

18 September 2020

## Near miss prompts calls for safer crossing



Heinrich Maritz (pictured) wants the pedestrian crossing outside Maraetai Beach School made safer.

Eight year old Heinrich Maritz was nearly hit by a vehicle on the Maraetai Beach School pedestrian crossing last week, and now he wants to raise awareness about the dangers of the crossing.

Heinrich was riding his scooter to school early last Wednesday morning, before the school crossing was manned. His mum, Annelize, was following him in her car to make sure he reached school safely.

"I got off my scooter and started walking across the crossing," says Heinrich. "I got half way across when my mum hooted her horn and made me stop."

Heinrich says if he hadn't stopped, he would have been hit by a black ute towing a boat, which was travelling east from the direction of GAS Maraetai. The ute came to a stop half way across the crossing.

Heinrich has a message for motorists using Maraetai Drive. "Keep your eye on the street and slow down when you reach Maraetai Beach School!"

Heinrich would also like to see speed bumps installed near

the crossing - a sentiment shared by his mum, who is urging people to register their concerns about the crossing with Auckland Transport.

"I've had a lot of feedback on social media from other people who have experienced near misses at the crossing. Something needs to be done before someone gets killed."

"If enough people complain to Auckland Transport, hopefully something will be done."

Maraetai Beach School principal Mark Keenan says the school has been working closely with Auckland Transport to make the crossing safer. "Health and safety of our students is an extremely high priority for us, and we have been in touch with AT. A new raised crossing had been discussed prior to the first lockdown, but had been put on hold due to the recent lockdowns." Mark says the school also played a major role in the 'safer speeds around schools' government campaign.

Anyone wishing to support calls for safety measures to be installed near the Maraetai crossing can do so by visiting at.govt.nz - click on 'report a problem'.

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# Pohutukawa Coast Times

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## UPCOMING FEATURES

**25 Sept** - Support Local!

**2 Oct** - Urban East + Tuition

The Pohutukawa Coast Times is distributed weekly to 6200 homes and businesses in: Whitford, Brookby, Beachlands, Maraetai, Clevedon, Ardmore, Alfriston, Kawakawa Bay, Orere Pt, Hunua, Paparimu

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## The PC Times 20 years ago:

**15 September 2000: Olympians gather to relive memories with Beachlands Olympic coach Arthur Lydiard.**



## Weekly Tide Chart

18 Fri	1:17am ▼ 0.4m	4:42am ▲ 3.4m	🐟🐟🐟
19 Sat	2:08am ▼ 0.3m	8:33am ▲ 3.5m	🐟🐟
20 Sun	2:57am ▼ 0.2m	9:22am ▲ 3.6m	🐟
21 Mon	3:47am ▼ 0.2m	10:12am ▲ 3.5m	
22 Tue	4:36am ▼ 0.2m	11:02am ▲ 3.5m	🐟
23 Wed	5:27am ▼ 0.4m	11:55am ▲ 3.3m	🐟🐟
24 Thu	12:18am ▲ 3.2m	6:21am ▼ 0.5m	🐟🐟

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# Guest editorial

by Mayor of Auckland, Phil Goff

It's great to be back at COVID-19 Alert Level 2, albeit with some additional restrictions in Auckland. Our success at constraining the spread of the virus is a result of Aucklanders coming together and following the health rules, and I want to thank the overwhelming majority of people who are doing this.

Aucklanders want to see our city returned to Level 1 as soon as it is possible to do so safely. We all have a role to play in helping that happen, and in ensuring we contain any further occurrence of the virus.

Please continue to wash your hands regularly and maintain physical distancing. Use the NZ COVID Tracer app to help with contact tracing. Face-coverings are mandatory on public transport, and I encourage you to wear one while at Level 2 when you are out in public and in close contact with people. If you have symptoms, get tested immediately and self-isolate. Also a reminder to everyone: please throw disposable masks in the bin. While it's great that so many people are wearing masks, it's important

that we dispose of waste responsibly, particularly since used masks are potentially a health risk.

New Zealand's achievements in response to COVID-19 have put us at the top internationally. We should acknowledge and celebrate how well we have done as a country compared to many others, while constantly working to do even better—learning from mistakes is important. In the UK and the US, tens of thousands have died and hundreds of thousands have been infected by the virus. In Melbourne, stage four lockdowns have been extended and normal life is unlikely to resume until at least November. Our death rate per million people in New Zealand is around five, compared to 640 per million in the UK.

New Zealand was recently singled out by Nobel prize-winning US economist Joseph Stiglitz as the most successful country in the world in responding to COVID-19.

He said New Zealand was "a country in which competent government relied on science and expertise to make decisions; a country where there is a high level of

social solidarity – citizens recognise that their behaviour affects others – and trust, including trust in government."

High praise for our country! Our reputation for being a smart, sensible, safe country will help our economy recover through promoting New Zealand as a good place to visit, study and invest in.

However, we still have big challenges ahead. Small businesses and jobs have suffered because of the restrictions that had to be put in place.

Maintaining our discipline and getting back to Alert Level 1, and supporting business by shopping local, is the best way we can help them.

And with the virus rampant internationally, and infecting New Zealanders returning home, we still have to take care to ensure that we contain any community transmission of the disease within our borders.

We have beaten COVID-19 before and shown that, by working together, we can beat it again.

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# Last week to get your entries in for our Ag Day photo competition!



Above from left to right: Sienna Ogilvie Taylor, year 7 Brookby School, with lamb Cream; Benjamin Boor, year 2 Clevedon School, with chicken Katie; Logan Bishop-Read, year 4 Brookby School, with duckling Ginger.

Entries for this competition close next week - to be in to win passes to great attractions like Adrenalin Forest, Paradise Ice Skating and Laser Tag, and JUMP Takanini, email your photo to [info@pctimes.co.nz](mailto:info@pctimes.co.nz).



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## LOCAL STUDENTS' NEWS, VIEWS &amp; LITERARY TALENT

This column features news, views and literary talents of students from Beachlands, Maraetai, Clevedon, Brookby, Hunua, Paparimu, Orere and Ardmore Schools.

One student featured each week will be selected to receive a \$20 book voucher, thanks to Barfoot & Thompson's Beachlands and Whitford branches.

**Lockdown 2.0. Here we go again!**

We were surprised recently to find out Auckland was going into Level 3.

Iris: In the morning I had woken up about an hour ago. It was about nine o'clock and I was confused because my Mum had not come in and told me to get ready for school. I walked into my parent's bedroom to find them still in bed! I was shocked to hear that Auckland was in level three for at least two weeks.

Alana: I overheard my Mum's phone buzzing in the morning. My brother was all ready ready for school and dressed in his uniform. My brother told me we were going into lockdown. I thought that he was joking. My mum woke up and I asked my mum if we were going into lockdown and she said yes.

We had a Weekly Challenge this Lockdown, Ako 2 had to plan and make a meal for their family (either lunch or dinner). Alana made fish and chips. First I had cut up the potatoes and put them in the pan and put them in the oven. Next was getting started on the fish, it was in a box. Iris baked delicious lasagna for her family. Even though our oven was a bit of a mess, everyone enjoyed it.

We missed going to school during Level 3. We missed seeing our friends and learning in a classroom. Learning online is good but it's so much better being with your teacher, you don't have to wait until a video call. Our parents were ok at being teachers and helped us lots.

We think our parents learned a lot too helping us with our school learning - they had to research and search things up to be able to help us. It was funny to see parents having to search up some things, they are learners too!

It was a good idea to go back into Level three because, although people protested, it was for our safety. If we had not, the country would be in shambles. It was also a chance to have a break and, for most of us, to have some family time.

