

Pāpāmoa Post

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FREE

Mānawatia a Matariki

Light up the waterway

Story page 6

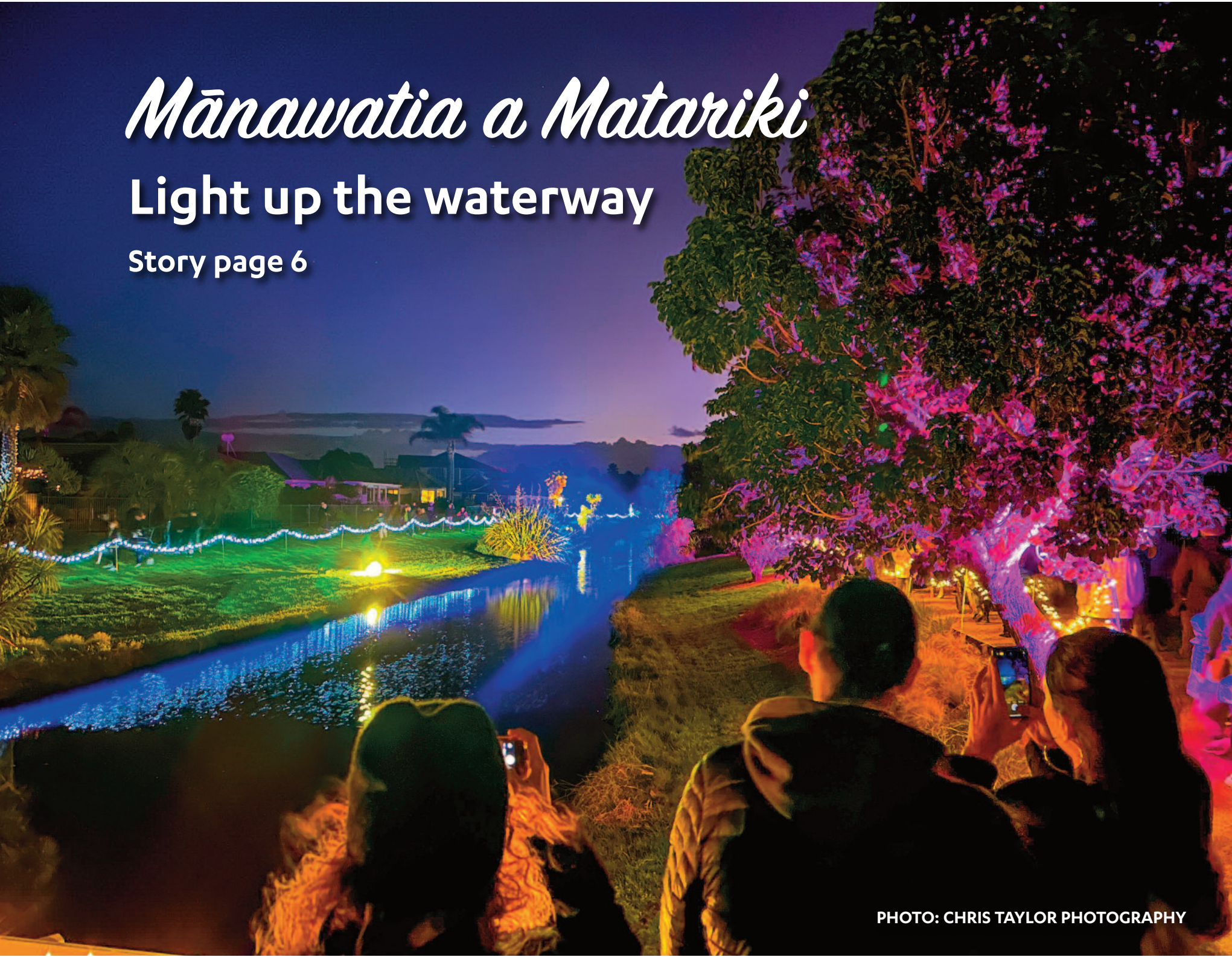


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Letters should not exceed 200 words, and may be edited, abridged, or rejected at the Editor's discretion.

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Nominations for Tauranga City Council Mayor and Councillors have closed ahead of the city's first election in nearly five years.

In the running for the Pāpāmoa general ward are Bryan Archer, John Bowden, Phil Coleman, Ria Hall, Tim Maltby, Steve Morris, Maaka Nelson, Craig Purcell, and Shelley Robb.

In the Arataki ward – which includes most parts of Pāpāmoa west of Domain Road – are Sarah-Jane Bourne, Rick Curach, Anthony Goddard, Teresa Killian, Adrienne Pierce, Kim Renshaw, Jeroen Van der Beek, Andrea Webster, Harris Williams, and Mike Williams.

Running for Mayor are Tanya Bamford-King, Aureliu Braguta, Greg Brownless, Andrew Caie, Mahē Drysdale, Anthony Goddard, Chudleigh Haggett, Ria Hall, Donna Hannah, Hori BOP, Tim Maltby, Jos Nagels, Douglas Owens, John Robson,

and Tina Salisbury.

Pāpāmoa Residents and Ratepayers Association (PRRA) is hosting 'meet the candidates' sessions for the Arataki ward on Monday 10 June at Legacy, 63 Te Okuroa Drive at 7pm, and for the Pāpāmoa ward on Monday 24 June at 7pm at the same location.

The following month, the PRRA will host a session with Mayoral candidates, on Monday 8 July at the same venue.

Voting papers will be delivered between 29 June and 3 July. The last day to post your voting form is 17 July. Election day is 20 July, with voting closing at midday and preliminary results announced in the afternoon. Final results will be confirmed by 25 July.

The election will see 10 new people elected to Council – the Mayor, eight general ward Council-

lors and one Councillor for the new Māori ward, Te Awanui.

The new council members will be making significant decisions for Tauranga's current and future infrastructure and community services needs. They will be responsible for managing close to \$7 billion worth of assets and investing \$4.9 billion in new or upgraded assets over the next 10 years.

Tauranga City Council chief executive Marty Grenfell says this is one of the most transformational periods in Tauranga's history.

"We live in one of the fastest growing regions with a burgeoning economy playing an important role in the country's prosperity, and we have a rich cultural history with an ever-increasing culture and arts scene.

"[City leaders will] be making decisions for the social, economic, environmental and cultural wellbeing of Tauranga's communities, overseeing and working collaboratively with other elected members to make decisions about the future of our city."

From the editor's desk

Matariki is fast becoming one of our favourite times of the year in Pāpāmoa, thanks to the wonderful annual event lighting up the waterways.

The stunning image on the cover of this issue was taken by local photographer Chris Taylor, who has gained a loyal following sharing his photos online showcasing the beauty of Pāpāmoa. Follow his work on Instagram @christaylorphotographynz, Facebook @christaylorphotographynz or www.christatlorphotography.nz.

