  
RANSOM, TINSEL, LENSES, CENSUS, BONSAI, CONSUL, ALARM, CUBIC, **Puzzle 2**

#### Sudoku



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## Pāpāmoa Tide Chart May 2022

|                      | 1 Sun  | 2 Mon  | 3 Tue  | 4 Wed  | 5 Thu   | 6 Fri   | 7 Sat   | 8 Sun                              | 9 Mon                              | 10 Tue                             | 11 Wed                              | 12 Thu                              | 13 Fri                             | 14 Sat                              | 15 Sun                              | 16 Mon                 |                                    |
|----------------------|--|--|--|--|---|---|---|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|------------------------|------------------------------------|
| <b>Pāpāmoa Tides</b> | 0:34 0.4<br>6:49 1.9<br>12:58 0.3<br>19:17 1.9 | 1:20 0.4<br>7:33 1.9<br>13:40 0.3<br>20:00 1.9 | 2:03 0.5<br>8:15 1.8<br>14:21 0.4<br>20:41 1.9 | 2:45 0.5<br>8:55 1.8<br>15:01 0.4<br>21:21 1.9 | 3:27 0.5<br>9:36 1.8<br>15:40 0.4<br>22:02 1.8  | 4:09 0.6<br>10:16 1.7<br>16:19 0.5<br>22:43 1.8 | 4:51 0.6<br>10:58 1.7<br>17:00 0.5<br>23:26 1.7 | 5:35 0.6<br>11:42 1.7<br>17:44 0.6 | 6:21 0.6<br>12:29 1.6<br>18:31 0.6 | 7:10 0.6<br>13:20 1.6<br>19:23 0.6 | 8:02 0.6<br>14:15 1.6<br>20:18 0.6  | 8:55 0.6<br>15:12 1.7<br>21:14 0.5  | 9:48 0.5<br>16:08 1.8<br>22:09 0.5 | 10:41 0.4<br>17:03 1.8<br>23:03 0.4 | 11:33 0.3<br>17:56 1.9<br>23:56 0.4 | 12:25 0.2<br>18:48 2.0 | 6:10 1.9<br>12:25 0.2<br>18:48 2.0 |
| <b>Fishing Guide</b> | G  | G  | G  | G  | G   | F   | B   | B                                  | B                                  | B                                  | B                                   | B                                   | G                                  | G                                   | G                                   | B                      |                                    |
| <b>Moon Phase</b>    | R 6:55<br>S 17:40                              | R 7:57<br>S 18:10                              | R 8:58<br>S 18:44                              | R 9:59<br>S 19:24                              | R 10:55<br>S 20:10                              | R 11:47<br>S 21:02                              | R 12:33<br>S 21:58                              | R 13:13<br>S 22:59                 | R 13:47                            | S 0:01<br>R 14:17                  | S 1:04<br>R 14:45                   | S 2:07<br>R 15:11                   | S 3:12<br>R 15:37                  | S 4:19<br>R 16:04                   | S 5:30<br>R 16:35                   | S 6:45<br>R 17:11      |                                    |
|                      | 17 Tue   | 18 Wed   | 19 Thu   | 20 Fri   | 21 Sat  | 22 Sun  | 23 Mon  | 24 Tue                             | 25 Wed                             | 26 Thu                             | 27 Fri                              | 28 Sat                              | 29 Sun                             | 30 Mon                              | 31 Tue                              |                        |                                    |
| <b>Pāpāmoa Tides</b> | 0:49 0.3<br>7:03 2.0<br>13:15 0.2<br>19:40 2.0 | 1:42 0.3<br>7:55 2.0<br>14:06 0.2<br>20:32 2.1 | 2:35 0.3<br>8:49 2.0<br>14:57 0.2<br>21:25 2.1 | 3:29 0.3<br>9:43 2.0<br>15:49 0.2<br>22:19 2.0 | 4:25 0.3<br>10:38 1.9<br>16:43 0.2<br>23:15 2.0 | 5:21 0.3<br>11:35 1.9<br>17:38 0.3              | 6:12 2.0<br>12:34 1.8<br>18:37 0.4              | 7:10 1.9<br>13:35 1.8<br>19:37 0.4 | 8:16 0.4<br>14:36 1.8<br>20:38 0.5 | 9:12 0.4<br>15:34 1.8<br>21:36 0.5 | 10:06 0.4<br>16:29 1.8<br>22:31 0.5 | 11:00 0.4<br>17:20 1.8<br>23:22 0.5 | 12:00 0.4<br>18:07 1.8             | 13:00 0.5<br>18:52 1.8              | 14:00 0.5<br>19:34 1.8              | 15:00 0.5<br>20:11 1.8 |                                    |
| <b>Fishing Guide</b> | B  | B  | B  | B  | B   | G   | G   | G                                  | G                                  | G                                  | G                                   | G                                   | G                                  | G                                   | G                                   |                        |                                    |
| <b>Moon Phase</b>    | S 8:02<br>R 17:55                              | S 9:18<br>R 18:48                              | S 10:29<br>R 19:51                             | S 11:31<br>R 21:02                             | S 12:21<br>R 22:15                              | S 13:01<br>R 23:26                              | S 13:34   | R 0:35<br>S 14:03                  | R 1:40<br>S 14:28                  | R 2:44<br>S 14:53                  | R 3:45<br>S 15:17                   | R 4:47<br>S 15:43                   | R 5:48<br>S 16:11                  | R 6:49<br>S 16:44                   | R 7:50<br>S 17:22                   |                        |                                    |

