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## Mural celebrates local Olympian

Story page 3



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We welcome letters to the editor for publication.

Email [ellen@papamoapost.co.nz](mailto:ellen@papamoapost.co.nz).

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

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If it's local and it's news, we want to know about it! We invite local clubs and organisations to get in touch and contribute your stories.

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Email now: [ellen@papamoapost.co.nz](mailto:ellen@papamoapost.co.nz).



The Paper Plus team, Hayley, Kerry, and Neville Butler, are pleased to soon be offering NZ Post services at the store.

# New home for NZ Post at Pāpāmoa Plaza

NZ Post is reopening at Pāpāmoa Plaza as part of the Paper Plus store. Pāpāmoa had been without a "post office" since the unforeseen closure of the previous Post Shop at the Plaza in March.

On 4 September the new NZ Post counter will open at Paper Plus, which is owned by local family Neville, Kerry, and Hayley Butler. The store already sells stamps and courier bags, and has provided a parcel service since the closure.

News of the new full-service post shop at Paper Plus has been welcomed by community members whose previous options were postal services at Tara Road Pharmacy or travelling to NZ Post shops in Mount Maunganui and Te Puke.

Hayley Butler says the reaction from customers has been very positive. There will be a new counter dedicated to NZ Post where customers can pay their bills and meet their postal needs. There will also be a wall of post products such as courier bags.

"Everyone is really, really excited, and relieved. It's great that we can help people," says Hayley.

Bay of Plenty MP Tom Rutherford says it's fantastic news for Pāpāmoa, as the previous closure left a "huge gap in our community". Feedback from the community was that it was hard to find somewhere to post a parcel, he says.

Tom says he has been advised that the PO boxes previously held at the post shop at Pāpāmoa Plaza are moving to Bayfair from 1 August, with no change to Box customers' address and number. Tom says he has "shared with NZ Post my frustrations and concerns with this change".

Kiwibank has not advised whether or not they will be re-opening in Pāpāmoa, says Tom. ■

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## From the editor's desk

When Pāpāmoa Post launched in April 2019, one of the questions we were asked was if there was enough news to sustain a monthly publication.

The resounding answer was that there was no shortage of things happening in Pāpāmoa, and more than five years later, this neighbourhood is busier than ever.

Since 2019 we've seen two new primary schools open, entire new subdivisions and commercial areas built, and many new shops and businesses. Pāpāmoa East residents are looking forward to a new supermarket when New World opens at the end of this year.

As our suburb grows, the importance of sound governance is ever important, and we

will all be watching with interest as the new Mayor and council get to work. Congratulations to the successful candidates.

Pāpāmoa is a diverse community with various socio-economic needs, and it's great to see organisations like the Pāpāmoa Food Hub and The Pet Food Bank offering a hand-up to those in need. The Food Hub says there is a new layer of "payday poverty" here, as even some working families struggle to make ends meet. Read more in the stories in this issue.

Please get in touch if you have a suggestion for our next Local Legend - [ellen@papamoapost.co.nz](mailto:ellen@papamoapost.co.nz).

Have a great month, and enjoy your read.

■ Ellen Irvine







'Murals By Millie' artist Millie Newitt painted the mural of rugby player Sarah Hirini, which is featured on the exterior of Pāpāmoa Sport and Recreation Centre.

# Mural celebrates Olympian Sarah Hirini

Local Olympian Sarah Hirini has been honoured with a mural at Pāpāmoa Sport and Recreation Centre. Sarah, who is part of the New Zealand women's rugby sevens team at the Paris 2024 Olympic Games, is the subject of a mural by Millie Newitt, who paints under the name Murals by Millie.

The mural was commissioned by Tauranga City Council's Tauranga Tiahuia mural project, funded by the Department of Internal Affairs' Hine te Hiringa, celebrating inspiring women in the community.

It sits on the side of the recreation centre facing Pāpāmoa Tennis Club, and also features piwakawaka and native flora.

Millie says she is grateful for the opportunity to paint the 90-square-metre mural – her biggest project to date – and is proud to support Sarah and her team as they headed to the Paris Olympic Games 2024.

The women's rugby sevens games took place between July 28-30, but the outcome was not yet known at the time of print. At previous Olympic Games, Sarah has won a gold and silver medal, and she was a flag-bearer for the New Zealand team at the Tokyo Olympics.

The mural took more than 60 hours of painting. Millie says it embodies Sarah's strength and resilience to come back from injury earlier this year and be named in the Black Ferns Sevens at the Olympics.

"The three Piwakawaka symbolise Sarah's whānau and community, supporting her on her journey and international travels," says Millie. "Lush foliage surrounds Sarah, grounding the artwork in her homeland of Aotearoa, New Zealand. Sarah stands strong in the centre wearing her Black Ferns shirt, gazing out into the distance." ■



Sarah Hirini in action on the sports field. PHOTO: RADAR Photography NZ

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## Join us at our Legacy Pāpāmoa Open Day.

Thursday, 12 September 2024 at 10:00am  
Corner of Te Okuroa Drive and Ashley Place, Pāpāmoa.

This event will include a tour of Legacy Pāpāmoa a brief talk on pre-arrangements and a Q&A session. Morning tea will be provided.

Spaces are limited and registration is essential.  
RSVP by: Wednesday, 4 September 2024.  
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*Perfect for funerals of varying sizes, Legacy Pāpāmoa has a 200-seat chapel, smaller room options, a catering lounge and columbarium. The native memorial garden and beautiful water feature offers a sense of peace and tranquility, making this venue an ideal place for reflection and remembrance.*

**Legacy Funerals Pāpāmoa**  
Corner of Te Okuroa Drive and Ashley Place, Pāpāmoa.



*Keep the story alive.*







# Join us for a winter high tea

These cooler months can make it just that little bit harder to get out and about. So, here at **Summerset by the Dunes in Papamoa** we're hosting cozy winter high teas every Thursday in August and we'd love for you to join us.

Just pop along to the village at 10:30am, and enjoy a range of delicious food and tea and coffee on us.

Whilst you're here, why not also get a taste of the Summerset life that our residents love so much. We'd love to show you around our villages resort-style facilities and the brand-new homes available.

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\*Image is indicative only.





# Local legends: keeping our pets fed

Times are tough for many families but the kindness of a Pāpāmoa organisation is ensuring many 'fur babies' don't go hungry.

