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CATS the musical Local performers take the stage

Story page 5

PHOTO: Alisha Taylor Photography

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We welcome letters to the editor for publication.

Email 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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Speech and drama talent recognised



Markus Heywood

Two full days of poetry recitals, group drama and individual characterisations were part of the second Pāpāmoa Speech and Drama festival in June.

The event was held for the first time last year, and this year entries almost doubled. The majority of the 70 competitors, aged eight to 16 years, were from Pāpāmoa.

Event convenor Fleur Clarke says these festivals provide a fun and supportive environment for young people to experience and gain exposure in the performing arts and public speaking.

"They give a valuable opportunity for students to perform in front of an audience and receive feedback from an adjudicator," says Fleur.



Neve Lynch, Anika Paekau and Greta Fale at the Pāpāmoa Speech and Drama Festival.

Auckland-based adjudicator Glenda Pearce brought her wealth of experience as an adjudicator, examiner, and director to give valuable feedback to the performers.

Glenda was impressed with the standard of the performances in the local area, says Fleur.

"She made special mention of the support the competitors showed each other and the encouraging environment. As described by one of the competitors, 'it was such a vibe'"

The competition was fortunate to receive sponsorship prize money from several families, and that Pāpāmoa College donated the space to hold the festival, allowing for affordable and accessible entry fees.

"It was exciting to see a range of confident and nervous students take part in and gain confidence performing in front of an audience," says Fleur. ■



Lily Bloore, Jake Bailey, Sadie Willett and Olivia Silvester.

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From the editor's desk

This month is a pivotal time for the future of Tauranga, with our first local body election in five years. Please make sure you're enrolled to vote, and cast your voting papers by midday on 20 July.

If you're not sure who your Mayoral vote is going to, get along to the Pāpāmoa Residents and Ratepayers' Mayoral candidates meeting on Monday 8 July, 7pm, at Legacy Gardens on Te Okuroa Drive. Everyone is welcome.

The stunning image on the cover of this issue is taken by photographer Alisha Taylor and features local performer Carlie Crone, starring as Jennyanydots in the wonderful recent Stage Right Trust production of CATS.

■ Ellen Irvine

Six-storey buildings for Pāpāmoa centre

Six-storey buildings can now be built within 400m of Pāpāmoa's town centre area, and four-storey buildings within 800m of the centre.

The change is part of the SmartGrowth Strategy 2023 – a refreshed plan for the long-term growth of the western Bay of Plenty sub-region – which was recently endorsed by Tauranga City Council.

The Pāpāmoa CBD (Plaza and Fashion Island area) has been identified as a commercial centre, where higher density housing like apartment buildings can also be developed. The plan change enables different heights surrounding different types of commercial centres.

SmartGrowth is a collaboration between Bay of Plenty Regional, Tauranga City, and Western Bay of Plenty District councils, tāngata whenua, and central government – and the western Bay of Plenty is one of the fastest growing areas in New Zealand.

The SmartGrowth Strategy is the sub-region's plan to manage growth. It considers how housing, land, infrastructure, transport, community development, tāngata whenua aspirations and the natural environment need to be looked at together to achieve effective long-term growth.

Tauranga City Council Commission Chair Anne Tolley says the refreshed strategy reconfirms Tauranga City Council's priority projects to support the Western Bay's growth, including greenfield development at

Te Tumu (Pāpāmoa East), and intensification of existing urban areas in Tauranga.

"We're staying the course in this sense," Anne says. "Working through the refresh of the strategy with our partners has reconfirmed that we will need a combination of approaches to address our current and future housing and business land shortage."

"Tauranga City Council will continue to work within SmartGrowth to identify and plan for future growth opportunities. And in the meantime, we're getting moving on delivering priority projects within our city's boundaries."

There's a need to provide more homes in our ever-growing city and enable people to build the types of homes that they want to live in, says Anne.

"Intensification of existing urban areas will play a big role in our city's growth, and by extension, the growth of the western Bay of Plenty. Although it will take a while to see change happen on the ground, we now have the planning rules in place to support better housing supply and choice into the future."

As part of the strategy, in the new Medium Density Residential Zone, people can now build up to three dwellings of up to three storeys (11m height) on most sections without needing a resource consent or approval from neighbours, if they meet the Medium Density Residential Standards (MDRS) set by central government two years ago. ■

Vote #1 Adrienne Pierce Arataki Ward

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.

There are 46 Projects within the Long-Term Plan (2024 – 2034) signed off by the Commissioners in April, costing \$4.9 billion dollars over 10 years.

The existing Council debt is \$1.2 billion. This must be revisited as a first order of business for the new Council.

Why should you vote for me?

I have a strong work ethic and track record making sound economic decisions as a Hastings District Councillor from 2013 – 2017. Also, as a business owner for 25 years, I know what's needed to ensure good governance and how to watch the dollars and cents! Numbers never lie.

I live in the Arataki Ward; several Candidates live outside the Ward.

I commit to working fulltime from day one, not all Candidates may believe it is a fulltime job or be able to make that commitment.

I want to champion your vision for a more connected and prosperous city.

Please contact me if you have any events big or small you would like me to attend.

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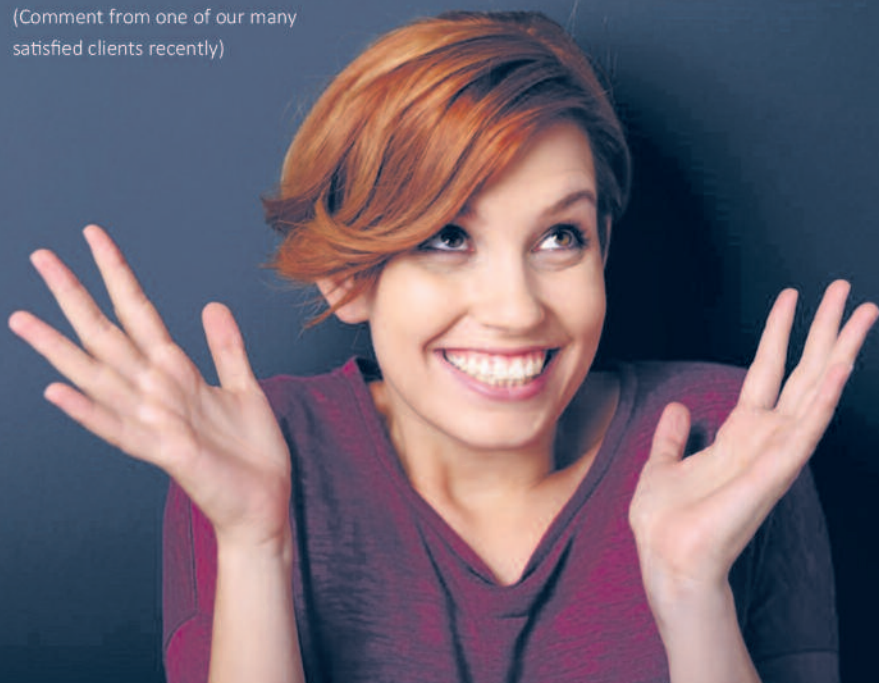
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Locals shine in CATS musical

Pāpāmoa performers took the stage in a hit season of CATS at Baycourt Theatre last month, supporting local cat rescue organisations in the process.

Among the Stage Right Trust cast was Pāpāmoa local Amy Lewin in the lead role of Grizabella, who sings the iconic song Memory. Emily Bodman starred as Jemima and Carlie Crone as Jennyanydots, while Claire Waretini-Thomas, Jennifer Cram, Sarah Webb and Kirsty Dalton performed as part of the ensemble. Milla Cudby, who trains at The Academy Dance Studio in Pāpāmoa, performed as a kitten.

There were plenty of cat lovers in the show,



CATS cast member and cat lover, Jennifer Cram.