Head down to Pāpāmoa Plaza from 5pm on Matariki night, June 28, to enjoy the entertainment and the dazzling lights.

Tauranga's first local body election in nearly five years is happening in July. Keep an eye out for your voting papers in your letterbox, and make sure you take advantage of the return to democracy, and have your say. The Pāpāmoa Residents and Ratepayers Association is inviting all local residents to hear the candidates for the Pāpāmoa and Arataki general wards, at public meetings on Monday 10 June and 24 June at 7pm at Legacy Gardens on Te Okuroa Drive. It will be a great opportunity to gauge which candidates are aligned with your values.

It's really exciting to see work underway on the new pavilion at Gordon Spratt Reserve, which is going to have a positive impact on the local area. For such a big suburb of 40,000 people, Pāpāmoa is well under-resourced for recreation facilities. It's great to see a start to this being rectified.

We also really enjoyed learning more about the Johnson family, after whom the Alice Johnson Oval (and pavilion) are named.

Enjoy your read and have a great month.

■ Ellen Irvine



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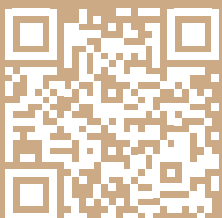
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Taylor Reserve upgrade planned

An upgrade to Taylor Reserve in Pāpāmoa East could include a play area, look-out, barbeque with shade, and new pathways.

Tauranga City Council is asking the community for their feedback on a proposed concept plan for upgrades at the reserve.

The final design is subject to budget, but could include widening of the car park driveway to allow two-way traffic, improving safety and accessibility with the potential to include a footpath.

Also on the ideas list is a concrete footpath connecting each side of the reserve to the public toilets, and a small play area using natural play elements, similar to the recently added play area on Marine Parade.

Proposed accessibility improvements include the creation of an accessible lookout so that people with mobility issues can view the ocean, and the provision of a blue accessibility beach mat.

The plan includes planting the existing low-lying area in the south-eastern corner of the reserve. This boggy area is the last remnant of the Wairākei Stream in Taylor Reserve which used to flow out to the ocean.

Planting of dune species and other coastal amenity species, trees for shade, and adding cultural elements that recognise the reserve's cultural significance, are also proposed.

The council initially undertook community engagement for the reserve in 2017, before the upgrade was put on hold. The council



intends to apply for resource consent in August, widening the existing carpark driveway in autumn 2025. The upgrade is set to take place in mid to late next year.

Community consultation opened in May and will run until 5pm on 10 June. Go to www.Letstalk.tauranga.govt.nz. ■

Vote #1 Adrienne Pierce Arataki Ward

Growth means Opportunity

Tauranga needs cohesive and strategic leadership from our Mayor and nine councillors. It's up to YOU to choose the right people to govern the financial and diverse community needs of our city.

Why should you vote for me?

Having a strong track record in making sound economic decisions as a Hastings District councillor from 2013-2017, and a business owner for 25 years, I know what's needed to ensure good governance.

I want to champion our shared vision for a more connected and prosperous city, as a priority and a privilege.

Residents of Arataki ward, give me your Number 1 Vote, I won't let you down.



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for Arataki**

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Pāpāmoa East interchange construction moves into final phase

The Pāpāmoa East interchange project is half-way there, with the final phase now underway and an expected opening date of mid-2026.

The interchange will provide a long-awaited connection between Pāpāmoa East and State Highway 2.

The main construction phase started on May 2, two years into the four-year build for the new interchange. Prior construction had focussed on improving and preparing the ground for construction and implementing new waters infrastructure, as well as building the new intersection for the future The Sands Avenue.

This final phase of work includes the construction and delivery of the new interchange including abutments, and on- and off-ramps with State Highway 2/ Tauranga

Eastern Link Toll Road. It also includes construction of The Sands Avenue, between the Te Okuroa Drive intersection and the interchange. Lighting, traffic lights and cameras, stormwater infrastructure, landscaping, planting and cultural design elements are part of the project.

At a ceremony on the southern embankment on the toll road, Tauranga City Council Commission Chair Anne Tolley said the interchange should have been built as part of the Tauranga Eastern Link.

"It would have been a hell of a lot cheaper then, it may well have provided access to housing a lot earlier, and perhaps the house prices we are experiencing might not be quite so great," Anne told a group that included representatives from project partners NZTA/Waka Kotahi, local iwi, contractor

HEB Construction Ltd, and senior council transportation and project staff.

Anne says she's excited to see the project progressing, as it represents a milestone for Pāpāmoa communities.

She has been looking forward to this moment since starting as Commissioner.

"Building the interchange is about making it easier for people to move around Tauranga and the wider Bay of Plenty, as well as providing the additional roading capacity needed to support development in the area.

"It's great to see construction moving into the final phase. Projects of this scale take time to build, so this will be welcome news to Pāpāmoa East locals. We look forward to being able to open the interchange in 2026."

Local firm HEB Construction Ltd won the public tender for the work and is taking on construction of the interchange and the on- and off-ramps.

The interchange will be future proofed to



Turning the first sod on construction of the interchange.

cater for ongoing roads and developments.

The project includes significant landscaping with 175,000 plants and a cultural design with input from local mana whenua and iwi.



Anne Tolley speaks at a ceremony to mark the beginning of the final stage of construction of the interchange.

Lane closures during interchange construction

Construction on the Pāpāmoa East Interchange means traffic on SH2 is being reduced to single lanes in both directions, and a lower speed limit will apply.

Until the end of construction in 2026, eastbound traffic to Rotorua/Whakatāne will go down to one lane, with a reduced 70kmh speed limit through the 2km site.

From 10 June, the westbound, Tauranga direction will also be reduced to one lane and a 70kmh speed limit.

Digital signs on the SH2 Tauranga Eastern Link Toll Road provide drivers a heads up on any traffic changes. Traffic management is anticipated to add less than a minute to an average journey.



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Matariki celebration set to dazzle



More dazzling lights, more cultural storytelling, and more connection with iwi are all part of Pāpāmoa's unique Matariki celebration returning this June.

The free Pāpāmoa Light up the Waterway event takes place on the Matariki public holiday, Friday 28 June, from 5pm to 10pm, in a celebration of community, culture, history, and fun.

Launching in 2022 with 15,000 visitors, last year more than 35,000 people enjoyed the event in its second year.

On Matariki evening, the event will see Te Ara o Wairākei stormwater trail illuminated with lighting and art installations to celebrate the nine stars in the constellation of

Matariki, while a large screen on the trail will play Te Iwi o Matariki. Organiser Julia Manktelow of Pāpāmoa Unlimited says it's a time for the community to reflect on the past year, celebrate the present, and plan for the year ahead, while attendees enjoy cultural performances and other activities, food, and drinks.

Starting at Pāpāmoa Plaza with entertainment, the trail will move along the Te Ara o Wairākei pathway.