- by Iris Wynn and Alana Galloway, Paparimu School

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## House &amp; Garden

## Local arborist offers one-stop-shop

- by Jessep Contracting Ltd

Jessep Contracting Ltd may be a new company on the coast, but Philip Jessep, the founding Director of this family-owned business, has been a local for a lot longer!

He is one of the Firefighters in the local Beachlands Fire Brigade and has already been working as an arborist in the community through other tree companies.

Phil has ten years of experience in construction, operating a vast array of heavy machinery in NZ, Australia and the UK.

He went on to work as a Professional Climbing Arborist before deciding to take the plunge and start his own company.

Jessep Contracting launched with the vision of combining Arborist tree work, Landscaping, and Earthworks, enabling a 'one-stop-shop' type service that can see a project through from beginning to end.

Jessep Contracting is committed to providing a wide range of services where attention to the details is essential.

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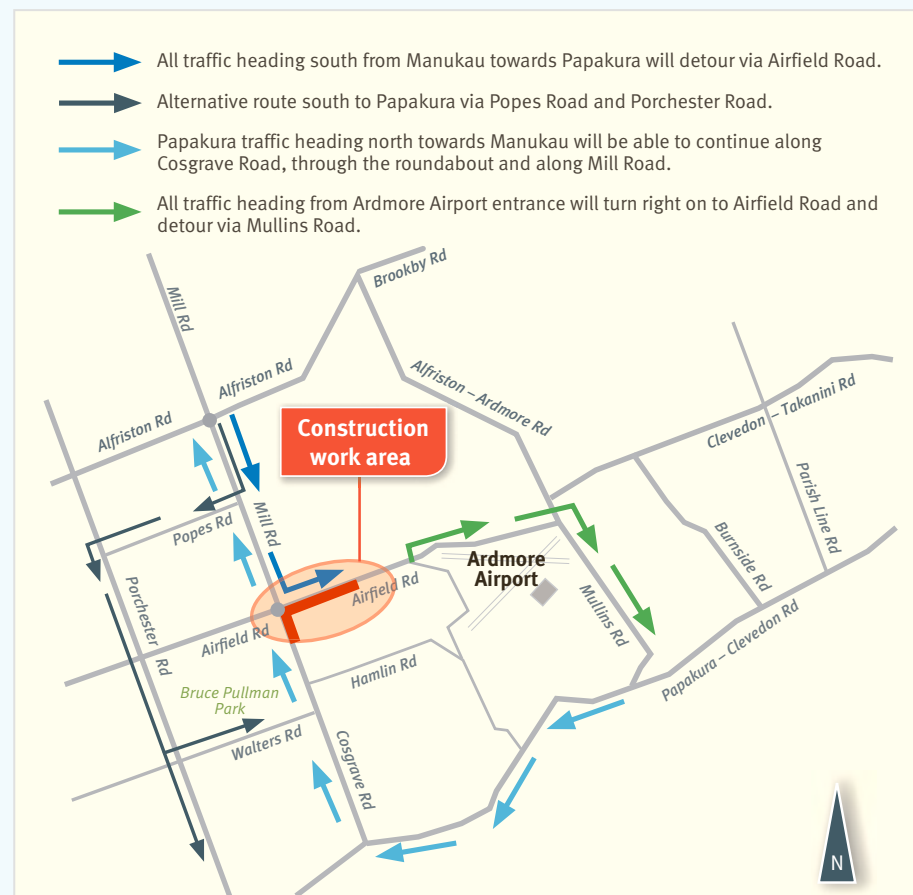
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## House & Garden

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#### - by Curtain Clinic

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2. Measure them widthways, along the hemline, stretching the curtain out as you measure.

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# House & Garden

## Kitchencraft takes pride in going the extra distance

- by Kitchencraft

You know you're doing a good job when about 95% of your business comes from referrals. That's how Kitchencraft co-founder and spatial designer, Warren Smith, judges the performance of his 30-year-old business.

"We offer a one stop shop, and definitely go the extra distance to make sure our clients are happy."

Warren has lived in Beachlands for over 30 years, and is proud of what his Kitchencraft Interiors business has achieved.

"Our point of difference is our design skill, attention to detail, our accuracy, and our passion," says Warren. "We build quality, bespoke products that are

made to measure. Whether its kitchens, sculleries, laundries, bathrooms, vanities, wall and wardrobe systems, or media units - we use highly detailed computer generated images and plans so our clients know exactly what they are getting, then we follow that up with great service."

Kitchencraft takes all the hassle out of renovations or new builds, with its one-stop-shop approach. The company provides and manages all services involved, including:

- building
- electrical
- decorating and design
- plumbing
- painting
- permits and consents

Warren says Kitchencraft does a lot of work in and around the Pohutukawa Coast and Clevedon areas. The company's main focus is residential, but it also has extensive experience in commercial design too, with the new Beachlands Medical Centre fitout among its accomplishments.

Behind the scenes, Kitchencraft uses the latest machinery in its factory, while on the frontline the company's young and enthusiastic design team has won national awards.

The Kitchencraft showroom is a firm departure from your traditional kitchen and bathroom showroom, with modern displays accentuated by a host of ran-



dom retro objects to remind customers of yesteryear. "People love our showroom - they say it's really restful and different!" says Warren.

Being community-minded is also important to the Kitchencraft team, which sponsors a number of community initiatives.

For a taste of what Kitchencraft could do for your home, visit the online gallery at [kitchencraft.co.nz](http://kitchencraft.co.nz), visit their show-

room at 20 Birmingham Road, East Tamaki, or call to have a designer pop out to visit.

**Kitchencraft**

20 Birmingham Road, East Tamaki

P:274 4221

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## Renovations – Part 1: Should I or shouldn't I?

- by Refresh Renovations

Kim Reiche of Refresh Franklin will talk you through the do's and don'ts of your renovation over the next few months.

Do I or don't I - is the big question.

The housing market is certainly making us all think about renovating verses moving. The gains in our properties are affording us the opportunity to look at extending or upgrading our current homes...among other things.

Although the thought of a lovely new kitchen, an extended wing for the teenage children or a new bathroom might seem easily achievable there are

certainly a few pointers we should all consider early on in the process – even before involving any type of consultant.

Develop YOUR budget – Speak to your bank (if you have a mortgage). Understand how much you have to spend and most importantly, ensure you can afford it. Budgets are a reality of life!

Speak to your local real-estate agent or property valuer – sound advice on the possibility of over-capitalising on your property is worth considering.

Research your renovation - visit show homes, appliance stores, building merchants, home shows and understand

the cost involved in your renovation. It is important to be realistic as to what you can achieve for your dollar. This will help you understand the level of finish you wish to achieve in the project. Every renovation is unique and applying a square meter rate to the renovation is not advisable when doing your research.

Visit local council - will your project need consent? Visit your local council with your idea and ask them to advise you. Draw down a set of the site and building plans while you are there as all consultants will need this information when they visit you later in the process.

Understand your site and the council requirements. Unknowns here can cause additional costs and time line blow outs.

Do your research, understand your budget and council constraints then develop realistic expectations.

Tip of the week - Build a scrap book/ folder. Keep a record of your ideas, costs and findings - you will find this a handy tool down the line when you need to communicate your requirements!

Contact Refresh Renovations to guide you through the process.



## House overdue for a renovation?

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## House & Garden

### Transform your floor with wood



#### - by Just Hardwood Floors

Over the past few years, flooring trends and technology have changed.

After building the business on solid timber flooring 25 years ago, Just Hardwood Floors has shifted their focus to keep up with the changes in the hardwood flooring industry.