Pāpāmoa CATS performers, left to right. Back row: Jennifer Cram, Carlie Crone, Amy Lewin, Emily Bodman, and Sarah Webb. Front row: Claire Waretini-Thomas and Kirsty Dalton.

and the subject matter made for the perfect partnership with local cat rescues, including The Kitten Orphanage in Pāpāmoa.

"We thought the alignment with the show was just perfect and love to give back to the community", says Toni Henderson, The Stage Right Charitable Trust founder and CATS director.

A cast member paid for The Kitten Orphanage (TKO) to be a sponsor, so it could feature in the CATS programme and share information about the charity at Baycourt during the show.

TKO's purpose is to rescue, rehabilitate, desex, vaccinate and find loving homes for as



Emily Bodman as Jemima. PHOTO: ALISHA TAYLOR PHOTOGRAPHY



Amy Lewin as Grizabella. PHOTO: ALISHA TAYLOR PHOTOGRAPHY

many felines as possible. Currently they have 60 kittens in their care ranging from a few days old, up to around one year, with requests for help coming in daily. They are a team of five volunteers and a community of around 40 foster homes, that are trying to make a difference for the unwanted, dumped and stray kittens and cats in our area. They also support people in the community who look after colonies by desexing and providing food supplies where they can.

The production also supported a second cat rescue, Moggies, with performer Amy Lewin organising a photo shoot for the organisation to be promoted via social media. Amy also set up a donation box at Baycourt Theatre for both the kitten charities to raise awareness.

CATS ran at Baycourt for a nine-show season from June 15 to 22. ■

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Mr G murals share Waitī and Waitā meaning

Pāpāmoa has two new public artworks by Graham “Mr G” Hoete, commissioned for Pāpāmoa Library to celebrate Matariki.

The murals on the exterior of the library/ community centre building were painted live as part of the Waitī, Waitā, Wairākei: A Day of Celebration event, which kicked off Tauranga Moana Matariki celebrations.

It was an opportunity to see the renowned local artist in action and to get immersed in the creative process.

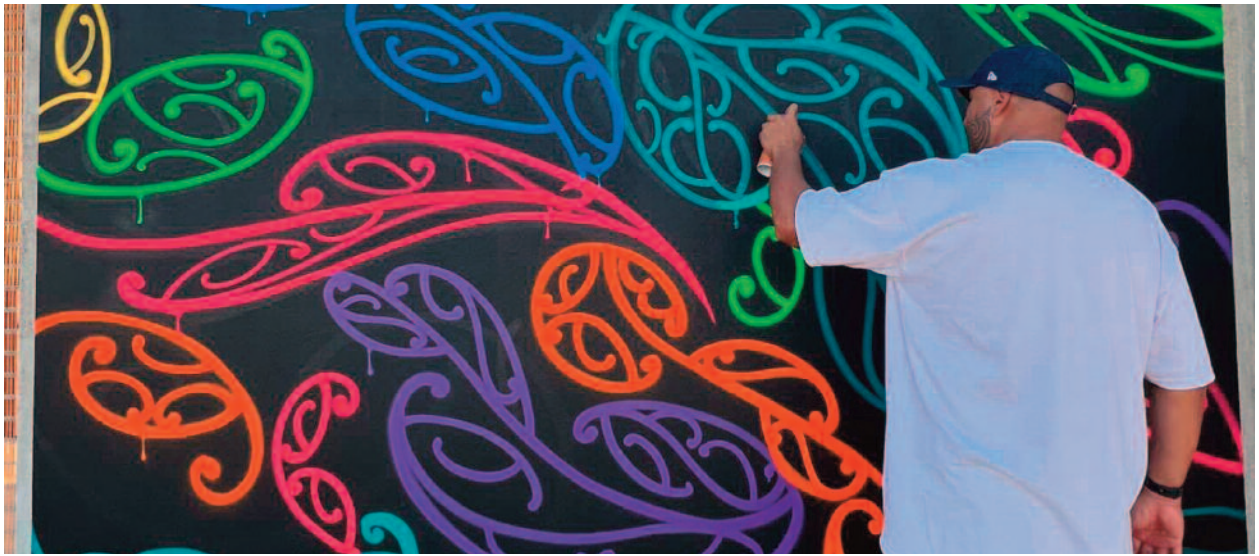
One of the event’s goals was to share about Waitī and Waitā, stars of the Matariki cluster, and their relationship with Tauranga Moana.

Waitā is associated with the ocean, and food sources within it. Its twin star is Waitī, who is responsible for freshwater; freshwater always flows down into salt.

Graham Hoete was excited to celebrate and express the beauty of Matariki in his hometown, Pāpāmoa, through live painting.

He was guided by the theme and the broader essence of Matariki, and infused subtle local nuances into the work.

The subject matter is meaningful to Graham due to his deep connection to the moana and freshwater.



Local artist Graham “Mr G” Hoete in action painting one of two murals at Pāpāmoa Library as part of Matariki celebrations. The murals were inspired by his love of the moana and all things related to wai (below). PHOTO: GRAHAM HOETE



“Those that know me know how much I love the moana and all things relating to te Wai...preserving precious mātauranga through the generations, sharing and partaking of that through traditional kai gathering, cooking etc, being kaitiaki of all things relating to our precious Wai,” he shared on social media.

“The magic of visual art lies in its ability to speak to each of us differently, sparking connections and inspiration.”

The day of celebration also included Toi Māori (traditional arts) demonstrations including hīnaki (eel traps), kupenga (nets), and muka (flax fibre) extraction for aho (cordage).

Award-winning storyteller and creator of ‘Nuku: Women’, Qiane Matata-Sipu, shared her new pukapuka (children’s book) ‘Ngā Kupenga a Nanny Rina: Nanny Rina’s Amazing nets’.

Local taiao (environmental) experts Kia Maia Ellis, Des Heke and Dean Flavell shared their mātauranga. ■



The importance of dental hygiene

Kia ora.

Longevity seems to be a buzzword right now. We all want to live longer while also maintaining a high level of health and wellbeing.

Did you know that good oral health plays a vital role in helping to prevent diseases such as Alzheimer’s and heart disease?

Or that inflammation in the mouth triggers inflammation and imbalance in other areas of the body?

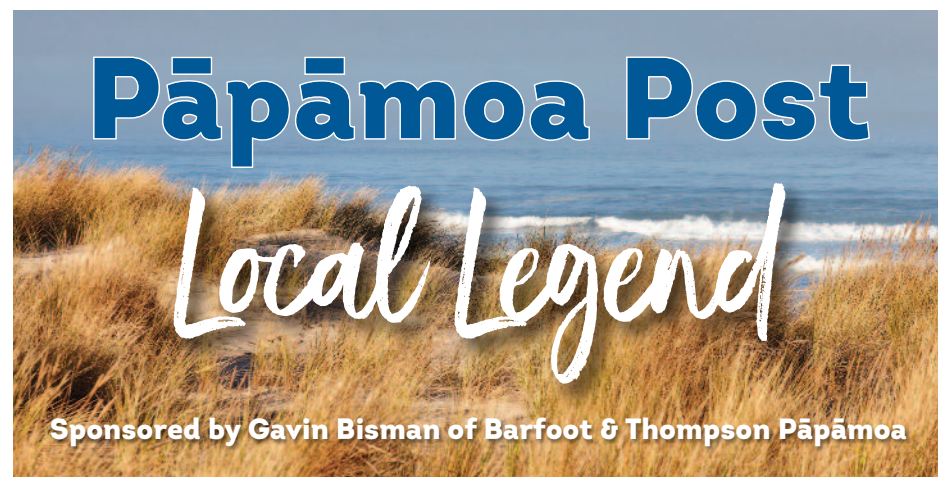
My name is Janine Harrington and I have been providing dental hygiene care within the Bay for over two decades. I am passionate about focusing on prevention as cure and helping people manage their health through good oral care. Come and see me at Tara Road Dental, I’d love to meet you!