Julia says it will be an unforgettable evening of manaakitanga, whānau, live performances, and lights to celebrate Mānawatia a Matariki.

A whakatau/welcoming ceremony by Ngā Potiki at Pāpāmoa Plaza will kick off

the festivities, with kapa haka performances, story time, and live music on the main stage.

As the sun sets, the light trail will start at 6pm and continue until 10pm.

"It's about embracing the spirit of Matariki and illuminating our community as one," says Julia. "It's going to be huge. We will have lights beaming into the sky."

The event has received accolades since launching two years ago. It was a finalist for event excellence in the Western Bay of Plenty Community Awards 2024.

Julia says this year will be bigger, brighter, more interactive, and include more storytelling and input from local iwi, Ngā Pōtiki ā Tamapahore Trust.



These stunning images were taken at last year's Matariki event by Pāpāmoa photographer Chris Taylor. Check out Chris' work at www.christaylorphotographynz.com or on Instagram @christaylorphotographynz or Facebook@christaylorphotographynz

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The 2024 event will share the local Māori legend of the three whales, as well as the story of Matariki to help people connect with its meaning.

“A lot of people didn’t understand the whakapapa of the iwi,” says Julia. “Everyone walked away with something last year, it was so special. We are a multicultural suburb.

“Everyone was so eager to learn and be involved, that’s what we do so well in Pāpāmoa.”

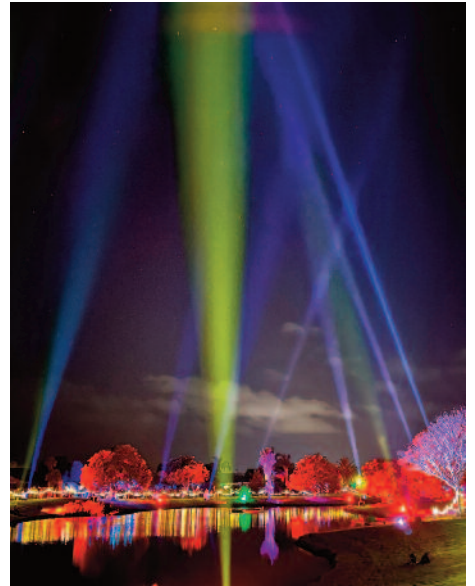
Julia is looking forward to continuing the collaboration with Ngā Pōtiki and putting on an event to remember.

“This has become a staple event for Pāpāmoa, which is really cool,” she says. “So much aroha and mahi goes into this for our community. It’s a shining example of what can be achieved when we all come together.” ■

Pāpāmoa Light up the Waterway

When: Friday 28 June, 5pm to 10pm
Where: Start at Pāpāmoa Plaza
Park: At Pāpāmoa Plaza or Fashion Island
Cost: Free
Kai: Support local Pāpāmoa businesses or bring some Kai from home
Bring: A torch, warm gear, optional camp chair to settle in and enjoy the pre-entertainment.

No dogs, bikes, smoking or alcohol



Achievement at school hinges on effective goal setting



NumberWorks'nWords Pāpāmoa owner Wendy Dumee.

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'Cat vacation' at Pāpāmoa Kitty Cabins

Cat lover Cheree van de Pol is providing peace of mind for local cat owners while enjoying her dream job of caring for our feline friends.

Cheree is the owner of Pāpāmoa Kitty Cabins, a cattery with a difference located in the new Pāpāmoa Junction area off Te Okuroa Drive.

The business opened in December 2023, in a leap of faith for former primary school teacher and lifelong cat lover Cheree. There were previously no local catteries, with cat owners having to take their 'fur babies' as far as Tauranga and Paengaroa for care.

Cheree's passion for animals shines through and local cat lovers were quick to embrace the new business.

"Everybody loves their cat; their cat is their fur baby and they need to be given the care and attention they deserve while you are away," says Cheree about her family-run business.

Spoiling cats is what she does best. Unlimited cuddles, pats and tummy rubs are promised, with Cheree's husband and two sons also on hand to give attention to the cats.

It's about personalised care to fulfil every cat's need, whether it's a much-needed ear scratch or a comfortable place to explore.

"We get to know each cat, and make it as comfy as possible for them," says Cheree. "They can sleep like they would at home on a couch or a chair, it's a home away from home.

"I love the cats and getting to know each one. It's work, but it doesn't feel like work. I come in and pat the cats and de-stress; it's good for your health and wellbeing to give the cats plenty of pats and love.

"People who come in for a visit can feel the atmosphere, it's very warm and caring."

Cheree loves providing peace of mind for cat owners. Some pets stay for just a night on their "cat vacation", while others have stayed as long

as seven weeks while their owners were on an extended trip.

"Cats can fret while you're away, they really do miss you," says Cheree. "When they are with us you know they are enclosed, they are warm and dry, safe and fed. They really become part of the furniture here."

The cattery is set up in a unique model inspired by a Melbourne cattery in an industrial area. The new building has been customised for the business, with individual spacious 'cabin retreats' giving cats their own room to eat, toilet and sleep in cosy comfort.

There are plenty of cat towers, shelves to climb, hiding spots, and toys for the cats to enjoy. Cheree also offers a grooming service and pick-up service.

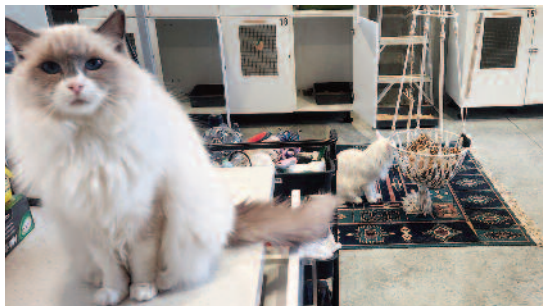
A north-facing roller door allows afternoon sun to stream in, while the cats are kept safe and contained by specially reinforced cat netting.

Loving cats comes naturally to Cheree, who has four cats and a dog of her own. She is also one of the founders of rescue charity The Kitten Orphanage, and has fostered kittens and mother cats for five years.

Pāpāmoa Kitty Cabins is located at unit 21, 8 Toorea Street. For more information see www.papamoakittyc.com, email papamoakittyc@gmail.com, or phone 022 195 6746. ■



Pāpāmoa Kitty Cabins owner Cheree van de Pol takes pride in caring for your cats.



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Police: lock up your cars

By Sergeant Jason Perry
OIC at Pāpāmoa Police

While reported crime in Pāpāmoa remains low, tradies' vehicles are currently being targeted by thieves for their tools.

This is happening all around Pāpāmoa, so please don't be complacent about leaving your vehicle out on your nice quiet street. These criminals are cruising about at night under the cover of darkness looking for victims. Leave your ute or car under some light, or near CCTV.

Eleven burglaries have been reported to us in the last three weeks. Property stolen includes everything from a pot plant through to those tradies' tools, valued at thousands of dollars.