Still keeping the focus on timber flooring, Just Hardwood Floors has created their own range of stunning European Oak engineered timber flooring called Euro-PRO. Coupled with a stunning range of Italian made oils and polyurethanes to complement it, and coated in their warehouse at Allens Road, every Euro-PRO job is custom coated to order, giving every floor a unique look.

To go hand in hand with the Euro-PRO range, Just Hardwood Floors also offers a more budget friendly range of prefinished engineered floors called Euro-ProLoc. Prefinished in a lacquer, Euro-ProLoc is available in a stunning

range of seven colours. Able to be either glued or floated and boasting the Uniclic locking system, this is a great alternative.

Still specializing in solid timber flooring, Just Hardwood Floors are excited to be able to offer the new Fourteen range of solid wooden flooring, featuring stunning Australian hardwoods such as Blue Gum and Blackbutt. These timber species offer a different grain and colour range to the Oaks and provide a stunning option for any home owner.

Still selling and installing the internationally acclaimed Quick Step and Pergo ranges of laminates and prefinished engineered timber floors, Just Hardwood Floors is able to meet the requirements of the busiest of home environments, as well as being able to provide a more budget friendly option. The Quick Step and Pergo ranges of laminates are all dent, fade and scratch resistant, while also being able to offer a waterproof surface coating, making the range suitable for bathrooms, toilets and laundries. The Quick Step range of prefinished engineered timber flooring is also available from Just Hardwood Floors.

For more information, booking of a site visit, or for any enquiries, contact Just Hardwood Floors on 09 272 2890, or visit our website on [www.jhf.co.nz](http://www.jhf.co.nz) or email directly on [sales@jhf.co.nz](mailto:sales@jhf.co.nz).

### Sky the limit for gutter cleaners

#### - by Skyhigh

Are you prepared for possibly another dry summer? Do you remember the wait times on getting water deliveries?

Well Skyhigh can help with easing some of the problem!

Now is the time to ensure that your gutters are clear of autumn leaves, moss, winter gunge, and other debris and that valuable rainwater is not simply overflowing your gutters rather than going into your water tank.

We operate a high reach gutter cleaning service using a powerful vacuum system that draws 8000 litres of airflow per minute. We can clean gutters up to three stories high from the ground without the need for expensive scaffolding or similar.

Please have a look at our web site at [www.skyhigh.nz](http://www.skyhigh.nz) for a demo video of Skyhigh cleaning out the Maraetai Boat Club gutters from the rocks at low tide.

In addition we can softwash your roof and walls with Wet and Forget to remove moss, mould, lichen and algae. We have a 1000 litre tanker that we can bring on



SkyHigh uses an imported vacuum system capable of cleaning gutters up to 12m off the ground.

site using our own water, so no need to use yours. It's a great time of the year to consider this whilst you probably have pretty full water tanks.

There is a process to follow regarding diverting rainwater for about a month and we can guide you on how best to do this. If necessary, we have a friendly plumber on call that can install a diverter to allow the wash to go ahead.

Please have a look at our web site at [www.skyhigh.nz](http://www.skyhigh.nz) and complete the Quick Quote form request for a free no obligation quote

## Just Hardwood Floors



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# Rural schools feel Ag Day fundraising pinch due to Covid-19

Rural schools are wearing the impact of losing their major fundraisers this year, with Ag Days being downscaled due to Covid-19.

“The effect on our school is quite significant,” says **Clevedon School** principal Julie Schumacher. “This year we have only let children with calves, lambs and kids enter and only they will be out in the rings on Ag Day. We will be limiting parents on site and of course not have all the great fundraising events that go alongside our community celebration.”

Julie says Ag Day is one of the highlights of Clevedon School’s year due to its special character. The fundraising provided by Ag Day also helps the school meet the annual shortfall in its operating budget.

“This major loss of fundraising means we have to consider carefully which area of resourcing the school is going to take the hit - we have to pay for our utilities, insurances, payroll and admin staff so inevitably it is the curriculum and classroom resources that will be sacrificed. This has the biggest effect on our children and their learning and is never what we want. It will be a tough year and we are predicting quite a large deficit in our bottom line for year end. 2021 will be about recovery - if possible- as long as we don’t have to have any more setbacks in terms of lockdowns.”

**Brookby School** says that uncertainty around Covid-19 alert levels led to a decision to cancel its Ag Day event - the school’s major fundraiser for the year.

Deputy principal Bex Rose says the school is still determined that the essence of Ag Day remains though, in the form of an Ag Day Week for the students.

“We want to have something exciting for our kids and community to look forward to when everything else has had to be cancelled completely. Each day there will be an animal category judged at school, minimising the number of people on site - but still enabling the hard work of raising an animal to be shown! The children will create their flower show item on Monday, and on Friday we will have a celebration where the trophies will be awarded.”

**Hunua School’s** Ag Day plans have also changed this year. Principal Kris Burden says this year’s event will be very low key. “We appreciate the effort it takes to rear an animal, so want to give those students the opportunity to compete. We can only go ahead if we are in Alert Level 1 or 2. Level 2.5 is impossible because of groups of 10. On a lighter note, our children and their calves are well practiced at physical distancing!”

Like Clevedon and Brookby, Hunua School will not be using Ag Day as its major fundraiser this year. “We don’t think it is fair on our families and sponsors,” says Kris. “It’s too much pressure when families and businesses may be struggling.”

In a normal year the fundraising from Hunua School’s Ag Day makes up a large chunk of PTA funds. The PTA fund contributes to big ticket items such as comput-



ers, gardens and worm farms, shade sails, and hiring buses for school trips.

“We accept the loss in revenue,” says Kris. “This year is very different and pressure on people at this time is unnecessary.”

**Orere School** was challenged financially by the cancellation of its Easter Gala due to the first Covid-19 lockdown. The gala usually raises about \$10,000 for the school. Principal Kerry Forse says: “For a small school this is a huge loss and at the time I worried about our finances as we also hold regular fundraising during the term which we have been unable to do.”

Traditionally Orere School has not used

its Ag/Pet Day as a fundraising event but if alert levels allow, this year’s event will be held on a Saturday and will include food and raffles. “Our school and wider community are very supportive of our school and are keen for us to hold a fundraising event,” says Kerry. “We have been well supported by the government with the Urgent Response Fund so this has meant we have been able to maintain staff, and focus learning programmes around well-being.”

Both **Paparimu and Ardmore Schools** will be monitoring alert levels and running a low-key Ag Day.

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# Organisers offer risk-free ticket buying for Coastal Fun Run

The third Rotary ALLFIT Coastal Run is scheduled for Sunday 8 November. Known as one of the most picturesque run/walk events in Auckland, the 10km event traverses the coast from Duder Regional Park through to Te Puru Park in Beachlands.

The 5km ends at Maraetai Beach. Due to this year's Covid-19 restrictions, there is some uncertainty around whether the 10km and 5km events will take place, however Rotary (event organisers) say they are extremely keen to run the event if possible.



The start line at last year's Coastal Fun Run

Event director Alex Garden says: "We know that by November, if it is possible to proceed, that many people will be itching to be involved in an event such as this purely because there have been so few opportunities lately."

Alex says that all tickets will be fully refundable if the event has to be cancelled due to Covid-19 restrictions. It is possible that the events might have to be modified depending on the numbers of people allowed to gather at one time, however the modification will mainly be in terms of sending

participants in 'waves' of certain numbers. Early Bird Pricing will be available until October 17th and tickets can be purchased online at [www.rotarycoastalrun.nz](http://www.rotarycoastalrun.nz). Click to 'Register'.

Rotary is still looking for sponsors, volunteers and local community groups who may want to be involved. Contact Alex on 021 676 965 or [info@rotarycoastalrun.nz](mailto:info@rotarycoastalrun.nz).