The Pet Food Bank NZ (Tauranga) was launched in 2022 by Karen Brechelt and Jase Lunn to help feed our pets when the budget won't stretch any further.

Every Sunday the team, which now also includes Shannan Davy, heads out to make deliveries of pet food; a recent trip saw them provide food for 41 animals, including plenty of cats, 13 dogs, and even a few guinea pigs, in the Tauranga area.

If you are struggling financially, are short on money this week, or are wanting support, the Pet Food Bank invites you to reach out – they are here to help.

The organisation also helps by dropping small ziplock bags of cat and dog biscuits to food pantries such as the Gravatt Road community stand, where people can take what they need.

Jase, Karen and Shannan are this month's recipients of Pāpāmoa Post Local Legend.

"We are trying to reach as many people as we can in the community," says Jase, who worries about elderly people who may not be able to access information online.

"We don't want anyone having to give up their companion [animal]. If you are a single person and can't afford to feed your animal, we can help. If they can put their money towards their power bill and keep them both warm, we can help feed their pet."

With the cost of living crisis meaning many families are

**HOW TO HELP:**

- Donate to bank account 03 0123 0290431 025. Cash donations help pay for pet food and petrol.
- Donate pet food – you can drop off items to Z Pāpāmoa.
- Message the Facebook page The Pet Food Bank BOP if you would like to get involved by donating food or financial assistance.
- If you have a business where you could stock flyers or a poster, get in touch.

feeling the pinch, there is a great need in the community for the service, says Jase.

"We are trying to reach the people and pets who need us the most. We deliver to help struggling families feed their pets in times of need and hardship."

By providing nutritious pet food, Jase, Karen and Shannan are preventing situations where people feed food to their pets that is potentially toxic to them – like dog food to kittens, or bread and butter to dogs.

Since launching in September 2022, the operation has received support from many donors in the community including a recent donation from Tauranga Rotary.

Jase says Z Energy Pāpāmoa is one of their biggest supporters, providing a drop-off point for people wanting to donate goods, as well as stocking flyers about the service, and offering financial support.

The team says they couldn't do it without the wonderful



Karen and Jase from The Pet Food Bank.

support of their group members who donate to the cause. The Pet Food Bank wins a voucher donated by Pap House and presented by Barfoot & Thompson. To nominate a Local Legend, email [ellen@papamoapost.co.nz](mailto:ellen@papamoapost.co.nz). ■

**HOW TO GET HELP:**

- Reach out online – Join the Facebook group 'The Pet Food Bank NZ (Tauranga)' and follow the Facebook page 'The Pet Food Bank BOP'.
- Call or text – contact Jase on 021 025 52185.



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# New sport coming to Pāpāmoa

One of the world's fastest growing sports is coming to Pāpāmoa this summer. Padel is a racquet game played on an enclosed astroturf court, a third of the size of a tennis court and with a similar scoring system to tennis. It's different to pickleball, which is derived from badminton and uses an open court.

Tony and Rachel Sweetman are building The Padel Club just off Te Okuroa Drive, on Turiwhatu Street in the Pāpāmoa Junction area.

"Over the past two years, we've fallen in love with padel

while traveling around Europe and the UK," says Tony. "As avid tennis and squash players, we took to the sport naturally."

The couple currently run a private superyacht in the Mediterranean during the European summer and return home to Tauranga for the New Zealand summer.

Looking for a new venture to allow them to return home permanently, they feel padel is the perfect opportunity for Pāpāmoa. The sport is in its early stages of development in New Zealand, says Tony.



Rachel and Tony Sweetman are bringing the sport of padel from Europe to Pāpāmoa.

"After speaking with various clubs around the world, we feel confident that we have the knowledge and tools to set up our own club for Kiwis to enjoy."

The couple has applied for building consent and will use local contractors to build the club, which is expected to be open by Christmas.

The building will feature four courts and a clubhouse that sells refreshments and provides seating for social gatherings.

"Our goal is to create a community where families can come to play and watch padel. This sport is for everyone, regardless of gender or age," says Tony.

"Our club will foster a sense of community and make padel accessible to all. The global enthusiasm for the sport is clear, and we want to bring that excitement to New Zealand."

The club will offer a range of coaching programmes, including free introductory padel sessions, group coaching, and one-on-one training. Players will be able to compete in leagues and participate in social events, and the club plans to collaborate with local schools to incorporate padel into their sports curriculum. ■



The Padel Club is opening on this site on Te Okuroa Drive.

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## New playground at Suzanne Aubert



There are plenty of happy faces and joyful play at Suzanne Aubert Catholic School, as years of fundraising have paid off and the school opened its new senior playground. The playground was unveiled and opened with a blessing before the end of term two.

The school and its Aubert Whānau Group (PTFA) have been fundraising and applying for grants for three years for the playground, which was boosted by a \$50,000 grant from TECT, and support from the Hamilton Diocese.

Fundraising activities included movie nights, school discos, pizza lunches, quiz nights, and more.

The playground was designed by senior students at the school and Playground Creations. It includes connection to local iwi and the local cultural story, and provides equipment that extends children's physical capability and encourages collaborative play.

The hard work continues as the school fundraises towards stage 2 of the playground project, which includes a zip line, basket swing and climbing net.

Since opening it has been enjoyed during



school time but also after-hours. Both school families and the local community are excited about the new playground, which is well-used outside of school hours as the gates are always open. ■



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# Steve elected by Pāpāmoa

Steve Morris has been elected as the Pāpāmoa ward councillor on Tauranga City Council.

Former Olympian Mahe Drysdale is Tauranga's new Mayor, and Rick Curach is the councillor of the Arataki ward, which includes Pāpāmoa West.

Steve Morris was elected to council in 2013 and held the seat until the last council was dismissed in 2021. Steve is the only returning councillor re-elected from that time.

Steve is a fourth-generation Pāpāmoa resident, who grew up here when Pāpāmoa was a small community of 1900 people.

He campaigned on strong business and governance experience, and strong financial management.

"During this cost-of-living crisis, I pledge to redirect spending towards essential transport infrastructure, enforce fiscal responsibility, and manage growth to protect our coastal lifestyle," Steve said in campaign material.

He outlined his vision to preserve Pāpāmoa's coastal character, while improving access to essential services and transport. It is vital that the Pāpāmoa East Interchange, set to open in 2026, is not tolled, he says.