Police execute a number of search warrants each month, and come across stolen property that is unidentified all the time. It's frustrating for us to have this property, but no owner to return it to.

And a reminder to secure your very expensive eBikes. Use a secure chain that cannot be cut with bolt cutters. Maybe use an 'air tag' or similar so you can track your bike if it does go missing. Sometimes we have bikes (and cars for that matter) that are reported as stolen, when in actual fact the owner has just forgotten where they left them.

Our WBOP Police retail crime unit has also been working hard since being established recently. They have charged just over 300 offenders with more than 1800 shoplifting related charges. Theft from our retailers is a

well-known and topical problem, but the good news is that as a result of the unit's efforts, reported thefts from shops are steadily declining.

Drunk driving

There has been an increase of drunk drivers being caught in Pāpāmoa. There were 13 drivers prosecuted this last month for drink driving. The ages of these drivers range from 19 through to 77 years old. The bulk of them are people in their late 30s to mid-40s. All people that should know better.

One person recorded a breath test result of over 1000mcg/L of breath, while driving on one of our busy main residential roads. Another was on Dickson Road, and it was his third time driving over the limit. And at 4.30pm! And speeding at the same time. And trying to evade Police.

One motorcycle was recorded doing 130kmh on Te Okuroa Drive. Four recent crashes in the WBOP occurred where the driver recorded a breath test level of over 1000mcg/L. You should expect to be breath tested each time when stopped by the Police. Evidence shows that any time of the day, there are drunk drivers on our roads. They are a risk to the safety of your family members going about their business. You will see our breath testing check points set up periodically, not only to apprehend those drink drivers, but as a reminder to simply not drive after drinking alcohol.

Don't be afraid to get in touch

It seems all gloomy, but in reality, Pāpāmoa is a pretty safe place to live and bring up your family. You are quite a vigilant and commu-



Sergeant Jason Perry

nity-oriented bunch. If you see something, it's no problem letting us know. You can report it online via the Police website, if it's not urgent, or the crime reporting line by calling 105, or drop into the Police Station on Pāpāmoa Beach Road near the Domain.

I often hear stories of offenders being seen on someone's property, or breaking into a car and running off, but Police not being called until the next day because they didn't want to bother us, or think it's serious. You can call 111 in that situation. ■

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Papamoa Dental Centre



Sports pavilion open by Christmas

Years of hard graft came to fruition last month when the first sod was turned on the new Alice Johnson Oval Pavilion at Gordon Spratt Reserve.

The 265-square-metre multi-use facility will be shared by Pāpāmoa Football Club in winter and Pāpāmoa Cricket Club in summer. The pavilion will include changing rooms, storage, umpire facilities, public toilets, accessible amenities, and a spacious reception area with a fully equipped kitchen.

The local sports community has been calling for the facility for years, led by Maaka Nelson of Pāpāmoa FC and Mark Divehall of Pāpāmoa Cricket Club.

Tauranga City Council says the pavilion marks another exciting milestone for sport and community infrastructure in Pāpāmoa. It will serve as a central hub for sports and recreational activities, providing modern amenities for the community for years to come.

Mark Divehall of Pāpāmoa Cricket Club acknowledged the Johnson family who donated the land, and the founding members of the cricket club. The facility is a big milestone for cricket and will provide a place "to hang the things that mean the most to us," says Mark.

"What we will have here is something pretty special for our community, not just Pāpāmoa but the wider cricket community. It will be the best ground around."

Maaka Nelson of Pāpāmoa Football Club says football in Pāpāmoa continues to grow, with a 7 per cent increase in players this season to 830 players (950 including the affiliated Tauranga Moana Club).

Football facilities at Gordon Spratt Reserve

have seen significant improvements including the addition of high-powered lights and converted fields, says Maaka. The club is also anticipating the construction of a second pavilion on the other side of Gordon Spratt Reserve.

Commissioner Bill Wasley says the new pavilion will not only meet an increase in demand, but a deficit of facilities in the area.

He honoured the dedication, passion, and community support of the members of the football and cricket clubs.

Bay of Plenty MP Tom Rutherford also acknowledged the leadership of Maaka and Mark to get the project to this point.

With 40,000 people in Pāpāmoa and the area still growing, facilities like this allow the community to foster the next generation coming through who want to play sport, says Tom.



Left and above, local sports supporters celebrated the beginning of the Gordon Spratt Reserve pavilion project.



Behind the name: Alice Johnson Oval

The Alice Johnson Oval sits on land gifted by the late Alice and Lewknor Johnson. Their daughter, Heather Hutton, shared some history behind the park to mark the occasion of the start of the new pavilion.

In the 1950s, Alice and her South African-born husband Lewknor bought land to farm on in Pāpāmoa, south of Domain Road, and built their farmhouse on what is now Tara Road.

"There was no road access then and Lewknor had to cut a track through the blackberries, so that building materials could be brought to the house site," says Heather.

The shift in Pāpāmoa from farming to urban development began in the 1970s, when the council planned a township for the area.

"Alice and Lewknor wanted to ensure that this new town had open areas for recreation and leisure. Consequently, in November 1977, they donated 4ha of land to the Council as a reserve," says Heather.

"In a speech to the Council, at the time of the formal gifting in February 1978, Lewknor said their contribution was an appreciation for all New Zealand had done for them and their family and what New Zealand meant to them."

When approached by the Tauranga Council in the 1990s, after Lewknor's death, Alice was happy for the reserve to be used as a cricket oval.

Heather says Alice and Lewknor were actively involved in the Pāpāmoa community, particularly with Pāpāmoa Primary School where their three children Heather, Graham, and Richard went.

Lewknor was originally from South Africa; Dunedin-born Alice met him when she sailed with a group of nurses from Invercargill in 1939 to work in a Johannesburg hospital.

The couple married in April 1941. Lewknor was a volunteer in the South African Army.

"Three months after their marriage, he sailed with his division to Egypt, and joined the fight with the Allies in the North Africa campaign," says Heather.

"In June 1942, Lewknor was captured by the Germans. He spent the rest of the war in POW camps, firstly, in Italy and then in German-occupied Czechoslovakia. Dad was liberated by the Russians in 1945.

"Like many of their generation, our parents' lives were severely impacted by the Second World War. My elder brother Graham met his father for the first time at the end of 1945 when Lewknor returned to South Africa."

Lewknor felt his family would have a better future out of South Africa and Alice was always homesick for New Zealand.

They initially went to Dunedin but Lewknor, used to the tropics of Africa, was looking for somewhere warmer. They found that in the Bay of Plenty, where they initially lived on Campbell Road in Mount Maunganui.

Heather says the family is looking forward to attending the opening of the pavilion.

"I know that our parents would be delighted with the success of the Pāpāmoa Cricket Club. Its facilities and remarkable growth in membership are a testament to their faith in the future of the Pāpāmoa community." ■



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Abstract artist Stacey brings the joy

A move to Pāpāmoa from Waikato has brought new inspiration for abstract artist Stacey Moore, who is releasing a new collection this month.