All proceeds from the event will go towards supporting the mental health of young people living on the Pohutukawa Coast.

## Pandemic cancels Clevedon A&P Show

One of the longest-running events on the Clevedon calendar has been cancelled due to Covid-19.

The Clevedon A&P Show announced its decision to cancel the 2020 event on Facebook last week, saying the committee was disappointed not to be able to proceed with hosting the show this year, and that they had not made the decision to cancel lightly.

"We have been working hard on and looking forward to this year's show but

in the current climate feel the risk, both financial and around social responsibility is just too high.

"In the recent weeks we have been exploring options around postponement and hosting competitor events only but the continuing uncertainty surrounding Covid 19 and the financial risk to the Association was also deemed too high."









Clevedon A&P Show organisers say the show will return in 2021.

## Breast Screening Bus, 21-25 Sept Countdown carpark

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 <p><b>WHITFORD</b>  <b>56 POTTS ROAD</b>                  This timeless property offers a perfect blend of old and new and is located on an elevated private ten acres with sweeping lawns and stunning water views looking down the Turanga Estuary and out to the gulf islands.</p> <p><b>FOR SALE \$4,750,000</b>  <b>VIEWING</b> Sat and Sun 1:00 - 1:30pm  <a href="http://www.barfoot.co.nz/787751">www.barfoot.co.nz/787751</a>  <b>Kathryn Morris</b> 027 486 3488 A/H 09 530 8694                  Beachlands 09 536 4990</p>	 <p><b>KAWAKAWA BAY</b>  <b>99 KAWAKAWA BAY COAST ROAD</b>                  With nothing to do to this home, with its new kitchen, bathrooms, decor &amp; paintwork, you might want to put your feet up and read a book out on the wraparound deck while the Tui's sing in the treetops. Call now for more information.</p> <p><b>FOR SALE</b> By Negotiation  <b>VIEWING</b> Phone For Viewing Times  <a href="http://www.barfoot.co.nz/793498">www.barfoot.co.nz/793498</a>  <b>Mike Deverell</b> 021 466 300                  Beachlands 09 536 4990</p>	 <p><b>BOTANY DOWNS</b>  <b>28B MCCAILL VIEWS</b>                  Located a popular culdesac &amp; set well back from the road. Recently redecorated offering easy living over 2 levels. Conveniently located close to amenities &amp; in good school zones.</p> <p><b>FOR SALE \$1,175,000</b>  <b>VIEWING</b> Sat and Sun 3:00 - 3:30pm  <a href="http://www.barfoot.co.nz/795017">www.barfoot.co.nz/795017</a>  <b>Matthew Brown</b> 027 549 4673/09 536 6569                  Beachlands 09 536 4990</p>	 <p><b>MANUREWA</b>  <b>21 WHITBOURNE HEIGHTS</b>                  This family home has been meticulously maintained, improved, and upgraded over the years: double glazing, central heating, ventilation system &amp; renovated kitchen &amp; bathrooms.</p> <p><b>AUCTION</b> 10:00am 22 Sep 2020 at 62 Highbrook Drive, East Tamaki (unless sold prior)  <b>VIEWING</b> Sat and Sun 2:00 - 2:30pm  <a href="http://www.barfoot.co.nz/795273">www.barfoot.co.nz/795273</a>  <b>Kobus Steyn</b> 022 350 2428                  Beachlands 09 536 4990</p>



# Health & Lifestyle

## What can a full face wax/thread do for you?

- by **Xtreme Beauty**

A full face waxing appointment is perfect for someone with unwanted facial hair. Some women try to bleach their hair but this can lead to a disaster.

Your face is the first thing a person will see when they look at you. The entire hair follicle is removed when being waxed out and results in a much smoother feel than shaving.



### How does it work?

The full face waxing service consists of hair being removed from your eyebrows, lip, cheeks, sideburns, chin, and nose. Waxing is also a natural exfoliant which helps keep dead skin cells at bay.

Our goal is to keep your waxing appointment quick and comfortable so you keep coming back!

### How long does my hair need to be?

1/4 of an inch is ideal. This means roughly 3-4 weeks of hair growth. Some clients can even wait longer in between appointments if their hair growth cycle is slower than normal.

### Can I shave in between my wax appointments?

No! Shaving will disrupt the waxing process and cause the hair to grow back thicker.

### Can I wax if I'm pregnant?

Yes you can, but make sure to clear it with your doctor just to be safe. Keep in mind the wax might be slightly more uncomfortable due to the change in hormones during this time.

### Full face wax/thread \$35

Ph: 600 2325

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[www.xtremebeautybotany.com](http://www.xtremebeautybotany.com)

## Is your life 'plain sailing' right now?

- by **Real Life Coach, Yvonne Box**

Imagine for a moment that you're a sailboat. You've got a hull, a deck, a mast and a couple of sails. Is everything going smoothly for you?

If one of your sails is torn, it's difficult to hold your desired course. If the mast is broken, you're not going anywhere. And if you've got a hole in the hull, well... that's even worse!

Okay, you're not a boat. You're a human. But we all have equivalent problems in life. At times, trying to sail on regardless just makes things worse, not better. As a trained positive psychology coach, I can help you get things "ship-shape" again.

Coaching is very different from counselling. It's about preparing and taking positive action. Counselling is about developing coping mechanisms. My role is to help you see clearly where you are in the present moment, and how to move forward toward your goals.

You set the agenda. You decide how deeply you want to explore issues that are affecting you. Together we seek out new possibilities that you can evaluate, experiment with and apply to steer your course to a better you.

I hold a Bachelor of Applied Science degree, and am a Certified Positive Psychology Coach. My coaching is based on the work of Dr Martin Seligman,



(known as the father of positive psychology), the Intentional Change Theory developed by Dr Richard Boyatzis, and other leading scientists. Key areas of this practice include identifying and working with your personal values, strengths and goals, building resilience, and helping increase your overall happiness and wellbeing. Yet along with the serious science, we usually have some fun, too.

Coaching sessions are normally one hour, once a week, face to face or online.

Are you ready to set sail on that amazing journey of self-discovery, challenge and change?

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We'll meet once a week, face to face or online. Together, we apply your values and strengths to help you design and take the steps to achieve positive change. At the end of each session, you'll have some activities to complete in preparation for the next one.

This programme is valued at \$325, but I'm offering a very special fee of just **\$150**, if you register before the end of September.

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Please contact me today to start your personalised programme.

I'm happy to answer any questions you may have.

**Yvonne Box**  
Certified Positive Psychology Coach  
(021) 759-040 / 09-536-4438  
E: [thereallifecoachnz@gmail.com](mailto:thereallifecoachnz@gmail.com)  
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**The Real Life Coach Ltd**



# Health & Lifestyle

## Spring into spring training at ALLFIT 90s trends make spring comeback

- by **ALLFIT Beachlands**

We are well aware that exercise plays a crucial part in our daily lives. Now people have a much greater chance of reaping the benefits by having exclusive around the clock access to a state-of-the-art gym.

We also know that a healthy body comes with a healthy mind. With the convenience of 24-hour workouts, the list of available excuses for those who are not working out regularly just got considerably smaller!

ALLFIT welcomes people of all shapes and sizes – with fitness goals big and small – who want to realise all the benefits of the ALLFIT experience. Try a membership FREE for 3 days or join online now. It's time to start getting results on your terms – with your locally owned and operated 24 hour fitness provider.

Training at ALLFIT helps our body and mind in many ways, but here are a few of the key ones:

- Exercise releases chemicals in your brain, like serotonin and endorphins, which are great for your mood (very important right now)
- It can also lead to better sleep and give you more energy
- Physical movements can help ease tightness in your shoulders and neck, which often come with stress and anxiety

- Exercise helps reduce your risk of serious health issues, like type 2 diabetes, heart disease and stroke

- And lastly, but definitely not least given the current situation, regular physical activity is great for your immune system.