\*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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# Harriers welcomes runners

By Te Puke Harriers

The Puke Harriers has kicked off its 2022 season and welcomes new Pāpāmoa members to join its Saturday afternoon runs. We are a very friendly club that caters for runners (and even walkers) of all ages and abilities. We encourage kids to come and give running a go; enjoy the fresh air, let off a bit of steam, and have a bit of fun.

The cross-country season runs until the end of July, and then from August to September we enter the road running season. During the cross-country season, our events are pack runs held over different terrains and farms across the district. We are very fortunate to have the support of many local farmers who allow us entry to their properties to enjoy our pack run while taking in some of the beautiful scenery on offer in the area. This is perfect training ground for school cross-country events.

The road season has a relay or two, handicap events and

some general pack running to keep things interesting and varied. There is some competitive element with trips including the Waikato/BOP cross country, NZ Road and NZ Cross Country events. These larger events might not be for everyone, but some runners might like to have a go as they become familiar with the sport.

We also enjoy meeting other harrier groups including Whakatāne Harriers and the Tauranga Ramblers to share group runs.

An afternoon tea is always shared at the end of a run; sometimes our farmer hosts put this on for us or we bring along afternoon tea to share. I sometimes wonder if that's the reason the kids come for the run.

We encourage all runners from 8 to 80 years of age to come and give it a go; we would love to meet you all.

Phone or text Selwyn for more information (027) 251 8779, look for us on Facebook or our website [www.tepuke-harriers.co.nz](http://www.tepuke-harriers.co.nz)



Te Puke Harriers members.

## News in Brief

### Kids market returns

It Takes A Village Pāpāmoa's indoor kids market returns on Sunday 15 May at Golden Sands School from 10am to 12pm. Stalls cost \$10 and all money raised from stall fees goes to Golden Sands School to help pay for kids' sport for families struggling financially. To enquire about a stall email [papvillage@gmail.com](mailto:papvillage@gmail.com).

### Market dates

The Pāpāmoa Lions Club Market is scheduled to be held on Sunday May 8 and 22 from 8am to midday at Gordon Spratt Reserve. The Pāpāmoa Farmers Market is held every Sunday from 8.30am to midday at ReDefined, 58 Ashley Pl.

### Grey Power news By Dorothy Seymour of Grey Power

Grey Power Pāpāmoa was able to hold its first meeting (fully masked) after a long hiatus due to Covid restrictions. The meeting included the AGM with the re-election of officers for the coming year. Rex Cotter remains president, Jonathan Spink treasurer, and Dorothy Seymour secretary. Three committee members were elected, but three unfilled positions remain. If you can help, please ring Rex Cotter on 572 2154. The job is not onerous.