Stacey and her family moved from Hamilton in October 2023, drawn by a love of the beach. The move has been a positive one for her

creativity, with her new home providing a room for her own studio space.

It's where she creates typically bright, vibrant, and uplifting abstract art, created from the heart.

Stacey has always loved art but after a 13-year career in early childhood she decided to take the leap of faith and turn her art into a business.

She is drawn to abstract art and enjoys the freedom of this style. Her work, mainly in acrylic on canvas, is characterised by its bright colours.

"Colour is definitely my inspiration, that's where I start; I see a colour combination anywhere and think I have to paint that, I have to explore it."

Her latest collection is called "New Perspective", an abstract landscape series based around reflections on how her art can serve others and the community.

"I believe the gifts we are given are not only for ourselves but to help others. How can I help others and use this to serve other people?"



'Bliss' by Stacey Moore



'Beautiful Direction' by Stacey Moore.



'A Look To The Past' by Stacey Moore.



'Harmonious' by Stacey Moore.



Abstract artist Stacey Moore in her Pāpāmoa studio.

Previous collections include "Joy", a body of work created in pink, purple and teal. "I was exploring this one set of colours in all different ways."

Another collection, "The Taste of Summer", was based on ice cream flavours.

Since arriving in Pāpāmoa, Stacey has been involved in the Tauranga Society of Artists exhibition and has also recently exhibited with the Waikato Society of Art and at St John's College in Hamilton.

She is enjoying getting to know the art community in Pāpāmoa, meeting local artists she had previously connected with on Instagram during the BOP Open Studios art trail.

Turning her art into a business has been a journey, and Stacey has been selling art in a range of sizes, on canvas but also as unframed watercolours on paper, as well as clocks, and stationery. This year will bring a collaboration

with boutique stationery business Little Red House, featuring Stacey's art on products such as planners.

One of the biggest challenges Stacey has faced is letting go of her perfectionist tendencies and leaning into her art.

"I've been such a perfectionist all my life; I don't want to get things wrong. But you can't paint if you are trying to do everything perfectly."

Her Christian faith has influenced her art; a trust in God leading her to paint and trust the process.

"I now see art as a process and outlet for my creativity. I have the freedom to express myself authentically and the work that I create reflects who I am and what I love."

To find out more, see Stacey's website www.staceymooreartist.com, Instagram @staceymooreartist_nz and Facebook 'Stacey Moore Artist'.

Young talent shines in sell-out show



Students from Carol Power Voice Studio perform 'Omgod You Guys' from Legally Blonde in The Magic of Musicals production. PHOTO: IVY LEE

Young Pāpāmoa singers were among more than 30 talented children who took centre-stage to perform Broadway numbers in Carol Power Voice Studio's production, "The Magic of Musicals", last month.

Songs from classic and modern musicals including Annie, The Sound of Music, Chicago, Grease, Hamilton, SIX, Wicked, Legally Blonde, Mean Girls, Matilda, and School of Rock were brought to life by the performers aged from six to Year 13.

Carol Power Voice Studio is based in Te Puke but teaches Pāpāmoa kids who attend local schools including Pāpāmoa College, Te Ākau ki Pāpāmoa School, Golden Sands School, and Tahatai Coast School.

The production was the result of months of dedicated vocal and movement rehearsals, and included choreography by Pāpāmoa's Kaitlyn Weaver of The Academy Dance Studios.

Local dads also had a star turn, when they

made a surprise appearance on stage to dance with their daughters to Jailhouse Rock.

"It was a crowd-pleaser and definitely stole the hearts of the audience," says contemporary vocal coach Carol, who was also the show's director and costume designer.

The production featured distinct sections such as 'Pink', rock, drama, and rock and roll. Dedicated parents contributed behind the scenes, assisting with various tasks including front of house duties, sound management, microphone handling, and props.

The show is part of Carol's broader mission to empower young people, enabling them to enhance their vocal and performance skills while fostering a sense of community and teamwork.

"It's all about nurturing the children's passion and providing them with opportunities to discover and develop their voices," says Carol.

Find out more at www.carolpowervoicestudio.com.

The importance of strength training

By ReDefined founder
Jimmy August

Strength training has surged in popularity, transforming from a niche activity for body-builders to a mainstream one essential for your wellbeing. Its benefits span from physical to mental health, making it a cornerstone of a balanced health and fitness regimen.



Jimmy August

The Time Under Tension principle is something we follow in all of our strength training principles here at ReDefined. This focuses on the total time a muscle is under strain during a set. Unlike traditional training that prioritises repetitions, TUT emphasises prolonged muscle engagement, leading to enhanced muscle growth and strength.

Why TUT is effective:

Physical health benefits
Muscle and bone health: Regular strength training increases muscle mass, which is essential for maintaining strength and mobility, and promotes bone density, reducing osteoporosis risk.

Joint support: Strengthening surrounding muscles stabilises joints and lowers injury risk.

Metabolic boost: More muscle mass boosts metabolism, aiding in weight management.

Cardiovascular health: Strength training can improve heart health by lowering blood pressure and cholesterol levels.

Mental health benefits
Mood enhancement: Exercise releases endorphins, enhancing mood.

Anxiety and depression management: Physical activity helps alleviate symptoms of anxiety and depression.

Cognitive function: Strength training supports better cognitive health and reduces the risk of neurodegenerative diseases.

The Time Under Tension (TUT) principle

Maximised muscle activation: Slower, controlled movements fully engage muscles, leading to better strength gains.

Increased hypertrophy: Extended tension causes muscle micro-tears, which repair and grow stronger.

Improved technique: Slower reps improve form and reduce injury risk.

Enhanced mind-muscle connection: A deliberate pace enhances muscle awareness and effectiveness.

Variety and challenge: TUT adds variety, preventing plateaus and keeping workouts engaging.

Strength training, particularly with the TUT principle, offers profound benefits for physical and mental health. By focusing on muscle engagement duration, TUT maximises muscle activation and growth. Embrace strength training and TUT to unlock new levels of strength, and imagine if the things you are doing now, you could still be doing in 10, 20, 30, and 40 years time. Health, happiness and longevity! www.redefined.nz ■

What should you look for in a sales consultant?

By Rachel Cole of Harcourts

Selling a property is one of the most significant financial moves you will ever make, and it is vital you get the best possible price. Selecting the right sales consultant can be a challenge if you don't know how to identify a good one from one that over-promises and under-delivers.

In the current changing market, it is important to select a quality real estate consultant that you trust, who will work hard on your behalf to achieve the best outcome.

When you're talking to sales consultants, be sure to ask about more than fees. Understand that, as with any specialised service, getting the cheapest doesn't always mean the same thing as getting the best value. In terms of commission, fees, and advertising costs, the cheapest agent is the one that leaves the most money in your pocket after the sale has occurred.