CONTACT US:

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Pāpāmoa Post

Local Legend

Sponsored by Gavin Bismar of Barfoot & Thompson Pāpāmoa

Kai Aroha feeds hungry whānau

Twice a week, at a church in Pāpāmoa, whānau gather around the table for conversation, togetherness and a hearty meal.

This is Kai Aroha – Feeding Our Hungry Community, an organisation which provides a meal for anyone who does not have enough food for themselves and their loved ones.

If your cupboards are low on kai or you don't have enough food to last until next pay day, you and your whānau are welcome at Kai Aroha.

Tania Lewis-Rickard founded the organisation eight years ago in Greerton, and started offering the service in Pāpāmoa in 2019 as a trial to see if the need was there.

Every Monday night, a team of volunteers come together to cook and serve a meal to up to 40 people at St Paul's Church on Dickson

Road. On Thursday nights during term time, a second weekly meal is served, led by local teens on the Kai Aroha team.

"We get at least one new person or family every week," says Tania, who is this month's recipient of Pāpāmoa Post Local Legend.

"We feed the aged, families, individuals, whānau from all walks of life, yet all experiencing food insecurity, so there is no need to feel shy or embarrassed."

People arriving to enjoy a meal are whānau to Tania and the other volunteers, and treated with compassion, kindness and equity, with no judgement. Tania says homelessness and poverty in Pāpāmoa are often hidden, with people living in their cars and couch-surfing.

"On average, [those] whānau eat once every two days, that's what we have discovered through conversation.

HOW TO HELP

- Schools – organise a mufti day raising money for Kai Aroha. Last year's Pāpāmoa College Kai Aroha mufti day paid for up to 150 dinners across three meal nights.
- Donate money towards food and washing costs
- Groups like sports teams, clubs, or workplaces can commit to donating a meal once every two to three months
- Contact kaiaroa1267@gmail.com.

"You hear it, you see it, then you feel it. You just know when you have been doing it this long, your awareness is heightened. At the end of the day, it's not even about the food.

"A lot of these people go into hiding; they don't want to be known because they will be judged. They are isolated."

The meals are hearty; chicken, sausages and mashed potatoes, vegetables, salad, and baking. Sometimes local restaurants provide a meal.

The Thursday night meal, staffed by Kai Aroha Rangatahi teenage volunteers, is an opportunity to build for the future.

"It helps the rangatahi to have the opportunity to develop leadership skills and increase their awareness of the community. So they can pass that on to the next generation."

A recent addition to Kai Aroha has been its newly created organic Koiri Garden, a collaborative endeavour with St Paul's Co-Operating Church.

Located at the church, the garden's produce is used in community meals and allows whānau attending meals to get involved.

"It's all about education," says Tania, who is inspired by the proverb 'Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.'



Kai Aroha founder Tania Lewis-Rickard

"I didn't want it to be a garden that feeds them only for the day. Some of our guys [who come to community meals] are part of the garden project team."

Kai Aroha provides a point of connection for the whānau who eat there, and they look out for one another outside of the meals.

"This is the power of community," says Tania.

Kai Aroha is held on Mondays and Thursdays at St Paul's Co-Operating Church, 242 Dickson Road, with a 5.30pm karakia start.

Tania wins a voucher donated by Pap House and presented by Gavin Bismar of Barfoot & Thompson. To nominate a Local Legend, email ellen@papamoapost.co.nz. ■

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New medical centre opens on Domain Rd

The owners of a new medical centre in Pāpāmoa have acknowledged the strain on New Zealand's healthcare system and pressure on local GPs.

Tend Pāpāmoa Medical Centre has opened on Domain Road, in the building previously occupied by Pāpāmoa Pines Medical Centre. Pāpāmoa Pines now operates solely out of its Whitiara location on The Boulevard in Pāpāmoa East.

"As one journey ends, another one begins to provide more accessible and equitable

healthcare," Tend co-founder Dr Mataroria Lyndon said at a blessing and opening ceremony for the clinic.

Tend Health aims to address what it says is an urgent need for additional healthcare services in the area. The opening comes at a critical juncture, says Cecilia Robinson, founder and co-CEO of Tend.

"As winter illnesses begin to surge, the availability of a new medical facility is incredibly exciting and provides a beacon of hope for residents. Our goal is to ensure that the Pāpāmoa community have access to timely and high-quality medical care, especially as we head into winter when demand for healthcare services typically increases."

With GP resources stretched to their limits, the opening of a new medical clinic in Pāpāmoa is a welcome relief for patients, mana whenua, and the wider community, says Cecilia.

"New Zealand has been grappling with a critical shortage of general practitioners (GPs) for several years. The pressures on the healthcare system are particularly pronounced in rapidly growing areas like Pāpāmoa, where the demand for medical services often outstrips supply.



Representatives from Ngāi Te Rangi and Tend Health.

"This imbalance has led to longer wait times, reduced access to care, and increased stress on existing medical facilities and staff."

The Tend Pāpāmoa Medical Centre also offers digital healthcare services, which it says is highly effective in reducing wait times. Its "Online Now" urgent care service offers virtual appointments, allowing patients access 7am to 9pm, seven days a week.

"Our commitment to delivering the best healthcare experiences is at the very heart of what we do. We believe healthcare should be equitable, accessible, and designed for you and your whānau. We hope that the opening of Tend Pāpāmoa, coupled with the recent integration of Tend Bethlehem, Tend Greerton and Tend South City in the Bay of Plenty, offers hope to the local community." ■



Dr Mataroria Lyndon, co-founder and director of Health Equity at Tend.

After-hours clinic hours reduced

The Consult365 Accident & Medical Walk-In Clinic on Palm Springs Boulevard in Pāpāmoa East has reduced its hours.

As of June 3, the clinic's hours are 9am to 9pm, seven days a week.

"While it was our original intention to provide longer after-hours care, we've found

that there is not enough demand late at night to sustain services past 9pm," the company said via social media. "So, we're making the necessary adjustments to ensure that we can continue to deliver reliable acute care, every day."

When the clinic opened on 30 January, its

hours were 8am to midnight, with the intention of soon opening 24 hours.

The clinic is located at Palm Springs Boulevard, Pāpāmoa East.

If you need urgent care outside 9am to 9pm, for life threatening conditions, severe or rapidly worsening symptoms or major

injuries, call 111 or go to Tauranga Hospital.

To video consult with Consult365 emergency doctors from your own home, go to emergencyconsult.co.nz. Fees will apply.

For minor illnesses, injuries, and infections where it's safe to do so, wait until 9am when the walk-in clinic is open. ■



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Police: Motorcyclist clocks 230km on TEL



Sergeant Jason Perry

By Sergeant Jason Perry
OIC at Pāpāmoa Police

Tradies' utes and vans, as well as building sites, have been the target of criminals in the last few weeks.

Our Coastline Crime Unit has arrested and charged three offenders recently for property and car thefts, with two of them remanded in custody. It seems that as soon as some criminal gets dealt with, others pop up to fill the void. These thieves are taking battery-operated power tools, nail guns and the like, and in one incident have taken up to \$7500 of gear.

We will eventually find out and prosecute who's doing it, but in the meantime, save

yourselves some grief and make sure your vehicles are secure.

But it is still our Family Harm calls for service that outweigh all others. We are attending about three calls a day involving assaults or violence of some form in the home.

Where an assault has occurred, you should expect an arrest. Where people need to be kept safe, Police will issue a Police Safety Order.

Police attended one incident that had culminated in a physical altercation between a couple, distraught children, and the family's aquatic pets being killed out of spite. Exercise a bit of self-control and think about the impact of your actions on your family.

Our Road Policing team recorded a motorbike being ridden at 230kmh on the Eastern Link. This young guy ended up with his bike being impounded and a visit to court. That is minor compared to what could have happened to him. I've seen several crashes involving motorbikes recently captured on CCTV, and the results are not pretty. At the speed this teenager was doing, a trip to the morgue was going to be the likely outcome if he crashed.