He also pledged to address the "double



Pāpāmoa ward councillor Steve Morris.



Arataki ward councillor Rick Curach.



Tauranga's new Mayor, Mahe Drysdale.

standard" with Pāpāmoa ratepayers paying more in targeted rates than any other suburb, while still being expected to contribute towards the CBD projects.

Steve also highlighted his community leadership in both the Pāpāmoa War Memorial project and the Rena oil spill response.

The other ward councillors elected are: Mauao/Mount Maunganui - Jen Scoular, Matua Otūmoetai - Glen Crowther, Te Papa - Rod Taylor, Bethlehem - Kevin Schuler, Tauriko - Marten Rozeboom, Welcome Bay - Hautapu Baker, and Te Awanui

- Mikaere Sydney.

Voter turnout was low, with only 38 per cent of Tauranga residents returning a vote. This is expected to slightly increase once all votes have been counted. In 2019, 40 per cent voted, and 38 per cent in 2016.

The Mayoralty was not a tight race, with Mahé Drysdale about 6000 votes ahead of the second highest polling candidate, Greg Brownless, on voting day. Ria Hall and Tina Salisbury were the next highest polling candidates.

The new council will be sworn in on 2 August. ■

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# Matariki event lights up the town

Pāpāmoa's "Light up the waterway" Te Ara o Wairākei Matariki celebration was a huge success and plans are already underway for the 2025 event.

Event organiser Julia Manktelow of Pāpāmoa Unlimited is looking for partners for the next event which will be in its fourth year.

There was an incredible turnout to the 2024 event, says Julia.



The 2024 "Light up the waterway" Te Ara o Wairākei Matariki celebration.

"Thank you from the bottom of our hearts for supporting our kaupapa. It has been a beautiful journey walking alongside Ngā Pōtiki ā Tamapahore Trust as together we found ways to weave the tales of our whenua into the trail this year."

The 1.6km one-way trail was attended by thousands of people who gathered in the spirit of Matariki.

They enjoyed stage performances including kapa haka groups from Te Kura Kaupapa Māori o Otepou and Te Akau Ki Pāpāmoa School, dance from Rise Dance Company, and singers Chanelle Davis, Hydro Hayley, Promise Royal, Amaleigh (Miss Teen New Zealand Ambassador 2024), Grant Haua,

Sonorous, and Ria Hall.

Local iwi Ngā Pōtiki ā Tamapahore Trust supported the event and blessed the ceremony. As well as the stunning lights, the event promoted storytelling and legends, including the local Māori legend of the three whales.

Pāpāmoa Unlimited is a not-for-profit organisation run by a committee of business owners and retailers whose purpose is to promote Pāpāmoa as a destination for locals and tourists alike.

"We are so fortunate in Pāpāmoa to have incredible people in our community that gift their time to make smiles," says Julia.

# Repair Café calls for volunteers

If you're a "tinkerer", "repairer" or passionate recycler, your skills are needed by the Repair Café.

Repair Cafés are free pop-up events where local people bring in their broken or damaged belongings and local volunteer experts do their best to repair or assess them.

Tauranga Repair Cafe has been successfully repairing and fixing items for nearly two years. Due to popular demand, the volunteer-driven initiative needs more volunteers.

It's all part of STEM Wana Trust/Tinkd Makerspace, a registered charity, which aims to reduce waste and overconsumption.

Volunteers are a group of like-minded people with a "do it yourself" spirit and a wide variety of fixer skills. They gather on

the last Saturday of each month for a lively and busy morning offering their services, free of charge, to anyone who wants to give objects destined for the landfill a second chance.

Maybe it can be fixed, maybe it can't but at the Repair Café they take a look, offer suggestions, and repair it if they can.

Each month they tackle a broad range of items such as clothing/textile repairs, small appliances, wood repairs, bikes and electronics. They often "sell out" of space for items booked in, but want to grow attendance and offer more repairs, so need more volunteers.

If you're interested to know more, please contact the organisation at [hello@tinkd.nz](mailto:hello@tinkd.nz) or [www.tinkd.nz](http://www.tinkd.nz).

# Matariki celebrated at Pāpāmoa College

A celebration of student artwork, music, kai and more were all part of Pāpāmoa College's first ever Matariki concert.

The special occasion was an opportunity for students and their whānau to learn more about Matariki both here in Aotearoa and around the world.

A hangi was laid early in the morning in preparation, and kai was shared before the concert kicked off.

The year 7 and 8 spaces were opened up for whānau to visit, each with different Matariki themes to explore including Māori games, waiata, rakau, kites, messages to hon-

our those who had passed, weaving, short films, and illuminated displays telling the story of Matariki and the seven sisters.

Whānau also enjoyed a student art exhibition in the foyer before the concert kicked off, led by MCs Ieremia Le'afa and Tiriarangi Mastney.

The school's year 7-8 and year 9-13 kapa haka groups both performed, as well as the Pasifika group, and students Videl Harrison and Meilah Fergusson, Kaiami Finau, Tama and Tamati Jones, Ryan Teixeira and Khan Neno all took to the stage, as well as the staff barbershop.



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# Pāpāmoa Food Hub update

## 'Payday poverty' in Pāpāmoa



An organisation which helps struggling Pāpāmoa families experiencing food poverty says many hardworking local families are facing financial challenges due to the cost of living.

Volunteers at the Pāpāmoa Food Hub say mortgage interest rates and rent have become major stressors, leaving some households unable to provide enough food for their loved ones. Despite these difficulties, pride and embarrassment often prevent working families from seeking help.

Pāpāmoa Food Hub founder Bruce Banks says the organisation has launched its Struggle Street campaign to help combat these challenges.

"We understand the hidden struggles faced by working families," says Bruce.

"Our goal with the 'Struggle Street' campaign is to create a safe space where working families can access nutritious food without feeling ashamed or embarrassed."

The food hub can provide a generous food

parcel that includes breakfast, lunch, dinner, and dessert for a family of four, for three days. The parcels also include some pantry staples and a couple of treats, and mostly stretch past the three days. The parcel includes all the ingredients needed to follow simple, nutritious main meal recipes, which are included with the food parcel.

Pāpāmoa Food Hub launched in January and is run by a team of volunteers. The organisation relies on donations and support from the community. A large team of volunteers makes deliveries every Thursday, with plans to add more days in the future.