A real estate agent's job is to maximise the selling price for the seller. Do they have a well-thought-out marketing strategy that's specific and tailored to your property? Ensure they cover all mediums of advertising and ask specifics about their marketing reach and how this will be monitored and refined along the way. It's important to examine their proposed selling strategy and their negotiation process.

Ensure they are a good communicator and will keep you updated at every stage of the sales and marketing process.

Do they have a genuine understanding of



Rachel Cole

the current market with knowledge of your local area and what properties are selling for? Do they have a good idea of who the market is for your property?

Do they have advanced negotiating skills? Focus on how the agent will negotiate the highest possible price from each buyer for you.

Are they part of a strong real estate network that will help them connect your home with potential buyers? Do they and the company they work for have a strong track record of success?

All these things will add up to a better sales result for you.

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Supporting African wildlife from Pāpāmoa

James Dorrington says the generosity of fellow Pāpāmoa locals has helped rescue lions from an unethical breeding facility in South Africa.

Last year James ran a fundraiser to support an operation to rescue lionesses from a facility, where lions were bred and raised in cages to be sold to trophy hunters for shooting.

"While these lions are raised in very poor conditions, they are forced to over-breed which causes them many health problems," says James.

"With the help of people that donated to my fundraiser, most of who were Pāpāmoa locals, my team and I were able to afford equipment, medicine, and other needed supplies to rescue some of these lions.

"Not only are those lions now living a much healthier and more natural life after being relocated to Zimbabwe, but with the excess money raised I was able to continue my work and assist in the medical interventions and monitoring of injured wild rhinos."

James is grateful to everyone who supported his work, which has also included the conservation of elephants, buffalo, and cheetah.

He is now fundraising for future wildlife conservation work in Africa.

"Donations make a huge difference as the money does not go to large organisations that pay for advertising. [I work with]



privately organised operations through wildlife reserves and every dollar goes towards helping animals such as elephants, lions and rhinos that have been victims of poaching and illegal wildlife trades."

To donate go to www.givealittle.co.nz/cause/wildlife-rescue-and-rehabilitation

Follow James' wildlife operations on Instagram @James_Dozy. ■



James Dorrington has worked to rescue animals in South Africa.

Zone proposed for TPI

The Ministry of Education is working with the Board of Te Puke Intermediate School to implement zoning that would exclude Pāpāmoa.

Currently at least a bus load of students from Pāpāmoa attends the school.

A consultation process is now underway and closes on 16 June.

The Ministry says it will consider all feedback and consult with the school board before making a final decision.

"We expect the school community to be updated about progress made towards the end of Term 2. The new schemes and changes are expected to come into effect for Term 1, 2025."

Students already enrolled at a school before a home zone is implemented or changed are entitled to stay at their current school.

Enrolment schemes are needed to help manage the risk of overcrowding at schools. The Ministry says each year the Board of Trustees will determine the number of out of zone places which are likely to be available in the following year for the enrolment of students who live outside the home zone.

You can have your say by completing an online survey and emailing Tauranga.EnrolmentSchemes@education.govt.nz with further questions or comments. ■

Pāpāmoa Beach Road safety improvements

Safety upgrades are underway on Pāpāmoa Beach Road between Domain Road and Pariton Road to help pedestrians cross.

The improvements will also provide better links to the newly constructed shared pathway along the coastal side of Pāpāmoa Beach Road, says Tauranga City Council.

The work includes building three refuge islands, a pedestrian crossing, and some road and/or shoulder widening, and will take around eight weeks to complete.

The targeted areas are Allan Place (new pedestrian refuge island and shoulder widening on coastal roadside); Douglas Place (pedestrian refuge island and shoulder widening on coastal roadside); Alexander Place (new pedestrian crossing to cross Pāpāmoa Beach Road); and Grant Place (new pedestrian refuge island and road widening to include a right-hand turning lane). Work hours are weekdays between 6am and 6pm. Traffic will be managed by reduced speed and narrowed lanes around the work site. This work is weather dependent. ■

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Pāpāmoa College bands shine bright



Zach Somervell on drums with Sunkissed.



Pāpāmoa College band Sunkissed, which has made the Bay of Plenty final of Smokefreerockquest 2024.

Two Pāpāmoa College bands have made it through to the Bay of Plenty final of Smokefreerockquest 2024.

Sunkissed and Asylum will compete at the regional final on June 21 at Totara St to vie

for a place in the national final.

Asylum features Ollie Spence, Ollie Sutcliffe, Daniel McRae and Vinny Haynes, while Sunkissed's members are Stella Riley, Vidal Harrison, Cybele Chapman and Zac Somervell.

Other Pāpāmoa College bands to compete at the Bay of Plenty regional event at Baycourt Theatre in May were Tongue Tide (Taylah Medeiros, Tallulah Haynes, James Ferns, and Tamara Du Toit), Extreme Ironing (Trent Mason, Josh Smith, Boston Coles, Ben Lee, and Liam Jeffrey), November (Madeline Hardie, Meilah Fergusson, Dante George, Zoe Bell, and DJ Ho), and Indigo (Rev Proudlock, Nash Pinkerton, Zena Smith, and Isobel Somervell). ■



Pāpāmoa College band Asylum, which will compete at the Bay of Plenty final of Smokefreerockquest.

Fishy dish snares second festival award



Some of Pearl Kitchen's winning team (from left) Paris Harding, Tran Yen Trang, David Stuart, Uilisi Langi (Will), Kirsty Moore and Laurie Daubney.

The people have spoken: Pearl Kitchen has won a top award during the Flavours of Plenty Festival for the second year in a row.

The eatery's smoked fish pie and beer entry in the Plates of Plenty Challenge earned the most diner votes to win the annual People's Choice Award and a \$500 voucher from Southern Hospitality.

Pearl Kitchen manager Kirsty Moore says she appreciates everyone who voted for the dish.

"It's great to be recognised by all of our customers, as well as our peers. It's an amazing festival to be part of."

A panel of judges from the hospitality faculty at Toi Ohomai Institute of Technology noted the entry was a "standout" dish which showcased Pearl Kitchen's ability to blend tradition with innovation.

Pearl Kitchen beat 18 other entrants during the 11-day Plates of Plenty Challenge. Each entrant was tasked with choosing at least three items from a box of nine locally sourced ingredients to create a bespoke dish during the Flavours of Plenty Festival.

The ingredients box featured blue cheese, microgreens, Earl Grey tea, curried onion chutney, golden kiwifruit and kiwiberries, passionfruit pulp, smoked kahawai, low-carb ale, and lemonade-infused gin. ■



The People's Choice Award smoked fish pie and beer dish.

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Lizard life delays pathway progress



Preserving habitat for native lizards is a key consideration as council works on an alternative route to join up the coastal Pāpāmoa shared pathway.

After listening to community feedback, Tauranga City Council is investigating a way over the dunes where the path looks like it comes to an end at the 'pinch point' near Alexander Place.