On a sort of good news story to end with, Snr Constable Oldham recovered two kids' bikes stolen from school last weekend and returned them to their owners. Bicycles are still hot property to be stolen. Don't use a \$10 chain to secure a \$7000 bike! ■

New food support for seniors

When a debilitating injury turned 77-year-old Carol's world upside down, her limited mobility made simple everyday tasks a difficult and painful challenge.

The weekly food shop and daily meal prep were just some of these challenges. But when Carol (not her real name) learned that she could access support direct to her door during this tough time, she was relieved to ask for help.

This help comes in the form of Super Support – a collaborative service that provides Tauranga's older community with free nutritious pre-cooked meals, food supplies and wrap-around support.

Since the launch of the programme, more than 800 people aged 65 and over have accessed the support.

For Carol, the service was a huge help when she needed it most.

"I live alone and recently had to give up my part-time job due to the pain. My whole life just stopped to be honest – I

don't have the energy or motivation to go anywhere," says Carol.

She says that opening her door to two smiling volunteers delivering food supplies was like 'winning a little Lotto ticket'.

"It made me feel like a new person. I've never really asked for help before, so to open my door to these lovely people who were so uplifting, I was extremely grateful."

Paula Naude, Tauranga City Council's Manager: Community Development & Emergency Management, says Super Support was first piloted in July 2023 to help older people who were struggling to afford or access food.

"Times are tough right now for so many in our community, especially for superannuants who are living on a limited income, have accessibility needs or health issues, and are going without the essentials in life," says Paula.

"With the support of our partners, we hope to make the

programme permanent so our community can continue to get the help they need, when they need it."

Super Support is a collaboration between Tauranga City Council, Age Concern Tauranga, Tauranga Community Foodbank, Good Neighbour, Bay Financial Mentors and Here to Help U.

The latest Vital Update research shows that more than 21 per cent of older people who responded live alone, which can lead to increased vulnerability and isolation.

Tanya Smith, Age Concern Tauranga General Manager, says Carol's situation isn't unique.

"Older people across the country are reaching out more often for support with food, budget advice and other similar services as the cost-of-living rises, and we are seeing this trend in Tauranga too," she says.

How to access Super Support: Fill in an online form at heretohelpu.nz or leave a voice message on 0800 568 273. ■

Are you over 65 years and struggling to get meals on the table?

SUPER SUPPORT
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Super Support is a free service offering pre-cooked meals and pantry supplies direct to your door during difficult times.

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or leave a detailed

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(this is monitored and someone will call you back).



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Authorised by Anthony Goddard - 67c Totara Street, Mount Maunganui, 3116



Local Body Election: **Candidates for the Pāpāmoa general ward**

Voting for the local body election closes on July 20. Pāpāmoa Post invited all candidates for the Pāpāmoa and Arataki wards to submit 100 words on why we should vote for them.



BRYAN ARCHER

I'm Bryan Archer, I live in the Pāpāmoa Ward. I'm standing as an independent to represent you, not a political party's view or ideology. I am third generation to live, work, raise children and retire in the Bay. My age brings experience, wisdom and calm rational thinking. I can engage in debates without taking things personally.

I can respect different points of view. I know how to be firm and work as a team. We cannot have a repeat of the confrontational infighting of the last Council.

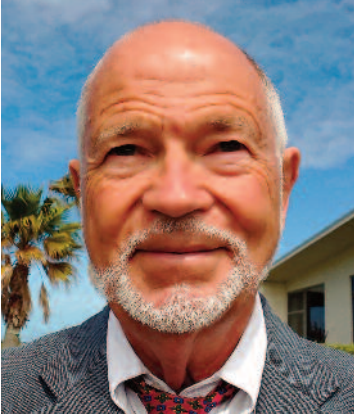
I want to get your voice heard when and where decisions are made.



JOHN BOWDEN

I am a native of Tauranga, I boast a diverse background, from representing NZ at the Commonwealth Games to serving in various roles across NZ and Australia. A devoted family man, my wife owns a small business, and together we nurture our five children. I am a current member of the Tauranga Boys' College Old Boys committee and the World Mountain Running Association Council.

I would be honoured to represent the awesome people of Pāpāmoa. I advocate for tangible, positive changes crucial for our city's advancement and will always seek advice from the residents of Pāpāmoa.



PHILLIP COLEMAN

I am here to champion the democratic process, and work on improving our wonderful Pāpāmoa community and city of Tauranga.

My principal reasons for standing are to be a non-political voice on Council, and to engage with the Pāpāmoa community to ensure ward and community interests are considered. As the largest ward, we are the largest contributor to rates and want an equitable proportion allocated to our ward.

If elected, if I don't agree with any council policy, I will voice my opposition but will always accept a majority decision and work with council to get majority agreed policy implemented.



TIM MALTBY

I am an Engineer. My doctorate is from Cambridge University. I was born in Tauranga, worked overseas, back in Pāpāmoa for the last 20 years. I would like to bring financial discipline back to council. Back to basics: water, roads and facilities. Spend wisely and carefully. Council spending, debt and rates are too high. Use the facilities we already have. Scrap the city centre projects. Put more facilities in the suburbs, including Pāpāmoa. Tsunami evacuation must be a priority.

The council needs to be restructured, it is bloated and ineffective. For more details visit my blog www.timmaltby.nz.



STEVE MORRIS

A proud Pāpāmoa local, I grew up here and together with my wife am raising our family here. I designed and helped lead construction of the Pāpāmoa War Memorial, to give us our own space to remember our heroes. As a member of the senior management team of a large company, I've gained valuable business skills. My goals are clear: to redirect spending to critical transport infrastructure, ensure efficient financial management during the cost-of-living crisis, and manage growth to protect our coastal lifestyle. Pāpāmoa, as Tauranga's largest suburb, deserves its fair share. Always willing to listen. Contact: 021 0900 1817 or steve4papamo@gmail.com



MAAKA NELSON

**YOUR CANDIDATE FOR PĀPĀMOA.
YOUR DEDICATED ADVOCATE.
YOUR NO1 CHOICE.**

**VOTE MAAKA NELSON
AS YOUR NO1**



Scan the QR code to follow me on social media.

Authorised by Maaka Nelson, email info@maakanelson.co.nz

Local Body Election: **Candidates for the Pāpāmoa and Arataki general wards**

Voting for the local body election closes on July 20. Pāpāmoa Post invited all candidates for the Pāpāmoa and Arataki wards to submit 100 words on why we should vote for them.

PĀPĀMOA:



MAAKA NELSON

As a dedicated advocate for Pāpāmoa, I've invested countless hours as a volunteer, deeply committed to our community's prosperity. Pāpāmoa isn't just a place to reside; it's our home.

Driven by passion and energy, I'm resolute in my commitment to effecting tangible change, not only for our current community but for generations to come.

Having actively supported many developments in Pāpāmoa, I've navigated through bureaucratic hurdles firsthand, identifying actionable solutions for progress.

With a robust background in financial services and banking, coupled with leadership experience, I bring expertise to the table.

Let's pave the way for progress and prosperity.



SHELLEY ROBB

I am standing in the Pāpāmoa Ward as I live between Arataki and Pāpāmoa. Pāpāmoa is a huge growth area with amazing challenges and exciting prospects. This is a great opportunity to build a community where families can work, live and play. It allows us to build homes up and out to give families choice and it gives Council an opportunity to find alternative ways to fund that growth. Working together we can move forward with a strong democratic voice and I look forward to listening to the people of Pāpāmoa to identify the important issues facing our community as your committed councillor.

ARATAKI:



RICK CURACH

I wasn't among the last group stood down by the Minister, but have previously served as a councillor.