"Pāpāmoa Food Hub is a community-driven organisation dedicated to alleviating food insecurity. We believe that everyone deserves access to nutritious meals, regardless of their circumstances. Our discreet and compassionate approach ensures that families receive the support they need without judgment or stigma," says Bruce.

"No one should go hungry. Together, we

can alleviate 'payday poverty' and ensure that families have access to nutritious meals."

Pāpāmoa Food Hub is grateful for the support of its platinum partner, Pak'n'Save Pāpāmoa, and the generosity of owners Rob and Lisa McGregor.

Pāpāmoa Food Hub also provides personal care packages, in addition to food parcels. For the month of August, it is asking for donations of personal care items.

Deodorants, body sprays, soap, shampoo, baby care, sanitary products, toothbrushes and toothpaste are all needed. These items can be dropped off at the EVES Real Estate office at Pāpāmoa Plaza.

Money can be donated via the Give-a-little page: [givealittle.co.nz/cause/western-bay-of-plenty-neighbourhood-support-inc](http://givealittle.co.nz/cause/western-bay-of-plenty-neighbourhood-support-inc); or direct to bank account: 06 0188 0041612 55

Visit [papfoodhub.org.nz](http://papfoodhub.org.nz) for more information. ■



Pāpāmoa Food Hub founder Bruce Banks with volunteers Fareena and Zarra Ali.

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# 30 years of caring for our coast

Coast Care is celebrating three decades of community led mahi to help restore and protect the dunes along the Bay of Plenty coast – including a transformation of the Pāpāmoa dunes during that time.

To celebrate 30 years, Coast Care hosted a series of events during Volunteer Week, including a session at Pāpāmoa Beach off Karewa Parade.

Volunteers are critical to Coast Care’s success, and the organisation says there is no better way to recognise the success of the programme than to celebrate the people who are part of it.

These photos show a stretch of the Pāpāmoa beach dunes, before and after they were replanted.

This restoration is important as dunes are not only good for local biodiversity, but they play a key role in helping manage the impacts of a changing climate on coastal communities.

Coast Care, a coastal restoration programme that has been operating since 1994, is run in close partnership with local commu-

nities, schools and authorities to restore and protect the sand dunes along Bay of Plenty beaches.

The Coast Care Bay of Plenty group was formed in 1994 and now helps look after and plant more than 156km of coastline across the Bay of Plenty.

It is run in partnership with all four coastal district and city councils (Western Bay of Plenty, Tauranga, Ōpōtiki and Whakatāne) and the Department of Conservation.

Coast Care’s 2023 Beach User Survey highlighted the importance of community involvement in maintaining the health and vitality of the coastal environment.

It showed a shift in community priorities and values since the last survey was carried out in 2014, with some key themes emerging that is informing the future direction of Coast Care.

Most survey respondents favoured environmentally friendly methods for coastal preservation, with dune planting emerging as a top choice.

The survey results show there is support for restrictions on vehicle access and a call for councils to enforce rules to support safer beaches for families and children.

The dunes are a living, breathing ecosystem that supports diverse native species, provides recreational space for families, and acts as a natural barrier against coastal hazards. ■



These photos show the transformation of a stretch of the Pāpāmoa beach dunes, before and after they were replanted.

## Tween to Teen Queens

A course supporting tween girls with friendships, confidence, resilience, and feelings is launching in Pāpāmoa this month.

“Tween to Teen Queens: 8 weeks to discover your superpowers” runs from Saturday 3 August to Saturday 21 September in the Mako room at Pāpāmoa Community Centre/ library.

The programme is for girls in Years 4-6 and aims to empower them to navigate the unique challenges and opportunities of their tween years.

Led by “teen queen mentor” Mariana Sala, each session will focus on fostering confidence, self-discovery, promoting body positivity, developing essential social skills, and fostering emotional intelligence.

Sessions will create a space for girls to connect, learn, and support one another through this transformative stage of their lives.

For bookings and further details, please email Mariana on [marianasala.ms@gmail.com](mailto:marianasala.ms@gmail.com) or message via Facebook: [facebook.com/marianasalacoach/](https://www.facebook.com/marianasalacoach/). ■



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# Local Olympians represent

Local middle-distance athlete **Sam Tanner** is competing at his second Olympic Games this month after his Olympic debut in Tokyo 2020.

The former Tahatai Coast School student and Pāpāmoa Athletic Club athlete exited the heats of the 1500m at Tokyo. In 2022, he finished sixth in the Commonwealth Games final in Birmingham with a personal best (PB) of 3:31.34.

A two-time World Championships semi-finalist, Sam currently sits at number two on the all-time New Zealand lists for both the 1500m and mile.

On the official Facebook page of the New Zealand Olympic team, Sam shared his gratitude for his sport.

"I get to wake up every morning and love my job more and more. I'm so lucky that my job is running, I absolutely love running, I love everything about it. The struggle, the endorphins, hearing the crunch of the gravel underneath your feet."

Also competing at the Olympic Games is footballer **Rebekah "Stotty" Stott**, who has a special connection to Pāpāmoa.

Stotty, who also competed at the London 2012 and Rio 2016 Olympic Games, was born and bred in Pāpāmoa and started her football career as a four-year-old.

With four brothers who all played the sport, she joined them on the pitch.

"I played for Pāpāmoa Football Club from sand-shoe soccer and in boys' teams for a couple of years," says Stotty, who started her schooling at Pāpāmoa Primary before moving to Te Akau Ki Pāpāmoa School.

Her family moved to Australia, but she returned to New Zealand and made her debut for the Football Ferns on her 19th birthday.

She played in the 2019 FIFA Women's World Cup and overcame stage 3 Hodgkin's Lymphoma in 2021, again making the FIFA Women's World Cup New Zealand team last year.

"It's such an honour to represent New Zealand, and to do it at an Olympics is incredible," she shared with the New Zealand Olympic team page.

"It's been some of the biggest moments of my career playing with the Ferns."