Here at ALLFIT, we just love seeing gym buddy friendships; duos that hype each other up and help each other train. Buddying up is something we always encourage. Whether it be a friend, workmate or someone you have met at the gym, having a sidekick can do wonders for your motivation levels.

Whether you're someone who is just starting their fitness journey or a seasoned gym goer/recreational athlete with a solid fitness level, having a personal trainer can help you meet your fitness goals faster, safer and more effectively – or gain better results or simply learn to enjoy exercise more than you ever thought was possible. ALLFIT trainers can help improve your sporting game, charge up your training, maximize your time and effort and help assist you back from suffering or recovery from an injury.

ALLFIT offers a wide choice of instructor led classes (48 per week), with group classes included in your membership. There's one for every ability and fitness goal. CALL 0800 ALLFIT to get your spring training started now!

*Kerry Finlay*  
SIMPLIFYING STYLE

STYLIST | SPEAKER | WRITER

m 021 852 592

f kerryfinlaystylecoach

e hello@kerryfinlay.com

ig kerryfinlay\_stylecoach

www.kerryfinlay.com

My job as a stylist is to help people discover their best selves through colour, flattering styles, personality pieces and savvy wardrobe planning but it's also my job to make this whole styling thing fun and introduce those fad pieces to your capsule wardrobe without falling too far off the wagon. Spring 2020 sees a return of 3 must-try styles from the 90s that you'll be keen to welcome back to your wardrobe.

Pattern, print and texture play a big role in showcasing your personality and plaid is the pattern of the season.

I love the classic chicness of plaid, with its clean lines but subtle way of introducing multiple colours into your outfit without being 'splashy'.

The best way to wear plaid is to look for flattering neutrals within the stripe and a colour you can easily pair back with using what you already have in your wardrobe.

Why don't you try a plaid blazer with a

simple white tee, jeans and sneakers for a fun casual vibe or 'print clash' your plaid with a printed blouse, again, ensuring the colours tie in some way.

Prefer to be business on the top and party on the bottom? Try a plaid paper bag waist pant with a fine luxe knit for a soft business look.

Wide leg denim. Thank goodness for roomier denim - post lockdown thighs breathe a sigh of relief, as do those of us who are 'pear shape' and struggle to fit denim well.

A wider leg brings an elegant sophistication to denim and an allowance for all shapes and sizes. A wee tip for those who are vertically challenged - a wider leg does tend to draw the eye out rather than up and down - help out your height with a solid heel that is as dark as possible to elongate your legs.

I love a pretty preppy look and I also love getting more bang for my buck which is why I love the 'sweatergan' (my take on the button cardigan worn as a sweater).

Aside from the warmth and snuggliness, I love anything that multitasks in my wardrobe - wear it unbuttoned as a cardigan, buttoned up as a sweater, layered over a blouse, over a dress or french tucked into your plaid pants or wide leg denim for the perfect trendy nod to the 90s (because anything is better than 2020 right?!).

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# Foodie Guide

## Dress up your lunch with salad jars

- Layers:**

  - Sunflower seeds
  - Lettuce
  - Tomato
  - Beetroot
  - Spring onions
  - Red onion
  - Carrot
  - Corn
  - Capsicum
- Dressing:**

  - 1 1/2 tsp light honey
  - 1 1/2 tsp dijon mustard
  - 1/4 cup white wine vinegar
  - 1/2 cup neutral oil eg canola
  - 1/2 clove garlic, crushed
  - Salt and pepper to taste



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# Community Calendar

Listings in our Community Calendar are free. Activities must be not-for-profit and have a community focus. For listings, email info@pctimes.co.nz - include activity, day of week, time, venue and contact details.

## Weekly events

### MONDAY

- **SENIOR CIRCUIT:** 9am \$5 Te Puru Centre.
- **CASUAL BADMINTON:** 7.30-9pm, Te Puru Centre, \$5. Ph:536 5360.
- **ST JOHNS YOUTH:** 6-7.30pm, St Hilda's Church, Wakelin Road.
- **CASUAL TABLE TENNIS:** 7.30-9pm. Te Puru, \$5.
- **SOCIAL TENNIS:** Adults beginners/intermediate 7-9pm Te Puru. Linda 021 1253 964.

### TUESDAY

- **COASTAL PLAYGROUP** 5 Jacobs Way, Maraetai. 9am-12pm. Bubs till 5 yrs. Sarah 022 082 6432.
- **COFFEE & KIDS** 9.30-11am, Beachlands Baptist Church, playgroup, refreshments, home baking.
- **KOKAKO VOLUNTEER DAY:** 8.15am-3.30pm, Northern Hunua Ranges. Kuruho 021 596 653.
- **RUMMIKUB** 1-4pm, Te Puru Centre \$2. Bernadette 021 170 9350.
- **NATTER N STITCH** 12pm, Log Cabin, Sunkist Bay. Diane 0274 756 526.
- **MARAETAI (LAWN) BOWLING CLUB:** 1pm, Te Pene Road. Tues, Thurs, Sat. Derek 536 4626.
- **CASUAL BADMINTON:** 9.30-10.30am, Te Puru Centre, FREE.
- **BASKETBALL:** All ages, Te Puru Centre. Email pcbasketballclub@gmail.com. 027 775 5320.
- **MEN'S AND INTERMEDIATE/ADVANCED LADIES TENNIS:** 7-9pm, Te Puru. Stephen 021 217 7587
- **HOUSIE/BINGO** 7.30pm, Beachlands Chartered Club, \$15. Ph: 536 6233.
- **THE POHUTUKAWA COAST CHOIR:** 7-9pm, 5 Jacobs Way, Maraetai. Sue 022 415 6897.

### WEDNESDAY

- **JP SERVICE:** 4.30-6.30pm, Beachlands Medical Centre, upstairs, PC Shopping Centre.
- **COASTAL MAINLY MUSIC** 9am-12pm, for 0-5yrs, 5 Jacobs Way, Maraetai. Sarah 022 082 6432.
- **SENIOR CIRCUIT:** 9am \$5 Te Puru Centre First Wednesday of the month BYO plate for coffee after.
- **SENIOR SPORTS:** 10am-12pm, Te Puru Centre. All welcome. FREE.
- **SENIOR STRETCH AND STRENGTH:** 1-2pm, Te Puru centre, \$2.
- **PEST CONTROL DAY:** Southern Hunua Ranges, Kuruho 021 596 653.
- **MASTERS SWIMMING:** Wed/Sat, carpool from Bchlns-Mtai. president@manukaumasters.co.nz.
- **"CREATIVE WINGS" ART FOR SENIORS:** 10am-12pm, St Hilda's Church, Beachlands. Call 536 6124 if you would like transport.
- **PLAYING WITH MUSIC** 10.30am. The Cottage, Kawakawa Bay, Rhiannon 021 132 2412.
- **KAWAKAWA BAY CRAFTERS** Kawakawa Bay Hall, 10am-12pm. 292 2666.
- **MANCAVE** 12.30-1.30pm. Shared BYO lunch for retired men. Beachlands Baptist, 536 6360.
- **CLEVEDON FIRESIDE BRIDGE CLUB:** 10.15am, Clevedon Anglican. Lessons avail. Pauline 299 7433.
- **MARAETAI BEACH INDOOR BOWLING CLUB:** 7pm, Maraetai Hall, Rewa Rd. Gae 027 676 6473.
- **WRIGGLE & RHYME FOR 0-2 YEARS:** Fortnightly at Maraetai or Beachlands rural libraries.
- **SCOTTISH COUNTRY DANCE CLUB** 7.30-9.30pm, Hillpark Primary School Hall. Heather 267 6375.
- **MAHJONG:** 10am-12pm, Te Puru, \$2.
- **QUIZ NIGHT:** 7.30pm. Teams of up to 6, \$5pp Every second week Beachlands Chartered Club 536 6233
- **DANCE IN THE DARK** - 7-8pm, Te Puru Scout Hall, women only, dancenoireast@gmail.com.