Council rates are through the roof and heading skyward, currently budgeted to increase by another 150% over the next 10 years!

I was instrumental in implementing a previous Rates Cap and my goal would be to reintroduce prudent limits on rates increases and refocus expenditure to our housing and transportation needs rather than a billion dollars on projects to enhance the CBD.

Let my experience help deliver the city we need through meaningful consultation and decision-making that's representative of the community's wishes.



ANTHONY GODDARD

As a local business owner deeply rooted (pun intended) in our community, I'm on a mission to make Tauranga great again. Imagine sustainable development, supporting small businesses, and upgrading local infrastructure (with fewer road works!)—all with a sprinkle of my dedication and a dash of my charm.

Rest assured, I won't just talk the talk; I'll listen, too! Your concerns will be my top priority, because let's face it, happy residents make for a happier Tauranga.

So, let's roll up our sleeves and get to work, because together, we'll transform Tauranga into the envy of every other town out there!



TERESA KILLIAN

We deserve a Council who can work cohesively, professionally and respectfully together. Positive and forward focused. Every dollar spent is your money – let's ensure accountability and transparency.

I have senior management experience in aviation, transport, logistics and construction. I want to bring that strong business acumen to the Council table. Twelve months on the Links Ave Community panel taught me how to advocate and implement our own solutions. Community consultation works!!!

I will work fulltime as your Arataki Councillor over the next four years. You talk – I listen!

Experience, determination and integrity. Trust me with your Vote 1 – KILLIAN FOR COUNCIL

www.killian4council.nz

VOTE
BRYAN ARCHER

I started out as an accountant. Most of my working life has been as a self-employed builder. I currently run a business as a CAA certified drone pilot.

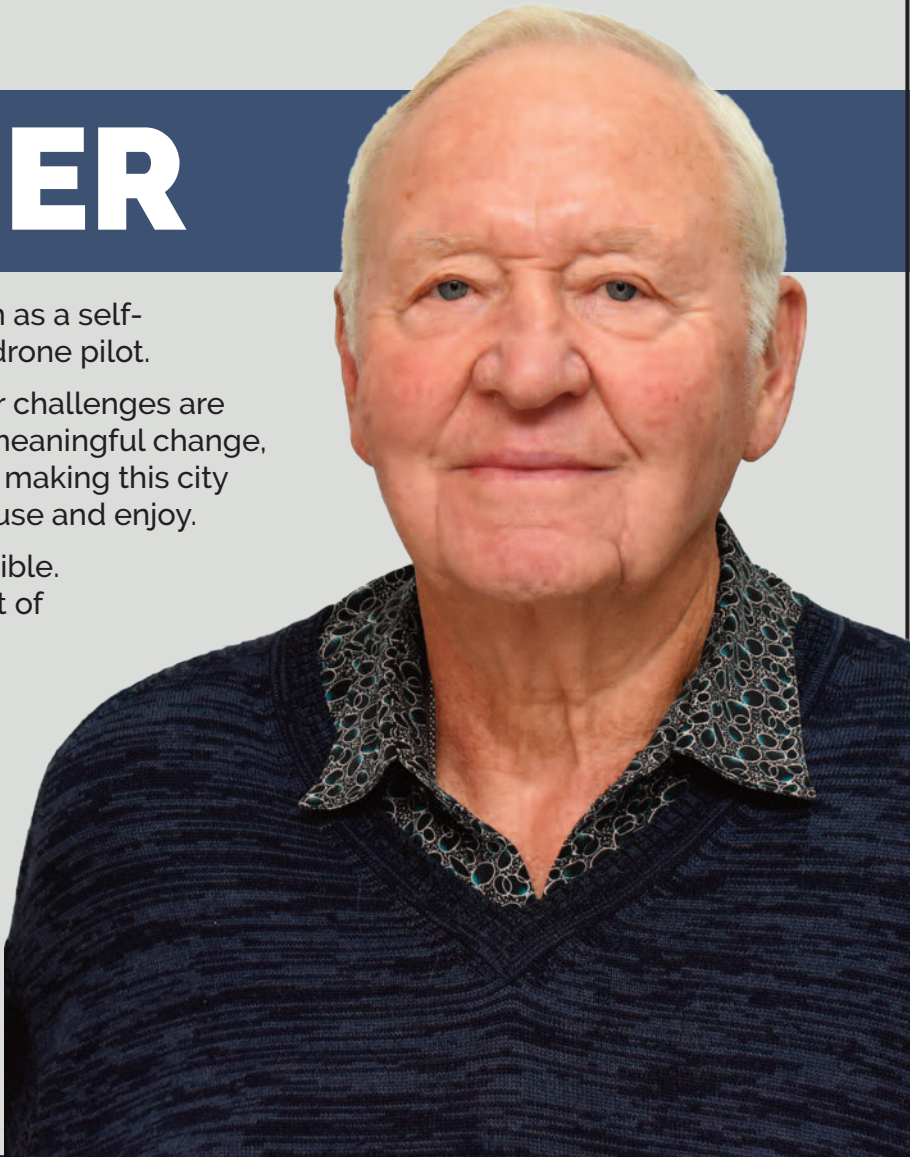
We live in a fast-growing region where change is inevitable. Our challenges are roading, infrastructure, amenities and housing. I'm not against meaningful change, my concern is about what is necessary, useful, and practical for making this city and our Ward better for our daily life and future generations to use and enjoy.

I want to see your money used as wisely and effectively as possible. You need representatives who care about the long-term impact of what they approve of on your behalf.

I was the Project Manager for the Council's Downtown Edgewater development. I have experience with TCC systems, and how they operate. I have a well-rounded knowledge of building, roading and infrastructure. I'm not starting from scratch.

You can call or text me on 021 376 631 (or email: bryanwarcher@gmail.com) and I will listen and reply to your questions and concerns. **Yours and your families' future rests in your hands – not the Councillors', as it is you who will elect them. Choose wisely.**

Thank you for your support.



Local Body Election: **Candidates for the Arataki general ward**

Voting for the local body election closes on July 20. Pāpāmoa Post invited all candidates for the Pāpāmoa and Arataki wards to submit 100 words on why we should vote for them.



ADRIENNE PIERCE

This 2024 Council election is a watershed moment for our city.
I live in Arataki, several candidates don't. I commit to working fulltime from day one, not all candidates can. There is a huge catch-up process that must happen. Councillors need to commit to work fulltime and be a team player for the good of the city.
NO more individual politicking.
There are 46 projects within the signed off Long Term Plan, costing \$4.9 billion over 10 years. The existing debt is \$1.2 billion. This must be revisited as a first order of business for the new Council.



KIM RENSHAW

I'm a mother, partner to a local builder, and business owner with over 20 years' commercial and governance experience. I've been on several advisory groups for industry and central government, and society/charity boards. I have also worked directly with council.
There are urgent issues to address like transport, housing, and infrastructure, and we must also prioritise community safety, accessibility, and our environment. Council must become an on-time, on-budget organisation, with more transparency, clearer communication, and genuine community engagement.
We deserve the best team of councillors: smart, driven and capable representatives who can build the brightest future possible.



JEROEN VAN DER BEEK

Hello. I live in the Arataki ward, and have been disappointed with our previous dysfunctional council. Petty infighting has no place in council. Councillors need to work together cohesively for the betterment of Tauranga.
We need a council that makes sure we get value for our ratepayer dollar, and protects the affordability and lifestyle of Tauranga for all of us.
I own a local small business, which affords me the pleasure of meeting many of my Arataki ward neighbours.
I am not a single-issue candidate, I am a rational thinker, a good listener and have a pragmatic approach. I am committed to our city and building on the good.
I have the skills to represent you.