The pair join fellow local Sarah Hirini on the New Zealand Olympic team (story page 3). ■



Sam Tanner



Rebekah "Stotty" Stott

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# Key micronutrients to focus on during winter

By ReDefined founder Jimmy August

Winter is a time when our bodies require extra care to maintain optimal health. The colder months often bring challenges such as reduced sunlight, increased susceptibility to colds and flu, and changes in our diet and activity levels. Ensuring an adequate intake of key micronutrients is essential for supporting our immune system, energy levels, and overall well-being. Here are some of the most important micronutrients to focus on during winter:



Jimmy August

## Vitamin D

Vitamin D, also known as the “sunshine vitamin,” is crucial during winter when sunlight exposure is limited. It plays a significant role in maintaining bone health, supporting the immune system, and regulating mood. Since natural sunlight is a primary source of vitamin D, many people may need to rely on dietary sources such as fatty fish, fortified dairy products, and supplements, to meet their needs during the winter months.

## Vitamin C

Vitamin C is well-known for its immune-boosting properties. It helps protect against colds and flu by supporting various cellular functions of the immune system. Additionally, vitamin C acts as an antioxidant, helping to protect cells from damage caused by free radicals. Citrus fruits, strawberries, capsicums, and broccoli are excellent sources of vitamin C.

## Zinc

Zinc is another essential nutrient that supports the immune system. It plays a vital role in the development and function of immune cells, and it has been shown to reduce the duration and sever-

ity of cold symptoms. Foods rich in zinc include meat, shellfish, legumes, seeds, and nuts.

## Iron

Iron is important for maintaining energy levels and supporting immune function. During winter, some people may experience lower iron levels, particularly if their diet lacks iron-rich foods. Red meat, poultry, fish, lentils, and spinach are good sources of iron. Additionally, pairing iron-rich foods with vitamin C can enhance iron absorption.

## Vitamin A

Vitamin A is essential for maintaining healthy skin and mucous membranes, which act as the first line of defence against infections. It also supports vision and immune function. Sources of vitamin A include carrots, sweet potatoes, spinach, and liver.

## Omega-3 fatty acids

Omega-3 fatty acids are crucial for reducing inflammation and supporting heart health. They also play a role in maintaining mental health, which can be particularly important during the darker winter months. Fatty fish such as salmon, mackerel, and sardines, as well as flaxseeds and walnuts, are good sources of omega-3s.

## Magnesium

Magnesium is important for muscle function, energy production, and nervous system health. It can also help improve sleep quality, which may be disrupted during winter. Foods rich in magnesium include leafy green vegetables, nuts, seeds, and whole grains.

Incorporating these key micronutrients into your winter diet can help support your health and well-being, ensuring you stay energised and resilient throughout the season.

[www.redefined.nz](http://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?

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# Hospice shop needs donations

Waipuna Hospice is urging people to pass on their preloved, quality goods to its Domain Road charity shop in a desperate appeal for goods donations.

Waipuna Hospice's general manager of retail Jace Dowman says their shops are not able to keep up with the demand for second-hand goods.

"We're experiencing an increase in customers through our shops, but a decrease in sellable donated goods. With more people having less money to spend on clothing, homewares, and other goods, our charity shops are being relied on to provide affordable goods for an increased proportion of our community."

Second-hand shops like Waipuna Hospice are becoming a staple for more people who need to stretch their money further.

However, without quality donations, Waipuna Hospice charity shops are unable to help the community by providing affordable goods and raising money to help fund hospice care.

"Money raised from our charity shops is crucial for Waipuna Hospice to be able to continue providing care for the terminally ill and bereaved in our community. This money can't be raised without quality, donated goods."

Furniture and bric-a-brac such as cups, vases, and trinkets are in high demand, but other goods like clothing, linen, and home-

wares are also needed.

Waipuna Hospice is emphasising the need for goods to be in a quality and sellable condition. With many people using charity shops as a dumping ground, Waipuna Hospice is having to take money away from providing hospice care to pay for the disposal of unsellable goods.

"If you wouldn't buy it because of its condition, please don't donate it."

People can drop their donations at Waipuna Hospice charity shop on Domain Road. Alternatively, book a free donation collection by calling 07 281 1755 and leaving a message.

To learn more, visit [waipunahospice.org.nz/donate-goods](http://waipunahospice.org.nz/donate-goods). ■



Donations are needed to the Waipuna Hospice op shop on Domain Road.

# An enchanting evening under the stars



The Pāpāmoa Hills Night Walk has raised thousands of dollars for breast cancer support in the last 15 years.

It started as a small fundraiser among friends, and in July the Pāpāmoa Hills Night Walk celebrated 15 years of raising many thousands of dollars for women with breast cancer.

The torch-lit adventure in the dark involved a magical 5km night walk under the starry skies up Pāpāmoa Hills, to the Ger at Summerhill.

At the summit, participants were welcomed with warm drinks, delicious sweet treats, music, and stunning views of the night sky and city lights below. Afterward, a minivan transported participants back to their cars.

Staggered start times ensured that the participants – many dressed in all shades of pink - had ample space and tranquillity to take in the breathtaking views of the ever-changing light and stars.

"The Pāpāmoa Hills Night Walk is a special event that we all look forward to. It offers the perfect blend of

adventure and quiet reflection, creating a truly special experience. We love seeing people experience the magic of the event and have a fantastic time," says Rachel Quin Gilbert, manager of Breast Cancer Support Services Trust.

The event's history goes back to 2009, when keen runners Clare Worden and Tui Hambrook came up with the idea as a small fundraiser.

At the time there were Pink Ribbon breakfasts, but nothing like this – so the women invited 35 of their friends and family to show support for the cause,

It was so successful that they decided to repeat it the next year as a proper organised event, opening it up to the public. Since then, it has been a popular fundraiser on the local calendar.

Its "secret sauce" is the magical nature of the event; every year it is planned around the full moon, and there are views from Maketu to the port. ■

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# Mental health support on the road

Registered social worker Scotty Harvey doesn't sit behind a desk to talk to his mental health clients. He's out on the road every day, parked up to talk to anyone who needs his help through UOKBRO NZ.

Spotted in Pāpāmoa recently on Tara Road and Pāpāmoa Beach Road, Scotty has been named one of three Star Volunteers by Volunteering Services Bay of Plenty.

Scotty says most people don't want to talk

about mental health, and services are lacking for those over 25. So he decided to take his services to the people. He parks up on the side of the road in his sign-written vehicle, and is out every day anywhere from Te Puke to Katikati talking to anyone who wants to stop. It's about going back to basics, getting people to just come and have a yarn.