Project manager Christine Wildhaber says the dunes are ecologically protected, and the council is currently waiting on consent and permission to ensure it protects the area and fauna that live there.

"Native lizards are known to be present within the wider duneland vegetation, and their management must be considered prior to, and during, vegetation clearance," says Christine.

When the dunes were cleared for the Marine Parade boardwalk, three shore skinks, two unidentified native skinks (also likely shore skinks) and six plague skinks were observed. The shore skinks were

found exclusively in indigenous-dominated duneland vegetation (primarily pōhuehue), and the plague skinks were mostly found in rank kikuyu grass.

"The habitats present at this site are similar to those found at the Pāpāmoa Beach dunes, and these communities are nearby one another along the coast. It is therefore likely that they would have similar lizard communities present."

A lizard management plan has been presented to the Department of Conservation, to review and consult with iwi.

The new permanent route through the dunes is expected to be completed by summer 2024.

It's wonderful to see so many people using and enjoying the Pāpāmoa shared pathway, says Christine.

"We've received some extremely positive feedback from the community, and we're thrilled to see a wide range of people, including children with scooters, people using wheelchairs and people on rollerblades sharing the path." ■

MP for Bay of Plenty Tom Rutherford

You might have seen recently that Minister of Transport Simeon Brown announced the new Roads of Regional Significance.

This is an extension of our Roads of National Significance that we announced earlier this year.

For the Bay of Plenty, our Government announced two local Roads of National Significance. These are Tauriko West State Highway 29 (over the Kaimai Ranges) and the Takitimu Northern Link Stage 2 (between Te Puna and Ōmokoroa) upgrades.

Our government will deliver a transport system that boosts productivity and economic growth and allows New Zealanders to get to where they want to go, quickly and safely. Prioritising the delivery of roading investment across New Zealand is part of our plan to boost productivity and rebuild the economy.

Staying on the subject of roading, I'm really pleased that the Pāpāmoa East Interchange has entered its final phase.

Two years into the four-year build for the new interchange, construction to date has focussed on improving and preparing the ground for construction and implementing new waters infrastructure as well as building the new intersection for the future The Sands Avenue.

This final phase of work includes the construction and delivery of:

- the new interchange including abutments
- on-and-off-ramps with State Highway 2/ Tauranga Eastern Link toll road
- construction of The Sands Avenue, between the Te Okuroa Drive intersection and the interchange
- lighting, traffic lights and cameras



Tom Rutherford

- stormwater infrastructure
- landscaping, planting and cultural design elements.

Along with the Pāpāmoa East Interchange, the excitement of The Sands Town Centre keeps building. I recently had a visit to see the progress being made with the first stage of the development.

The first stage includes a New World supermarket and other tenancies, including an Anytime Fitness gym, and a new food precinct which will offer a new café restaurant and other food outlets.

Eventually, the Sands Town Centre will also include a \$100 million aquatic centre with a 50m Olympic-sized pool, a large health hub and a retirement village. Alongside all of this will be about 11,000 new homes, which are planned to be built around the centre.

The first stage is expected to be open by Christmas 2024. ■

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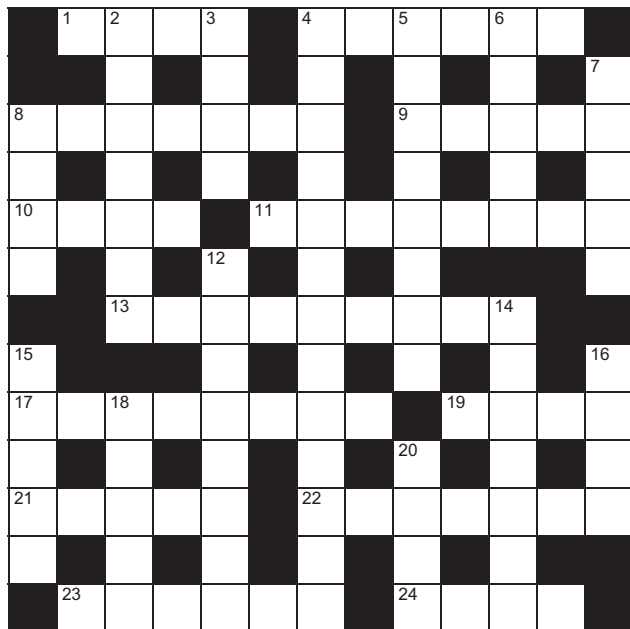
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1. What is the capital of Suriname?
2. Who was the first woman to win a Nobel Prize?
3. In which year did the Russian Revolution begin?
4. What is the chemical formula for the compound commonly known as laughing gas?
5. Which French philosopher coined the term "bourgeoisie"?
6. What is the deepest part of the world's oceans called?
7. Who is the author of the philosophical work "Beyond Good and Evil"?
8. What is the only mammal capable of true sustained flight?
9. In Greek mythology, who was the goddess of the hunt?
10. Which war led to the formation of the Geneva Conventions?
11. What is the rarest blood type among humans?
12. Which African country was formerly known as Abyssinia?
13. Who painted the famous artwork "The Persistence of Memory"?
14. What is the scientific term for the fear of spiders?
15. Which two elements make up approximately 99% of the Earth's crust by weight?
16. Who was the first female Prime Minister of a European country?
17. What is the longest venomous snake in the world?
18. In which decade was the periodic table first published?
19. Which British scientist is credited with the discovery of the electron?
20. What is the primary function of the Golgi apparatus in cells?
21. Which French city is known as the gastronomic capital of the world?
22. Who wrote the novel "One Hundred Years of Solitude"?
23. What is the chemical formula for ozone?
24. Which composer wrote the famous symphony "Symphonie fantastique"?
25. What is the capital of Mongolia?
26. Who was the Roman emperor during the eruption of Mount Vesuvius in 79 AD?
27. What is the SI unit of electrical resistance?
28. Which planet in our solar system has the most moons?
29. Who is considered the founder of psychoanalysis?
30. What is the largest moon in the solar system?
31. What is the main component of natural gas?
32. Which famous physicist developed the theory of relativity?
33. What is the chemical symbol for radium?
34. Who composed the opera "Carmen"?
35. What is the largest species of bear?
36. Which English king was known as "The Lionheart"?
37. What is the longest river in Asia?
38. What is the capital of Uzbekistan?
39. Who painted "The Garden of Earthly Delights"?
40. What is the fundamental particle of light called?