HARRIS WILLIAMS

I represent Tauranga's next generation of young adult leaders and believe it's time for talented new faces to be elected for council.
I am the successful owner of a marketing agency I founded at age 23. I have extensive commercial experience in both the private and public sectors, working alongside my clients.
I recently moved to Arataki with my partner to await the arrival of our daughter due later this year. My leadership values revolve around teamwork, transparency, communication, and robust community engagement to achieve great community outcomes that move Tauranga forward.

ELECTION 2024

The other candidate standing for the Pāpāmoa ward is:

- Ria Hall

The other candidates standing for the Arataki ward are:

- Sarah-Jane Bourne
- Andrea Webster
- Mike Williams

All candidates were invited to submit their statement.

MAYORAL CANDIDATES
Each voter also gets an opportunity to vote for their preferred Mayoral candidate.

The candidates for Mayor are:

- Tanya Bamford-King
- Aureliu Braguta
- Greg Brownless
- Andrew Caie
- Mahé Drysdale
- Anthony Goddard
- Chudleigh Haggett
- Ria Hall
- Donna Hannah
- Hori BOP
- Tim Maltby
- Jos Nagels
- Douglas Owens
- John Robson
- Tina Salisbury

VOTE1 STEVE MORRIS

Championing Papamoa on Council

PUBLIC MEETING

Come and hear about the future of Papamoa followed by Q&A Tuesday, 9 July, 7-8pm
Legacy Gardens, Cnr of Te Okuroa Drive and Ashley Place

Authorised by Steve Morris, Papamoa. Steve4Papamoa@gmail.com

Embracing downshifting for optimal health

By ReDefined founder
Jimmy August

In the fitness world, pushing limits and achieving personal records often take centre stage. However, the equally crucial aspect of recovery is sometimes overlooked. Recovery is vital for optimising performance, preventing injury, and ensuring long-term success in any fitness journey.

Recovery allows for muscle repair and growth. Intense workouts cause microscopic muscle tears, and recovery periods enable the body to repair these tears, leading to increased strength and muscle development. Without adequate recovery, muscles cannot repair properly, which can hinder progress and lead to overtraining injuries. Continuous training without sufficient recovery can result in chronic injuries such as tendinitis and muscle strains. Regular recovery periods help prevent these issues by allowing the body to heal and adapt.

Enhanced performance is another significant benefit of recovery. Adequate rest and recovery replenish energy stores and repair tissues, enabling athletes to perform at their best during subsequent workouts. Ignoring recovery can lead to decreased performance, fatigue, and burnout. Additionally, mental wellbeing plays a crucial role in fitness. Overtraining and inadequate recovery can lead to mental exhaustion, stress, and decreased motivation. Taking time to recover helps maintain a positive mindset, reduces stress levels, and enhances overall mental health.

Prioritising sleep is essential for effective



Jimmy August

recovery. Aim for 7-9 hours of quality sleep each night, as deep sleep is crucial for muscle repair and growth. Staying hydrated is equally important, as water aids in nutrient transport, temperature regulation, and toxin removal. A balanced diet rich in proteins, carbohydrates, and healthy fats supports recovery, with antioxidant-rich foods like fruit and vegetables reducing inflammation.

Active recovery involves low-intensity exercises such as walking or yoga, promoting blood flow and reducing muscle stiffness. Stretching and mobility exercises improve flexibility and prevent injuries. Incorporating massage, hot/cold therapy and foam rolling into your routine can release muscle knots, improve circulation, and reduce soreness. Listening to your body is crucial; pay attention to signs of fatigue and pain, and adjust your training intensity accordingly.

Embracing the concept of downshifting in fitness involves intentionally slowing down, reducing training intensity, and incorporating recovery periods to enhance overall well-being. Downshifting means recognising that more is not always better. Reducing the intensity and volume of workouts can prevent burnout and promote sustainable progress. Mindful movement focuses on the quality of movement rather than quantity, enhancing the mind-body connection. Prioritising rest and recovery by scheduling intentional rest periods allows the body to recharge, preventing overtraining.

www.redefined.nz

Yes – you can sell your house in winter

By Rachel Cole of Harcourts

The standard response when you're thinking about selling your home but are not sure when, is "sell in spring". And there's plenty of truth in that as warmer, drier weather drives potential buyers out to open homes.

But life doesn't stop for winter. People still need to move, whether it be for new jobs or for family reasons, and there are some distinct positives to selling your property in winter.

For a start, there's a lot of people who stick to the "list in spring" rule, which means you have less competition from other sellers in the market at the same time.

Also, buyers that are making the effort to go to open homes on cold, wet days tend to be more focused and motivated to buy.

As always, presentation and pricing are the key to a quick sale, but what are the specific keys to presenting your property in the best light during the cooler months?

- Crank up the heat, whether you have a fireplace or heat pump, so the visitors can experience your home as a warm haven.
- Before inspection, open the windows and allow some fresh air in. Leave enough time to warm things up again before the open home.
- Make sure rooms feel light and bright by pulling up blinds and pulling back curtains from windows.
- Have a dehumidifier running in different rooms around the house for a few days ahead of open homes.



Rachel Cole

- To create a warm feel, position winter essentials such as blankets, duvets, pillows and quilts throughout your home.
- Choose your open homes to coincide with the best light and sun. Ensure all your windows are as clean as possible to allow maximum light.
- Consider adding winter pots of colour to your garden to brighten things up. Also, take the time to clean up pathways and other garden surfaces and trim back any overhanging plants.

To understand the best time to sell, look at market conditions rather than the weather report. Focus on the market and your ability to present your home to potential sellers, no matter where the mercury is sitting in the temperature gauge.

Call me to discuss how I can help you on 0800 RACH 4 U.

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Rachel Cole
Marketing Consultant
M 027 232 1535 | DD 07 542 2550
E rachel.cole@harcourts.co.nz
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Pāpāmoa Beach Road safety improvements

Pāpāmoa Beach Road has been widened between Allan Place and Douglas Place as part of upgrades between Domain Road and Parton Road to make crossing the road safer.

The next area of road to be targeted is opposite Alexander Place, with reduced speed and narrowed lanes in place. The work is weather dependent.

Tauranga City Council says the improvements will provide better links to the newly constructed shared pathway along the coastal side of Pāpāmoa Beach Road. The council is building three refuge islands, a pedestrian

crossing, and some road and/or shoulder widening. This work will take around eight weeks to complete.

Four areas are being targeted, all with a path that links to the new coastal shared path:

Allan Place: new pedestrian refuge island and shoulder widening on coastal roadside

Douglas Place: new pedestrian refuge island and shoulder widening on coastal roadside

Alexander Place: new pedestrian crossing to cross Pāpāmoa Beach Road

Grant Place: new pedestrian refuge island and road widening to include a right-hand turning lane. ■

Two more liquor stores in Pāpāmoa East

Applications have been made for two new liquor stores in the Pāpāmoa Junction area. Communities Against Alcohol Harm advised Pāpāmoa Residents and Ratepayers' members of June deadlines for objections against the shops' applications to the Tauranga District Licensing Committee for an Off Licence.

If granted, the stores will be less than 250m from each other, and both will be close to Gordon Spratt Reserve, Pāpāmoa Beach Village, and residential properties.

Liquor Hut Pāpāmoa, operated by Junction Ventures Ltd, is located at 65 Turiwhatu St. Super Liquor Pāpāmoa Junction, operated by Mareqeta Holdings Ltd, is located at Unit 3, 21-39 Toorea St. ■



Shelley Robb 1 For Papamoa

Working together for our Community.

Authorised by S Porter 0224765605



Public Meeting Election 24

Meet the Mayoral Candidates Monday 8 July 2024

Come along and listen to their views

Monday 8 July 7pm

Legacy Chapel, 63 Te Okuroa Drive, Papamoa



Find out more at www.papamoaresidents.co.nz or email chair Philip Brown at chairprra@gmail.com

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No change to speed limits

Proposed speed limit reductions on Domain Road, Tara Road, and Parton Road have been deferred by the council until future development changes the "current road environment".