"It's anything from making a safety plan for wāhine who need to get out of a danger-

ous domestic violence situation, or young men planning to go home and kill themselves, or nannies worried about their moko, or someone wanting to get off meth," says Scotty, who is registered as a charitable trust.

"Wherever I stop people toot, then some will stop to talk. It's about going to the people instead of people waiting to see someone in an office." ■



Social worker Scotty Harvey has been in Pāpāmoa with his UOKBRO car.

## New volunteers needed

By Bruce Banks, Pāpāmoa Neighbourhood Support co-ordinator

Pāpāmoa continues to grow at an alarming rate. New streets are opening up all the time and by myself I am not able to keep up with the new build pace. Going into spring I am wanting to recruit some volunteers to help grow Neighbourhood Support membership, particularly in the newer streets of Pāpāmoa East.

So what is involved?

After some initial training our volunteers will be allocated a street (or part street) to go door-to-door and talk to residents about what Neighbourhood Support does, and encourage the household to join up.

We will identify the streets where we need to grow our membership, and off you go. The hours are flexible so that it fits in with your lifestyle.

What type of person are we looking for?

- Confident meeting strangers



Bruce Banks

- Good communication skills
  - Able to convey the benefits of being a NS member
  - Own transport and physically active
  - Basic computer skills
- When does all this start?
- Training starts in August
  - Hitting the streets from start of September
  - Duration - the campaign will last about six months
  - Time commitment - around 2-5 hours/week

Interested? Call Bruce on 027-271-3772 to discuss further, or register your interest via email ASAP [nspapamo@wbopns.org.nz](mailto:nspapamo@wbopns.org.nz) ■

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# Family History Month at the library

August is Family History month, and Pāpāmoa Library is hosting some events to help you connect with your heritage. The event 'Researching NZ Army Service Record with Rob Mildon' is happening on Saturday 24 August, from 9.30am to 10.45am. The event is free but requires booking in – details are on the library website.

Rob is a research assistant at the National Army Museum - Te Mata Toa. He will share the resources available at the Kippenberger Research Centre, and the tools staff use, to help visitors on their family research journey.

The event will be followed by a drop-in genealogy session hosted by the Pāpāmoa Family History Group from 10.30am-12pm.

All welcome. Please bring along a device if you have one.

Any questions, please contact papgen@gmail.com.

The library also hosts a regular free monthly 'drop-in' genealogy help session, on the last Friday of every month from 10am to midday. The next session will be held on Friday 30 August from 10am to midday.

If you need help with your genealogy research, call in to this session hosted by local genealogy experts. It is open to all newcomers, no matter how far you have got with your research. Bring along your laptop, if you have one, and any details you have already collected. No bookings necessary. For more information please contact Jenny Joyce on 07 542 5243. ■

## MP for Bay of Plenty Tom Rutherford

I have had a fantastic last few weeks; with Parliament being on recess, it has meant that I have been able to be in our local Bay of Plenty electorate each day.

I have enjoyed the opportunity to get out and visit some of our local businesses, local schools, and hold plenty of constituent clinics at my local electorate office in Pāpāmoa.

As always, if you need my help or support with any local issues, then please do get in touch. I am more than happy to help!

I was also thrilled to receive a letter from NZ Post informing me that our local Pāpāmoa NZ Post Shop will be returning from Wednesday 4 September in the Paper Plus located in the Pāpāmoa Plaza.

Since the store closed abruptly earlier this year, I have been working hard to bring this service back. The closure has left a huge gap in the community as the shop is a critical service for our local Pāpāmoa community - which is Tauranga's largest suburb.

The new Pāpāmoa Post Shop, which will be operating out of Paper Plus Pāpāmoa in the Pāpāmoa Plaza, will offer domestic, international and bill

payment services.

As the local MP for Bay of Plenty, it is important for me to listen to the concerns of our community. I have heard from many locals who expressed their concerns about the closure of the Post Shop in March, so I am pleased that there has been a positive outcome.

I have also heard the concerns around the PO boxes and questions on whether they will be returning. NZ Post have advised me they are moving to Bayfair from 1 August. There will be no change to Box customers' address and number. I have shared my concerns and frustration with NZ Post about this change.

Furthermore, when NZ Post shut in March, so did our local Kiwibank branch as well. At present, I have not been advised as to whether or not Kiwibank will be reopening in Pāpāmoa.

I look forward to seeing NZ Post open in the Paper Plus at Pāpāmoa Plaza later this year. I am pleased a solution has been found, I know the disruption has been frustrating for many. ■



Tom Rutherford

**Tom Rutherford**  
MP for Bay of Plenty

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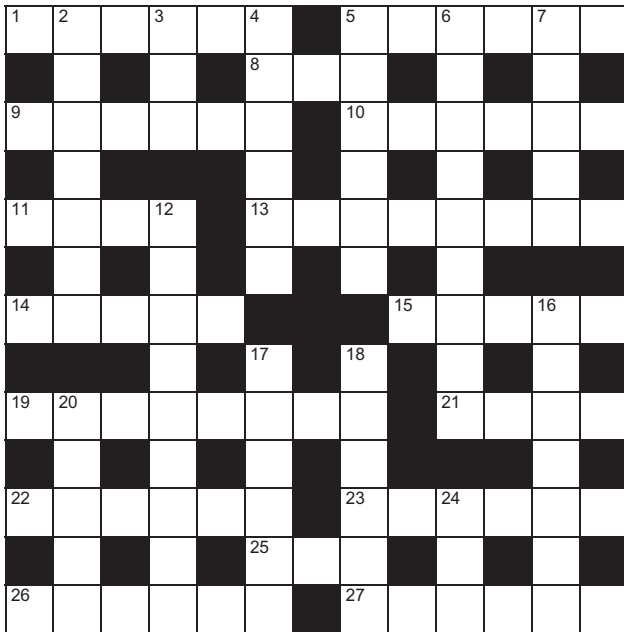
# QUIZ