ANSWERS

1. Paramaribo
2. Marie Curie
3. 1917
4. N₂O (nitrous oxide)
5. Karl Marx
6. Challenger Deep
7. Friedrich Nietzsche
8. Bat
9. Artemis
10. Napoleonic Wars
11. AB-negative
12. Ethiopia
13. Salvador Dalí
14. Arachnophobia
15. Oxygen and silicon
16. Margaret Thatcher
17. King cobra
18. 1860s
19. J.J. Thomson
20. Protein modification and sorting
21. Lyon
22. Gabriel Garcia Marquez
23. O₃
24. Hector Berlioz
25. Ulaanbaatar
26. Titus (Titus Flavius Caesar Vespasianus Augustus)
27. Ohm (Ω)
28. Jupiter
29. Sigmund Freud
30. Ganymede
31. Methane
32. Albert Einstein
33. Ra
34. Georges Bizet
35. Polar bear
36. Richard I
37. Yangtze
38. Tashkent
39. Hieronymus Bosch
40. Photon

Quick crossword

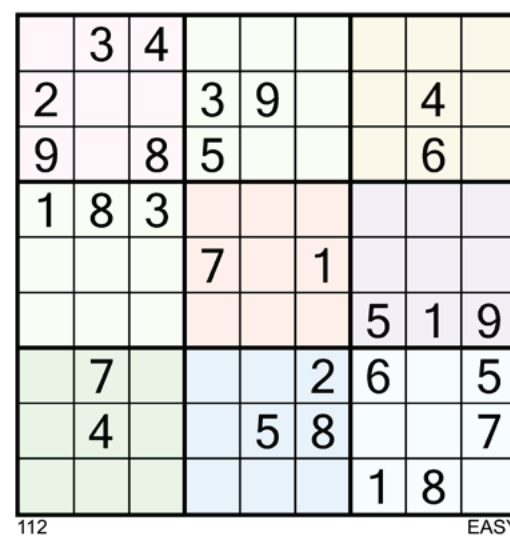
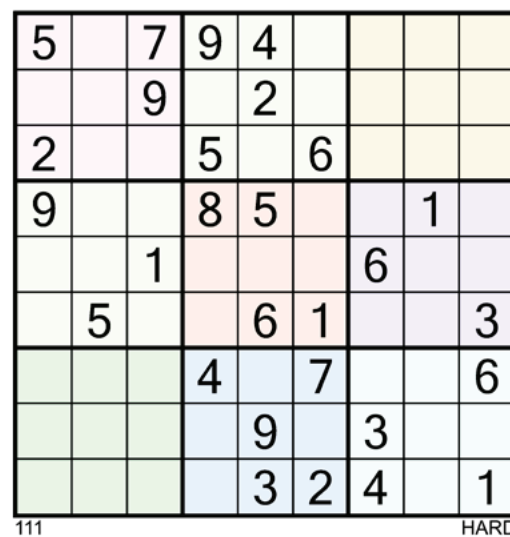


- Across**
1. Minor quarrel (4)
 4. Squat (6)
 8. Liberty (7)
 9. Drying cloth (5)
 10. Pulp (4)
 11. Physical worker (8)
 13. Scan text for errors (9)
 17. Determined (8)
 19. Howl (4)
 21. Hallmark (5)
 22. Wrestle (7)
 23. Place of worship (6)
 24. Light, portable shelter (4)

- Down**
2. Strength exercise (5-2)
 3. Neat (4)
 4. Shell shock (6,7)
 5. Old-fashioned (8)
 6. Cringe (5)
 7. Dazzling light (5)
 8. Seethe (4)
 12. Sweet on a stick (8)
 14. Expressionless (7)
 15. Raw (5)
 16. Adhesive (4)
 18. Tremble (5)
 20. Manner of walking (4)

Sudoku

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



Kids' corner

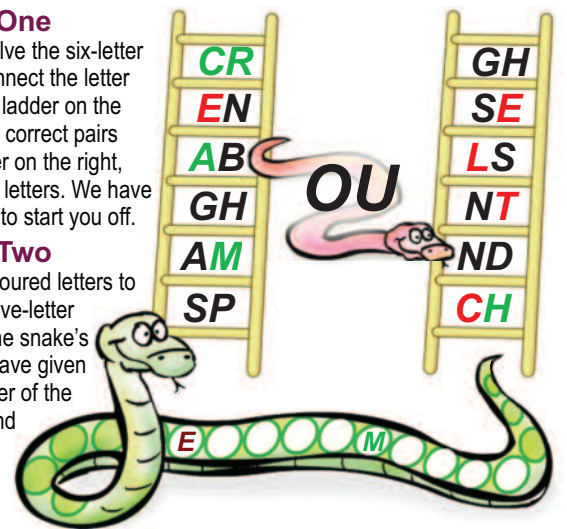
Snakes and Ladders

Puzzle One

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

Puzzle Two

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



Solutions

57

Crossword

Across: 1. Spat, 4. Crouch, 8. Freedom, 9. Towel, 10. Mush, 11. Labourer, 13. Proofread, 17. Resolute, 19. Bawl, 21. Stamp, 22. Grapple, 23. Temple, 24. Tent.
Down: 2. Press-up, 3. Tidy, 4. Combat fatigue, 5. Outmoded, 6. Cover, 7. Clare, 8. Fume, 12. Lollipop, 14. Deadpan, 15. Fresh, 16. Glue, 18. Shake, 20. Gait.

Snakes and Ladders

Puzzle 1
CROUCH, ENOUGH, ABOUND, GHOLS, AMOUNT, SPOUSE, ELECT, MARCH.

Sudoku

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



This image of Pāpāmoa from the air was taken by John Davies when flying into Tauranga from Wellington in May. PHOTO: JOHN DAVIES

Firefighters step up

A team of three volunteer firefighters from Pāpāmoa took on the Firefighter Sky Tower Challenge in Auckland in May.

Pat Wilson, Steve White, and Arron King, with support from Randy Offenbaker, raised money for New Zealanders with blood cancer.

The event involves climbing 1103 steps of

the Sky Tower, while wearing full firefighter gear weighing around 25kg.

The fun and challenging annual fundraising event is for firefighters to raise money for Leukaemia & Blood Cancer New Zealand. It consistently raises over \$1 million annually, with more than \$13 million total raised for blood cancer patients and their families. ■

PRRA update

The Pāpāmoa Residents and Ratepayers Association has asked to be included in council deliberations over funding to use consultants to model tsunami inundation and evaluate evacuation scenarios.

Keynote speakers from Tauranga City Council's Emergency Response Team spoke to a recent PRRA meeting about the origin of a tsunami, making evacuation plans, and the emergency gear to take with you.

The most recent inundation maps show the Pāpāmoa area to be mostly under water after a tsunami. Chairman Philip Brown says no new information was provided at the meeting about where to go in the

event of a tsunami.

"PRRA has been highlighting the lack of easy pedestrian evacuation paths to our only safe refuge, the Pāpāmoa Hills. And also proposing a network of paths to facilitate this evacuation."

Philip notes that the council has already commissioned "numerous" reports on evacuation scenarios for the Pāpāmoa area, which can be found online.

The PRRA's annual general meeting was held on 13 May. Philip says that with more committee members, the organisation can do more: "And there is a lot to do with the return of local democracy, councillors and a mayor." ■

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