The decision was made by the Tauranga City Council commissioners at a meeting which decided to drop speed limits to 40kmh outside some Tauranga schools for drop-off and pick-up times to make it safer for students.

There was less community support for Domain Road, Tara Road and Parton

Road, the council says.

Sixteen schools in the city already have 40kmh variable speed limits outside their gates, including Golden Sands School and Pāpāmoa Primary School. The 40kmh variable limit will be rolled out to 21 other schools based on either a safety risk assessment for each school or because of known safety challenges.

The meeting followed a review of the safety risk outside schools as well as strong community support for lower speed limits outside schools. ■



Pāpāmoa Surf Life Saving Club has a strong cohort of finalists in the Surf Life Saving New Zealand (SLSNZ) Bay of Plenty and Coromandel Awards of Excellence.

The awards will be presented at a ceremony on July 20 at the Pāpāmoa Surf Life Saving Club, also bringing together surf life saving clubs including Hot Water Beach, Tairua, Pauanui, Onemana, Whangamatā, Whiritoa, Waihi Beach, Mount Maunganui, Ōmanu, Maketu, Pukehina, Whakatāne, and Ōpōtiki.

The list of Pāpāmoa finalists includes: Bay of Plenty examiner of the year – Radleigh Cairns; Bay of Plenty instructor of the year – Ryan Hohneck; Bay of Plenty Junior Surf contribution of the year – Jamie Mardon; Bay of Plenty DHL Patrol Support of the year – Stephanie Mardon; Bay of Plenty BP Powercraft contribution of the year – Ryan Hohneck; Bay of Plenty DHL surf lifeguard of the year – Jamie Mardon; Bay of Plenty patrol captain of the year – Ryan Hohneck; Top Rookie Award (Harrison Mundy Mem) – Benjamin Emeny; Bay of Plenty paid lifeguard of the year – Mitch Cowdrey and Liam Davoren;

Sports person of the year – U14 male Ty Kelly; U15 male Oliver Pepers and Luke Gillbanks; Open female – Natalie Peat; Masters male – Tony Jackson and Richard Williams; Masters female – Naomi Davoren; Coach of the year – Jack Bullock; Coaches commitment award – Trelise Chote; Emerging surf official of the year – David Cox; Volunteer event safety contribution of the year – Shaun Smith; Sports team of the year – Pāpāmoa U17 female ski relay team; Surf official of the year – Joanne Miller; Bay of Plenty NZ Lottery Grants Board volunteer of the year – Ailsa Cowdrey.

The awards acknowledge the skills, commitment, and effort by surf lifeguards to ensure the safety of beachgoers, as well as those who have educated others, managed administration, and participated in lifesaving sport throughout the season.

During the 2023/2024 season, Bay of Plenty and Coromandel surf lifeguards spent more than 16,000 hours on patrol, rescued more than 70 people, performed more than 150 first aids, and carried out more than 1600 preventative actions. ■

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MP for Bay of Plenty

Tom Rutherford

It's been a crazy, busy time in Parliament and our electorate! Budget 2024 is great news for our Bay of Plenty community. The coalition Government's first Budget stops wasteful government spending and invests in frontline services like healthcare, schools, and the Police, and delivers tax relief to help hardworking Kiwis in the Bay of Plenty with the cost of living.

On 31 July this year, New Zealanders, including those in the Bay of Plenty, will experience tax relief for the first time in 14 years. This relief is well overdue and will help hardworking Kiwis who have endured a prolonged cost of living crisis.

Our tax package targets relief to low and middle-income households. Families with young children are set to benefit most. It gives average-income households up to \$102 a fortnight, plus Family Boost child-care payments of up to \$150 per fortnight for eligible families.

Examples include:

- A working couple both earning \$150,000 a year will be better off by around \$80 per fortnight.
- A single person earning \$55,000 a year will be better off by about \$51 a fortnight.
- A single adult working 40 hours on the

minimum wage will be better off by around \$25 per fortnight.

- A retired couple receiving superannuation will be better off by around \$9 a fortnight, rising to around \$18 in 2025, and around \$26 in 2026.

Our tax package is funded through savings and new revenue measures meaning it will not add to Government debt. You can find out exactly how much you will be getting back by going to the tax calculator at budget.govt.nz/taxcalculator.

The Budget also delivers on National's priorities of restoring law and order and delivering better public services. We are investing \$651 million over four years to deliver an extra 500 police officers and provide them with the tools they need to do their jobs. We are also investing in more Corrections staff, more prison capacity, military-style academies for serious youth offenders, and support for offenders to turn their lives around.

We will deliver more doctors, more hospital and specialist services, more breast screening, more mental health services, and more medicines through our investment of \$16.68 billion in health across three Budgets.

These benefits will significantly benefit the Bay of Plenty for all who call it



Tom Rutherford

home and all who visit.

We will deliver more teachers, more support for teachers, more classrooms, funding for structured literacy, the Healthy Schools Lunches programme, and charter schools through our \$2.9 billion investment in education. This investment will enhance educational opportunities for students in the Bay of Plenty, preparing them for a brighter future.

By achieving savings, funding the front-line, and delivering tax relief, we have done exactly what we said we would do, bringing significant benefits to the Bay of Plenty and beyond.

Tom - I'm a local, just like you. ■

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Tom Rutherford MP for Bay of Plenty

Our Government is delivering for New Zealanders and as your local MP, I'm supporting you and our community.

My electorate office is open and you can contact me any time.

Bay of Plenty Electorate Office
3/9 Domain Road, Papamoa
07 542 0505
bopmp@parliament.govt.nz

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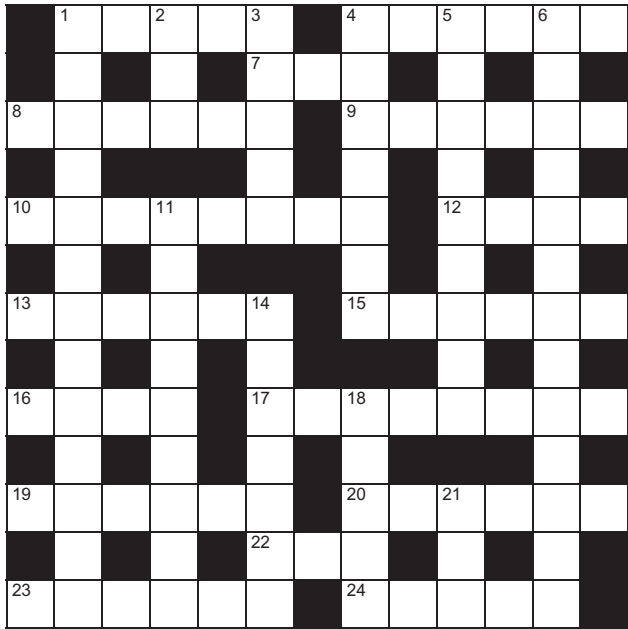
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Quick crossword



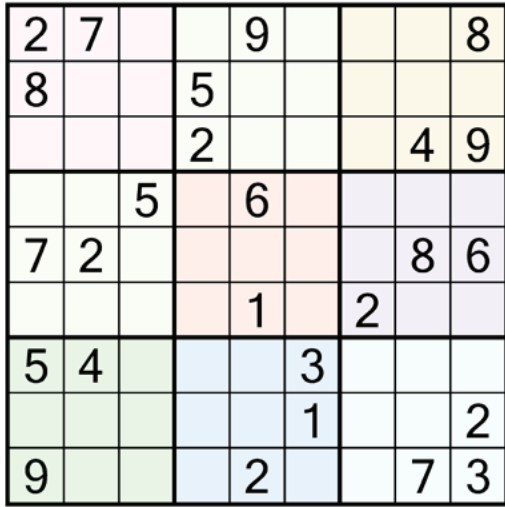
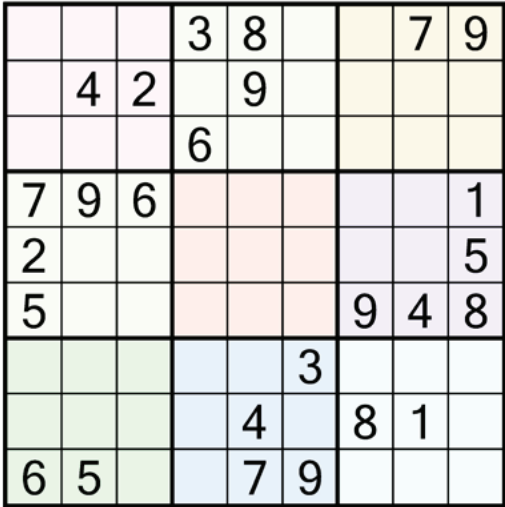
- Across**