1. What is the capital city of Liechtenstein?
2. Which famous painting was stolen from the Louvre in 1911?
3. In what year was the first Apple iPhone released?
4. Who was the first woman to win a Nobel Prize in Literature?
5. What is the longest river in Asia?
6. Which country has won the most FIFA World Cup titles?
7. In Greek mythology, who is the goddess of wisdom?
8. Who wrote the novel "One Hundred Years of Solitude"?
9. Which city hosted the 1964 Summer Olympics?
10. What is the smallest country in South America by land area?
11. What is the name of the world's largest coral reef system?
12. Who painted the ceiling of the Sistine Chapel?
13. What is the capital of Bhutan?
14. Who is the author of the play "Death of a Salesman"?
15. Which country is known as the Land of the Rising Sun?
16. What is the highest mountain in Europe?
17. Which Italian city is known for its canals?
18. What is the currency of South Korea?
19. Who discovered penicillin?
20. In what year did the Titanic sink?
21. What is the capital city of Bulgaria?
22. Who wrote the play "Waiting for Godot"?
23. Which planet in our solar system has the most moons?
24. In what year did the Berlin Wall fall?
25. Which famous artist cut off his own ear?
26. What is the longest river in Africa?
27. Who was the first woman to win a Nobel Prize?
28. What is the smallest country in the world by land area?
29. In what city was the Titanic built?
30. Which book starts with the line, "All happy families are alike; each unhappy family is unhappy in its own way"?
31. Who was the first emperor of Rome?
32. Which American city is known as the birthplace of jazz?
33. What is the main ingredient in the dish "Moussaka"?
34. Which Shakespeare play features the characters Rosencrantz and Guildenstern?
35. In Greek mythology, who is the god of the underworld?
36. Who was the British Prime Minister during World War II?
37. What is the chemical symbol for gold?
38. Which famous explorer introduced the potato to Europe after his voyages to the Americas?
39. Who directed the movie "Pulp Fiction"?
40. What is the name of the longest-running Broadway show?

## ANSWERS

1. Vaduz
2. The Mona Lisa
3. 2007
4. Selma Lagerlöf
5. The Yangtze River
6. Brazil
7. Athena
8. Gabriel Garcia Marquez
9. Tokyo
10. Suriname
11. The Great Barrier Reef
12. Michelangelo
13. Thimphu
14. Arthur Miller
15. Japan
16. Mount Elbrus
17. Venice
18. Won
19. Alexander Fleming
20. 1912
21. Sofia
22. Samuel Beckett
23. Jupiter
24. 1989
25. Vincent van Gogh
26. Nile
27. Marie Curie
28. Vatican City
29. Belfast
30. "Anna Karenina" by Leo Tolstoy
31. Augustus
32. New Orleans
33. Eggplant (aubergine)
34. "Hamlet"
35. Hades
36. Winston Churchill
37. Au
38. Sir Walter Raleigh
39. Quentin Tarantino
40. "The Phantom of the Opera"

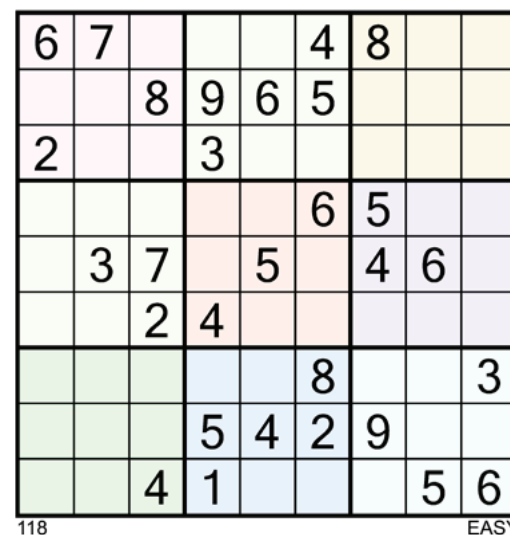
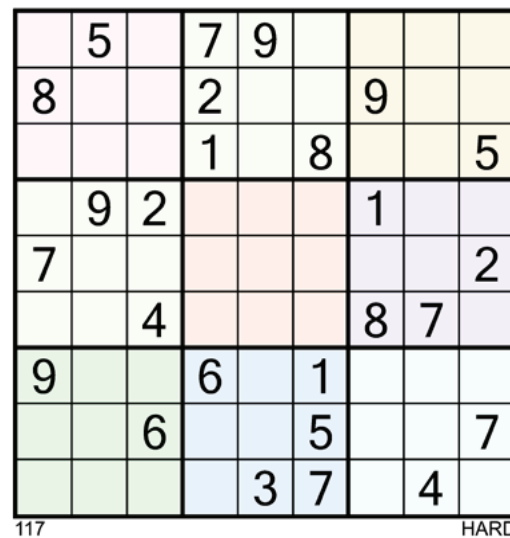
## Quick crossword



- Across**
1. Serving tray (6)
  5. Beguile (6)
  8. Sprite (3)
  9. Fervent (6)
  10. Keep (6)
  11. Fewer (4)
  13. Not usual (8)
  14. Grown up (5)
  15. Tranquillity (5)
  19. Stand astride (8)
  21. Become weary (4)
  22. Domain (6)
  23. Curler (6)
  25. Tease good-naturedly (3)
  26. Rural term for urbanite (6)
  27. Chatter (6)
- Down**
2. Scatterbrain (7)
  3. Compete (3)
  4. Habitual (6)
  5. Dash (6)
  6. Cleansing agent (9)
  7. Porcelain (5)
  12. Redemption (9)
  16. Procession of mourners (7)
  17. Stick (6)
  18. Close (6)
  20. Pace (5)
  24. Throw (3)

## Sudoku

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



## Kids' corner

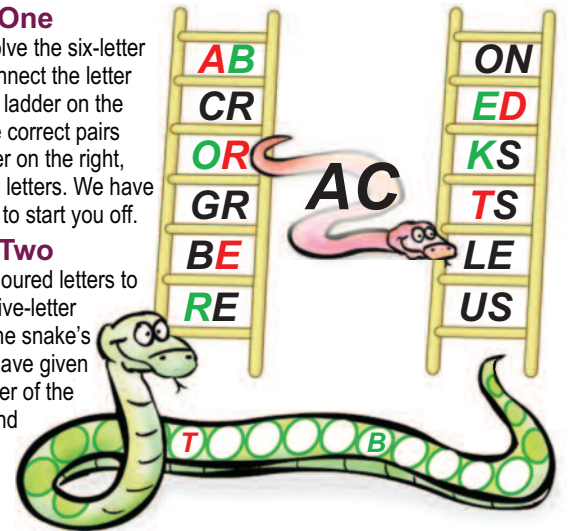
### Snakes and Ladders

#### 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. Salver, 5. Seduce, 8. Imp, 9. Ardent, 10. Retain, 11. Less, 13. Abnormal, 14. Adult, 15. Peace, 19. Straddle, 21. Tire, 22. Empire, 23. Roller, 25. Rib, 26. Townie, 27. Yabber. **Down:** 2. Airhead, 3. Vie, 4. Ritual, 5. Sprit, 6. Detergent, 7. China, 12. Salvation, 16. Cortège, 17. Adhere, 18. Nearby, 20. Tempo, 24. Lob.