### THURSDAY

- **MAINLY MUSIC.** 9.30am & 10.45am, Beachlands Baptist. Morning tea between sessions. 536 6360.
- **SENIOR EXERCISE:** 9.15am. A gentle exercise program at McNicol Homestead. Cath 021 349 417.
- **GENTLE EXERCISE FUN & FRIENDSHIP FOR SENIORS 65YRS+** \$5 per session 10am-12.00pm St Hilda's Church Hall, Wakelin Road, Beachlands. Contact Christine Bruinsma 021 133 5283.
- **LINE DANCING:** 10-11am, Whitford Hall, \$5, beginners welcome. Karen 021 213 6020.
- **TOY LIBRARY:** Thurs 10am-12pm, Sun 9-10am. 59 Third View Ave. Beachlands. 021 492 325.
- **ADULT GYMNASTICS/FITNESS CLASS:** 11am-1pm FREE Te Puru.
- **KAWAKAWA ORERE YOUTH** 6.30pm, K Bay Hall - FREE for ages 10-18yrs. See Facebook for info.

### FRIDAY

- **CITIZENS ADVICE BUREAU** 1-3pm. 1st & 3rd Fridays of the month at Bchlands Library. 2nd & 4th Fridays of the month at Maraetai Library. Ph Louise 576 8331. Free, confidential advice on a range of matters.
- **TE WAIROA NURSERY** Potting Bee, 9am-12pm. E: 2jodiem@gmail.com.
- **CLEVEDON ART GROUP** 10am-12pm, McNicol Homestead. Free tuition. Marian 027 296 3827.
- **SENIOR CIRCUIT:** 9am Te Puru Centre, \$5 Ph 536 5360.
- **COTTAGE CAFE** 10am-12pm, K Bay, 1st and 3rd Fridays of each month, free coffee + food, company.
- **BeachUTH:** Youth Group, **Y9-13** 7-10pm, **Y7/8** 6-7pm Beachlands Baptist Church. Lisa 021 068 7300.
- **CYG YOUTH GROUP** for years 9-13. 7.30-9.30pm, Clevedon Hall. Fran 021 326 237.

### SATURDAY

- **WORN AGAIN OP SHOP,** 9.30am-12pm, The Cottage, 5 K Bay-Orere Rd, Kawakawa Bay.
- **COMMUNITY TAI-CHI,** 9.30-10.30am, Maraetai School, \$7 (profits go to the school), Stacy 576 3705.

## Other events and services

**ALLFIT COASTAL FUN RUN** 8 November, all proceeds to local mental health.

**RURAL LIBRARIES** Maraetai 10am-12pm Tues + Sat, 3-4pm Thurs; Beachlands 10am-12pm Mon, 1-3.30pm Weds + Sat; Clevedon 10am-12pm Mon Thurs + Sat, 10am-1pm Weds; Kawakawa Bay 10-11.30am Mon, 10-11.30am + 5.45-7pm Tues, 3.30-5pm Thurs, 10am-12pm Sat; Orere Point 10am-11.30am Tues, Weds + Thurs, 4.30-6pm Fri, 10am-12pm Sat.

**FREE LEGAL CLINIC - COAST CITIZENS ADVICE BUREAU**

Free 15 minute general legal advice only, Thursdays. Bookings essential phone 576 8331.

**OMANA STAMP CLUB** SECOND TUESDAY OF THE MONTH, 1.30pm at Maraetai Library. David 530 8869 / Graham 536 6958.

**POHUTUKAWA COAST TOASTMASTERS** 7-9PM EVERY SECOND WEDNESDAY Beachlands School Staff Room. pohutukawa@toastmasters.org.nz or Craig 0272866751.

**POHUTUKAWA COAST COMMUNITY ASSOCIATION (PCCA)** 7.30PM THIRD WEDNESDAY OF EACH MONTH, Rowan Muir Community Centre, 211 Maraetai Drive.

**POHUTUKAWA COAST COMBINED FRIENDSHIP CLUB** 10AM-NOON, SECOND THURSDAY OF THE MONTH at Maraetai Beach Boating Club. Morning tea and speaker. Phone Rhonda 021909724

**POHUTUKAWA COAST ROTARY**

SECOND AND FOURTH THURSDAY OF EACH MONTH, 6PM, Pepperjacks, Pine Harbour.

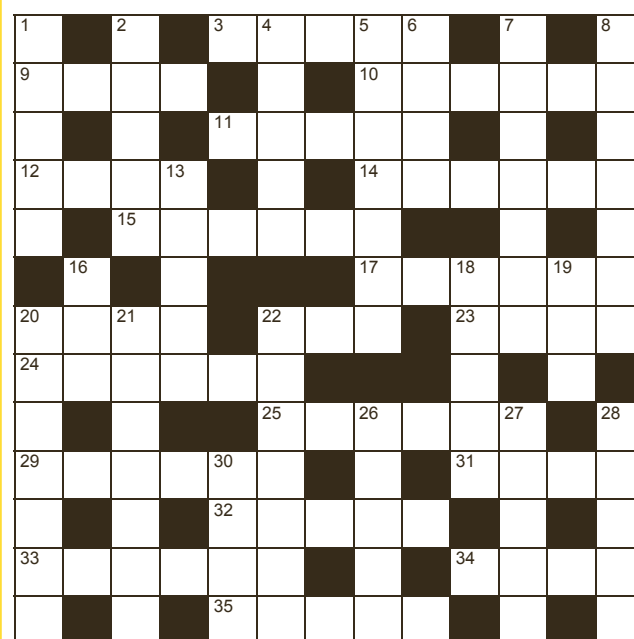
**COTTAGE CAFE** FIRST AND THIRD FRIDAY EACH MONTH: 10am-12pm Kawakawa Bay Presbyterian Church. Ph: Jan Rouse on 292 2701.

**BEACHLANDS/MARAETAI U3A** Third Tuesday of each month, 10-12.00pm @ The Clubroom, Te Puru. Monthly speakers, plus special interest groups. Iris 0272 912 439.

**POHUTUKAWA COAST COUNTRY AND VARIETY MUSIC CLUB.** Every 2nd Sunday from 26th July, 3.30pm to 7.30pm, Whitford Hall. Contact Paula: 021 059 2444.

**CLEVEDON & DISTRICTS' HISTORICAL SOCIETY** Last Thursday of month at 7:30 p.m. McNicol Homestead, 12a McNicol Road Clevedon. All welcome. Judith 292 8741.