The guest speaker was previously

elected Tauranga City Councillor John Robson, who had many interesting views to share and is a forthright speaker.

The next meeting will be a solstice luncheon in June, at a venue yet to be decided. If you have any questions, please ring Dorothy Seymour on 574 7271.

### Home Show rescheduled

The Tauranga Home Show has been postponed until October. The show had been scheduled to run May 6-8 with exhibits spread across both halls of Trustpower Arena Baypark as well as outdoor displays, food trucks and live cooking shows. ■

## Shaving for a cure



Year 12 student Barbara Moraes de Oliveira was one of a team of Pāpāmoa College students who shaved their head for Shave for A Cure - collectively raising more than \$4300. The Pāpāmoa College Leos Club's team got on board with the annual fundraiser for Leukaemia and Blood Cancer NZ.

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*Andrea and Magda from Dorje*

## Colour your world at Dorje

Enjoy feeling vibrant, colourful and one-of-a-kind in an outfit from Dorje at Papamoa Plaza.

When you walk through the doors at Dorje, you're greeted by a kaleidoscope of colour. It's one of the many things the store's loyal customers love about the locally owned business, which sells beautiful and comfortable women's wear to suit every age, style and occasion. It's all about how you style it!

Strictly limited numbers of every item mean that you can be sure you're stepping out in a piece that's unique, says Andrea Bourke, who owns Dorje with husband John.

There's nothing cookie-cutter about these beautiful styles which are hand-picked by Andrea from Bali, Thailand and China.

The opposite of fast-fashion, Dorje clothes appeal to your sense of personal style with stunning pieces that will endure season after season.

As the weather cools, explore the rich mustard, navy

and khaki shades, or layer up your brights and patterns with block colour basics.

While Dorje is your go-to for statement pieces, you'll also find all those staple pieces that are the back-bone of your wardrobe. Like Betty Basics, the popular Melbourne based label focused on designing casual, basic staples that are everyday essentials to suit every body shape and every style of woman.

And if you're lucky enough to be heading away for a tropical holiday this winter, Dorje is here to help with the perfect resort-wear to make you feel a million dollars.

Call into Dorje today and say hello to the stylish team who will help you find a unique outfit that will stand out from the crowd.



## Pita Pit: food that makes you feel great

Fuel your body and your taste buds with food that's good for you at Pita Pit.

Owner Tejas 'TJ' Shah and his team at Papamoa Plaza Pita Pit make it easy for you to choose nutritious, tasty and fresh food that will fuel you to be at your best.

You'll find premium, natural fillings and ingredients sourced by suppliers, farmers and bakers throughout New Zealand. The pitas are baked daily by a local family bakery, free from artificial additives and preservatives. And produce is sourced from around New Zealand and delivered to the store where it is prepared each morning. There's something for everyone on the menu, and if you're having trouble choosing, TJ says the ever-popular Chick'n Bacon Crunch continues to be one of the most ordered items on the menu. With grilled chicken breast, lettuce, sliced red onion, cucumber, tomato, smashed avocado, shaved parmesan, pita chips and Caesar dressing, it's a delight that will have you doing the "chef's kiss"!

Pita Pit offers far more than pitas – there's also an extensive and delicious salad menu, as well as pizzas and

mouth-watering snacks such as chicken tenders.

The Loaded Wedges have a huge following in Papamoa, says TJ: the seasoned wedges with cheddar cheese, bacon and sauce have customers coming back for more.

TJ and the team love being part of the local community, including providing school lunch options at local schools. And if you love to save money as much as you love to eat healthy delicious food, look out for one of Pita Pit's special offers, which includes double protein for all local gym members and benefits for AA members, Southern Cross & Being Well members, Police Association members, NZ Railways Staff Welfare Trust members and CSC Buying Group members.

Or sign up to the Pita Pit Fan Card for "fanatical pita eaters".

Pita Pit is located in the Papamoa Plaza foodcourt and is open daily from 9am to 8pm.



*Munny and TJ from Pita Pit*



# PAPAMOA PLAZA

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