### Snakes and Ladders

- Puzzle 1**  
ABACUS, CRACKS, ORACLE, GRACED, BEACON, REACTS, TREAD, BROKE.
- Puzzle 2**

### Sudoku

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



# News in Brief

## Pāpāmoa's Got Talent returns

The Pāpāmoa's Got Talent contest, featuring the best performers from Pāpāmoa's six primary schools, will be held for its second year on 29 August. The event is coordinated by Pāpāmoa College and will be held in the Pāpāmoa College theatre.

## Rotary leadership

Pāpāmoa Rotary Club's new president is Deb Wootton. The club thanks outgoing president Christa George for her hard work and dedication.

## Market dates

The Pāpāmoa Community Market is held every Sunday from 8.30am to 1pm at Te Manawa o Pāpāmoa School, 72 Te Okuroa Drive.

The Pāpāmoa Lions Club Market is held on the second and fourth Sunday of the month from 8am to 11.30am at Gordon Spratt Reserve, with this month's dates Sunday August 11 and 25. Profits from the markets go from the Lions Club to where they are needed most, locally and around the world. ■

# Improved safety along the Te Ara o Wairākei pathways

Santa Monica Drive is the latest area where Tauranga City Council is working on the Te Ara o Wairākei pathway. The work includes widening the existing pram crossing and surrounding footpath to 3m to accommodate shared path use, painting of cyclist and pedestrian shared path markings in reflectorised paint, painting yellow no-stopping lines at the entrance of the crossing, upgrading other road markings at the site, and upgrading the kerb according to the new layout.

The aim is improving safety along the Te Ara o Wairākei pathways, increasing user access to the paths and improving visibility for pedestrians and cyclists.

The Santa Monica Drive section is expected to be completed by mid-August. ■

Part of Te Ara o Wairākei pathway.



## School sustainability projects get green light

BestStart Pāpāmoa Plaza and The Blue Cottage Early Learning Centre on Tara Road are two of the 31 successful applicants whose innovative school projects will be funded through Toi Moana Bay of Plenty Regional Council's School Sustainability and Resilience Fund.

The Blue Cottage's project is 'Harvesting Rain and Wind, growing kai tiaki-tanga', and BestStart's is 'Tsunami Ready'.

The funding aims to support educational facilities that want to raise awareness and understanding of climate change, hazards, resilience and sustainability within local communities. This year up to \$85,000 was available thanks to additional funding from TECT, BayTrust and Trust Horizon.

More than 700 community members and 21 youth panel members were involved in the voting process. ■

## Bus fare changes for youth

Bay of Plenty Regional Council has confirmed some changes to fares for bus users aged six to 24 years. The changes, which took effect from 29 July, are a result of Government funding ending for the Community Connect fare scheme. For children aged six - 18, there is free travel to support school commutes (before 9am and from 2.30-6pm), transitioning from all-day free travel. Young adults aged 19 - 24 now pay a standard adult fare, transitioning from half-price fare to adult fare. There is no change for children aged 0-5; free travel continues.

Public Transport Committee Chair, Councillor Andrew von Dadelszen, says the change reflects the need to fill a funding gap while limiting the

cost impact on bus users and maintaining key services for school age children and young adults.

"The decision to change bus fares is never taken lightly as it needs to balance affordability for customers while maintaining an appropriate level of service.

"We do offer several concessions to support our customers with the cost of travel where possible, however with the loss of the Central Government funding, we've decided to roll back to the fares that we offered prior to the Community Connect scheme. This will keep travel free for children before and after school, and transition customers aged 19 -24 back to a standard adult fare." ■

# Pāpāmoa Post

OUR COMMUNITY, OUR NEWS

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a **FREE** keyring for Dad

\*Valid for purchases at participating stores. Excludes Countdown & The Warehouse. Present your receipt at Customer Service to claim a free keyring (while stocks last). Promotion valid from 19<sup>th</sup> August - 1<sup>st</sup> September 2024. T&C's apply.

## Making a difference at Mister Minit

At Mister Minit you'll find 'real people fixing problems'. Michael McMillan took over the Mister Minit kiosk at Papamoa Plaza in February, and enjoys helping the local community fix their problems. If you need your shoes repaired, a spare key for your car or house, a new battery or strap for your watch, Michael and his team have you covered.

While Mister Minit is well known for its key cutting service, it also provides newer transponder keys and garage door openers. The store offers a sharpening service - bring in your household knives, scissors, gardening tools or even chef's culinary knives. This month there is a special deal where you can get a knife sharpened for just \$5.

Products and services also include trophies, and giftware including Leatherman, Victorinox, Zippo, and hunting knives.

This Father's Day there are loads of great gift ideas at Mister Minit, and Michael can engrave your keyring for dad for just \$8 (normally \$20). Helping people by solving a problem and making their day a little better is what it's all about, says Michael.

"I enjoy the community side of it. Our company motto is 'real people fixing problems', and it's what we



*Michael from Mister Minit*

embody and what we do well. We just want to help people." His customers are certainly grateful, with plenty of enthusiastic Google reviews, and even home baking and chocolates dropped at the kiosk. Michael loves being based at Papamoa Plaza, and enjoys the community feel of the centre. "Everyone is so friendly here." Call in and see Michael at Mister Minit, in the kiosk outside Paper Plus.

**Papamoa Plaza promotion, in collaboration, with Mister Minit runs from 19 August until 1 September, while stocks last.**



**PAPAMOA PLAZA**

*Love being here*

 [www.papamoaplaza.nz](http://www.papamoaplaza.nz) | 7 Gravatt Road, Papamoa | 07 572 0383

**Open Monday - Saturday 9am - 6pm, Sunday & Public Holidays 10am - 5pm  
Foodcourt 9am - 8pm daily**