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### Across

3. Customary (5)
9. Injure (4)
10. Codeword representing S (6)
11. Lightweight wood (5)
12. Problem or delay (4)
14. Fleet of ships (6)
15. Martial art (4,2)
17. Extravagant (6)
20. Mend (4)
22. Flu or other illness (colloq) (3)
23. A dull pain (4)
24. Trying experience (6)
25. Involve (6)
29. Wriggle (6)
31. Hand out cards (4)
32. Passageway (5)
33. Unnecessary extra (6)
34. Smile (4)
35. Call (colloq) (5)

### Down

1. Gulf (5)
2. Unusual, unexpected event (5)
4. Informal language (5)
5. Attack (7)
6. Fibber (4)
7. Unpredictable (7)
8. Style and flair (Fr) (7)
13. Sly intelligence (5)
16. For each (3)
18. Insipid (5)
19. Timid (3)
20. Gun holder (7)
21. Supplementary part (7)
22. Flaw (7)
26. Claw (5)
27. Gain knowledge (5)
28. Forthright (5)
30. Coarse file (4)

Answers on page 14



## BEACHLANDS MEDICAL CENTRE

**PH: 536 6006**

<b>Mon</b>	8.15-7.30	<b>Tues</b>	8.15-5.00
<b>Wed</b>	8.15-5.00	<b>Thur</b>	8.15-5.00
<b>Fri</b>	8.15-5.00	<b>Sat</b>	9.00-12.30

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Dr Nikola Retford  
Dr Rebecca Starr  
Dr Andrew Reid

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# Maserati meets power pole

The driver of a new Maserati sports car was lucky to escape with minor injuries after hitting a power pole in Ardmore last Friday. Emergency services were called to the scene around 3pm, and Ardmore residents lost power for a number of hours while the damaged concrete power pole was replaced.

One local resident spoken to by the PC Times said the car had been observed driving at excessive speed prior to the crash.

## The Pohutukawa Coast Foodbank

Phone or text 027 304 4998, available Monday-Friday 9am-5pm for help.

## PUBLIC NOTICES

### CLEVEDON ANIMAL FARM

Family farm walks, pony rides and children's parties. Visit [www.clevedonanimalfarm.co.nz](http://www.clevedonanimalfarm.co.nz) or call Lynn on 292 9231.

## MARAETAI BEACH SCHOOL

### Application for Out-of-Zone Enrolments for 2021



The Maraetai Beach School Board of Trustees is limited in the number of places it is able to offer students who are out of zone. The Board has determined that there are limited spaces available in all areas of the school to start in Term 1, 2021. Term 1 begins Tuesday 9th February, 2021.

For out of zone students seeking enrolment at Maraetai Beach School the deadline for the receipt of applications is Thursday 15th October 2020. If the number of out of zone applications exceeds the number of places available, students will be selected by ballot following the Ministry of Education defined priority order. If a ballot for out of zone places is required, it will be held on Thursday 22nd October 2020. Parents will be informed of the outcome of the ballot within 5 working days of it being held.

Closing date for out of zone application: Thursday 15th October  
Ballot date: Thursday 22nd October (if required)

Applicants notified: On or before Thursday 29th October

Enrolment forms are available from the Maraetai Beach School office or the enrolment section of our website. School visits are welcome.

Maraetai Beach School Board of Trustees.

## SITUATIONS VACANT

### PART-TIME TEACHER AIDE

Orere Primary School is looking for reliable, energetic, and positive people who love working with children.

You must be:

- An excellent communicator
- Patient and enjoy working with children
- Able to work as part of a team and our wider school community
- Resilient and adaptable
- Willing to learn
- Open to adventure

The successful applicant/s will be required to work with individual children, small groups, or support the teachers in the classroom as needed. They will also be required to do playground supervision for individual children.

The school currently has 6 hours, 4 days per week of teacher aide time. This position is fixed term, for term 4 (October 12th – December 18th 2020). There is a possibility of re-employment in 2021 however it will depend on funding & school roll.

This position would suit a job share situation, or one person for all four days.

Applications close Thursday 24th September 2020 at 3pm.

Please email applications to [office@orere.school.nz](mailto:office@orere.school.nz)



CROSSWORD ANSWERS - **Across:** 3. Usual, 9. Hurt, 10. Sierra, 11. Balsa, 12. Snag, 14. Armada, 15. Kung fu, 17. Lavish, 20. Heal, 22. Bot, 23. Ache, 24. Ordeal, 25. Entail, 29. Squirm, 31. Deal, 32. Aisle, 33. Excess, 34. Grin, 35. Phone.

**Down:** 1. Chasm, 2. Freak, 4. Slang, 5. Assault, 6. Liar, 7. Erratic, 8. Panache, 13. Guile, 16. Per, 18. Vapid, 19. Shy, 20. Holster, 21. Adjunct, 22. Blemish, 26. Talon, 27. Learn, 28. Blunt, 30. Rasp.

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## RENOVATIONS

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**FRANKLINvets**



BUSINESS LISTINGS

List your business here to be seen by more than 6,000 homes each week  
A 6-month, single line listing costs just \$150+gst

EMAIL: [INFO@PCTIMES.CO.NZ](mailto:INFO@PCTIMES.CO.NZ)  
PHONE: 09 536 5715

ACCOUNTING SERVICES

Probiz Systems Ltd, Sharon Bramley	530 8036
Ian McLennan, CA <a href="http://www.iwm.co.nz">www.iwm.co.nz</a>	536 6715
Diane Myers CA, <a href="mailto:diane@myersca.co.nz">diane@myersca.co.nz</a>	292 9470
beanies2u, call Tanya chartered accountant	027 5533 570.
Pat Callinan, <a href="mailto:karenh@patcallinan.co.nz">karenh@patcallinan.co.nz</a>	533 8420
Hills & Associates Ltd CA, Randall Hills	530 9207
Business Allsorts, MYOB & Xero Experts	536 5850
Peat Johnson Murray	869 2091
Complete Bookkeeping Solutions	021 947 793
Giles & Liew, <a href="http://gilesandliew.co.nz">gilesandliew.co.nz</a>	262 1955

AERIALS, TV & HOME THEATRE

Smart Home Technology. Freeview, arials, phone jacks, TV outlets, home theatre, new home prewire.	
Phone Sunny	0800 786 266 or 027 2841 325
Auckland Wide Electrical	536 6800, 021 998 665
Digital Solutions Ltd: New & existing home TV setup, UHF & Sky distribution, Data/WiFi improvement, TV surround sound, Security alarms and cameras. Call Rodger.	021 659 677

AGGREGATES

Beachlands Building & Hire Centre	536 6567
Manukau Quarry Ltd 33 Ha Crescent Wiri Manukau	0800-767-552

ALUMINUM WINDOWS:

<a href="http://www.windowrenovations.co.nz">www.windowrenovations.co.nz</a>	
Repairs and Replacements	021 297 2320

APPLIANCE SERVICING

Axial appliance servicing <a href="mailto:Service@axial.co.nz">Service@axial.co.nz</a>	573 0877
Appliance Wizard Ltd Ph Paul	0275 784 226

ARBORIST

Limb to Limb Tree Care	021 259 0987
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ARCHITECTS

Peter Diprose <a href="http://www.diprose.co.nz">www.diprose.co.nz</a>	530 9065 or 021 125 1498
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ARCHITECTURAL PLAN & DESIGN

Ross J Willoughby	530 9358
Brian Duncan <a href="mailto:brian@egraph.co.nz">brian@egraph.co.nz</a>	021 998 935

AUTO ELECTRICIAN

Mobile Auto & Marine	0800 662 352
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BEACHLANDS STORES

Beachlands Building & Hire Centre - hardware, hire and garden centre	536 6567
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BEAUTY & BARBERS

Xtreme Beauty & Barbers	600 2325 or 021 992 686
<a href="http://www.xtremebeautybotany.com">www.xtremebeautybotany.com</a>	
Serenity Day Spa, <a href="mailto:serenitydayspaltld@yahoo.com">serenitydayspaltld@yahoo.com</a>	021 022 16026

BED & BREAKFAST

Brookwood Lodge, Beachlands.	536 6975 or 0274 796 453
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BLIND SERVICES

Blindworks - For all New Blinds - Plus Blind Cleaning and Repairs	
<a href="http://www.blindworks.co.nz">www.blindworks.co.nz</a>	0800 999 229

BOOKKEEPERS

Business Allsorts, MYOB & Xero Experts	536 5850
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BUILDERS