 - 1. Agitated (inf) (3,2)
 - 4. Adjacent (6)
 - 7. Grow old (3)
 - 8. Source (6)
 - 9. Most recent (6)
 - 10. Inspire (8)
 - 12. Genuine (4)
 - 13. Removes oyster shell (6)
 - 15. Surfeit (6)
 - 16. Large tooth (4)
 - 17. Ill-feeling (3,5)
 - 19. Beach wear (6)
 - 20. Remove outer covering (6)
 - 22. Pat (3)
 - 23. Take no notice (6)
 - 24. Motif (5)
- Down**

 - 1. Deaf (4-2-7)
 - 2. Label (3)
 - 3. Black and white mammal (5)
 - 4. Accept as true (7)
 - 5. Humorously critical (9)
 - 6. Detached (13)
 - 11. Under an assumed identity (L) (9)
 - 14. Become less intense (7)
 - 18. Uncertainty (5)
 - 21. Little (3)

Sudoku

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



Kids' corner

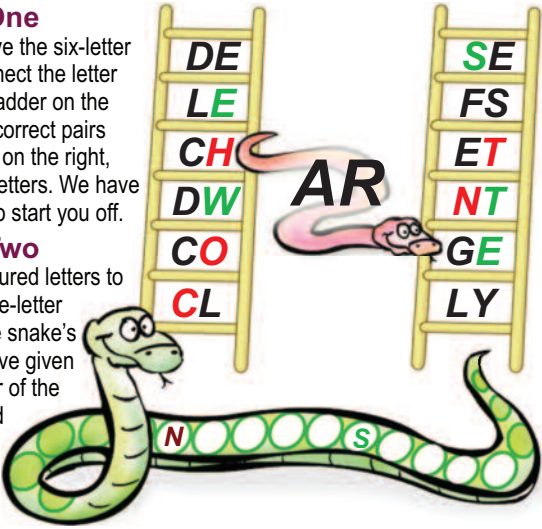
Snakes and Ladders

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

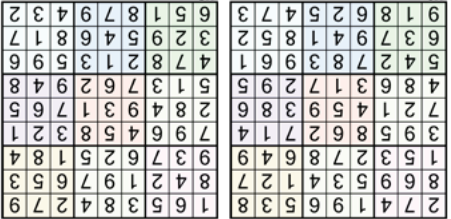
Crossword

Across: 1. Het up, 4. Beside, 7. Age, 8. Origin, 9. Latest, 10. Motivate, 12. Real, 13. Shucks, 15. Excess, 16. Fang, 17. Bad blood, 19. Biking, 20. Unwrap, 22. Dab, 23. Ignore, 24. Theme. **Down:** 1. Hard-of-hearing, 2. Tag, 3. Panda, 4. Believe, 5. Satirical, 6. Dispassionate, 11. Incognito, 14. Subside, 18. Doubt, 21. Wee.

Snakes and Ladders

Puzzle 1
DEARLY, LEARN!
CHARGE, DWARFS,
COARSE, CLARET.
Puzzle 2
NOTCH, SWEET.

Sudoku



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by
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Wednesday July 3rd
The Island, Domain Road,
Papamoa

Over 40 pieces of artwork for tender. You mark the price and take it home on the night!
Exhibit open for viewing from 3pm
Buying starts from 5.30pm
All proceeds going to The Bushman's Son Fund proudly managed by the Geyser Community Foundation – supporting emerging artists/writers in the Bay of Plenty Region for generations to come!
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Pink Ribbon Breakfast success

More than \$1300 was raised for the Breast Cancer Foundation at a Pink Ribbon Breakfast hosted by Estelle Johnson and Megan Vanderwiel at Ray White Pāpāmoa.

Local individuals and businesses came together to support the cause by donating

their time, products and services. Lantern restaurant, One Lane Bridge, Appearance Coach, Pepper & Me, Nix Hair Salon, Oceanblue Health & Fitness, Zen Float Spa, and Fresh Choice Pāpāmoa, all supported the event.

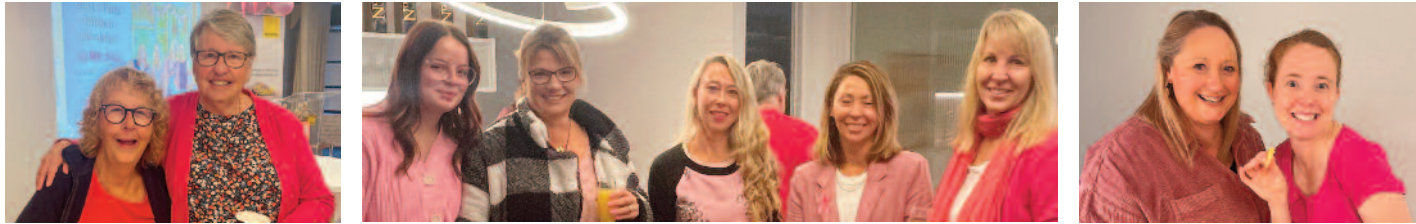
An initial fundraising goal of \$1250 was surpassed, raising a total of \$1326.

Fiona Paterson from The Gardens Dental ran a lively and engaging charity auction, which received enthusiastic bidding from the breakfast attendees.

Speaker Kathryn Price highlighted the importance of the cause and motivated everyone present to contribute generously. Her

inspirational speech added a meaningful touch to the event.

Estelle and Megan look forward to seeing everyone again next year for another fantastic Pink Ribbon event. ■



A Pink Ribbon breakfast was organised by Megan Vanderwiel and Estelle Johnson, far right photo, and attended by local individuals and businesses.



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Hato Hone St John

Te Puke Health Shuttle

The St John Health Shuttle is based in Te Puke and transports people to and from their health and wellbeing appointments in Te Puke, Papāmoa, Mount Maunganui and Tauranga.

The Shuttle is available Monday to Friday and our service is here for all; the cost is a koha (donation).

To make a booking or inquire about becoming a St John volunteer, please contact us on 0800 824 325 or email wakaora@stjohn.org.nz

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School holiday fun at Papamoa Plaza



Build-A-Bear workshops are back these July school holidays at Papamoa Plaza. Get ready for a magical experience where your little ones can create their very own furry friend. Pre-filled with just the right amount of cuddliness, ready for them to add their very own heart and personal touches in these fun-filled sessions.

**Book via the Papamoa Plaza social media channels
and papamoaplaza.nz**

Second week of the holidays, July 15-19

\$12 per child

Daily sessions – 9am, 10.30am, 12pm, 2pm and 3.30pm

\$15 PER CHILD

Get ready for slimy fun these upcoming school holidays.

Thrive Sensory is bringing The Slime Station back to Papamoa Plaza, where kids can dive into the gooey world of slime making.

It's the perfect messy adventure for creative young minds.

Book via the QR code or at thrivesensory.com.

First week of the holidays, July 8 -12

\$15 per child

Daily sessions 9.30am (5+ years) and 11am (2+ years)



PAPAMOA PLAZA

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Foodcourt 9am – 8pm daily