Bryant Builders Ltd	0274 935 507 or 2928 777
Horning Instincts Ltd, ph Gareth Price	021 618 181 or 536 6422
Michael Nootebos	536 6628 or 0274 799 776
Superior Developments Ltd	021 079 2589

BUILDERS' SUPPLIES

Morton Timber Co. Clevedon	292 8656
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CARPET CLEANING

Carpet and Upholstery cleaning,	0800 747 262
flood recovery & vehicle grooming. Call Shane	or 021 847 466

CITIZENS ADVICE BUREAU

Weekly at Beachands or Maraetai Libraries	576 8331
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COMPUTER SERVICES

Andrew <a href="http://WhatWhyWhen.com">WhatWhyWhen.com</a>	0220 HELP PC or 536 6514
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CONCRETE SERVICES

Bellingham Concrete Ltd	Contact Dean on 0274-533-059
Aaron Ross Concreting	0210 233 2673

DENTISTS

Sanctuary Dental	273 2173
Whitford Dental Group	530 8461 or 530 8271
- Dr Rick Parfitt & Dr Antonia Nagel	
- Hygienist - Shelley Chadwick	530 8461, 530 8271
Anthony Hunt Dental Ltd, Dr Anthony Hunt, Clevedon	292 9071
Marina Dentists Pine Harbour	536 4361
Smile Dental Beachlands	
- Your local dentist. New patients welcome.	022 8888 171
- Free examination since 1996	09 302 0808
<a href="http://www.smiledental.co.nz">www.smiledental.co.nz</a>	0800 4 smile

DIGGER & TRUCK HIRE

The Little Digger	027 278 0335 or 536 4424
Digger Landscapes <a href="http://www.diggerlandscapes.nz">www.diggerlandscapes.nz</a>	021 415 832

DOCTORS

Beachlands Medical Centre	536 6006
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DOG GROOMING

Puppy Love by Aunty Pam	021 944 742
Studio Paws, <a href="http://www.studiopaws.co.nz">www.studiopaws.co.nz</a>	021 280 0477
Dogs on the Beach (Beachlands)	021 131 4193

DOG WALKING

Happy Hairy Hounds, Caroline	021 040 5780
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DRAINLAYERS

Vibe Earthmovers and Drainage	call Vincent 0272 225 377
Probuilt Earthworks Drainage	call Gary 021 617 611

DRAIN CCTV

Ford Plumbing	536 5698
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DRAIN UNBLOCKING

Ford Plumbing	536 5698
Abbotts	0800 274 678

EARLY CHILDHOOD EDUCATION

B/M Playcentre Mon-Fri. 9am-12	536 6015
in Beachlands School grounds	
Whitford Early Learning Centre	530 8726
Clevedon Kidz Early Childhood Centre	2928 358
BestStart Coastal	536 6737
Pikopiko Learning Centre, Whitford	530 8697
Little Stars Early Learning Centre, 19 Wakelin Road, Beachlands, email: <a href="mailto:managerlittlestars19@gmail.com">managerlittlestars19@gmail.com</a>	218 9505

EARTH MOVING CONTRACTORS

Henri & Lynda Habraken	0274 961 472, 536 6806
<a href="http://www.brookbycontracting.co.nz">www.brookbycontracting.co.nz</a>	Earthworks/Cartage/Drilling
	027 530 9290
Riordan Contracting	09 530 9429 OR 027 430 9429
Glenn Keane Ltd: diggers and truck hire/cartage	0274 731 403
Superior Developments Ltd	021 079 2589

ELECTRICIANS

Auckland Electrical & Pump Services	536 4074,027 4741 579
Auckland Wide Electrical	536 6800, 021 998 665
Pohutukawa Electrical	536 4076, mob 021 769 964
Positive Electrical Services	021 801 606
ASAP Electrical, Chris O'Donnell	0274 15 30 15
Go Electrical, Grant O'Halloran (Beachlands)	021 987 228

ENGINEERS - CIVIL/ENVIRONMENTAL/

STRUCTURAL

CivilPlan Consultants Ltd	222 2445
Fraser Thomas Ltd	278 7078

FENCING CONTRACTORS

Craig McLeod	027 292 5844
White Fencing:	2928 064, 0274 957 868
- rural fencing, retaining walls	<a href="http://www.whitefencing.co.nz">www.whitefencing.co.nz</a>
HNP Contracting:	0275 100 499
- Rural fencing, Stock Yards & Arenas	
- Gorse & Spot Spraying	
- Residential Timber Fences & Decks	

FLOORING

All About Floors, Darrel	570 5300, 021 688 875
Nicks Floor Sanding	536 6916, Mobile 021 875 456

FLORISTS

Clevedon Flowers, <a href="http://www.clevedonflowers.co.nz">www.clevedonflowers.co.nz</a>	292 9540
Harbour Rose Florist: Sandra	021 024 35299
Branch & Bloom Ltd <a href="http://www.branchandbloom.co.nz">www.branchandbloom.co.nz</a>	021 336 452
- Location: The lifestyle people, 186 Whitford-Maraetai Rd	

FUNERAL DIRECTORS

Resthaven Funeral Services	
Rachel Benns & Raewyn Proctor	533 7493, 267 2530
Ensom Funerals (John Ensom, Jo Nevin)	266 6646 or 524 6765
Fountains Funeral Directors & Monumentalists - Papakura, Franklin and Manurewa	298 2957
Howick Funeral Home Robert Johnstone - Mark Rowley	534 7300
Souly Funerals Beachlands	0800 47 68 59

GARAGE DOORS

Repairs & Service, Metro Garage Doors	263 6608
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GEOTECHNICAL SERVICES

Fraser Thomas Ltd	278 7078
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GIBSTOPPING

Greg Brown	021 067 6104, ah 536 5989
specialistlinings.co.nz We fix, stop, and paint	0800 54 64 64
Gib stopping & painting - Tony	0274 966 394 or 536 6477

GLASS AND GLAZING

Manurewa Glass	266 7794
Howick Glass	535 4180

GUTTER CLEANING

Skyhigh Roof and Gutter Cleaning Ltd	
Website: <a href="http://www.skyhigh.nz">www.skyhigh.nz</a>	021 951 719

HAIRDRESSING

Spirit Hair - Makeup, SprayTanning	021 1630 174
Hair Do's @ Maraetai, ph Denise	0274 599 901
Cooper Hairdressing, 16 Te Pene Rd, Maraetai	027 329 1781
Creations Hair, <a href="http://www.creationshairdesign.co.nz">www.creationshairdesign.co.nz</a>	536 4412
43 Kouka Rd, Beachlands. E: <a href="mailto:creationshairdesign@xtra.co.nz">creationshairdesign@xtra.co.nz</a>	

HANDYMAN SERVICES

Local Handyman:	536 5050 or 021 156 7370
Oakes Build Landscape Maintenance <a href="http://www.oakes.nz">www.oakes.nz</a>	021 903 020
Lifestyle Property Services Ltd	0272 533 336
Doug Suurmond, qualified experienced builder	0274 949 392

HEAT PUMPS

Positive Electrical Services	021 801 606
Auckland Wide Electrical	536 6800

HIRE & GARDEN CENTRE

Beachlands Building & Hire Centre	536 6567
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JEWELLER

Paul Taylor Manufacturing Jewellers	536 4200
Repairs/Remodelling/Valuations/Insurance Replacements	
Shop C/7, 129 Beachlands Rd, Pohutukawa Coast Shopping Centre	

KITCHENS

Kitchen Craft Ltd, Ph Warren	09 274 4221
for Sizzling Kitchen Design & Cabinetry <a href="http://www.kitchencraft.co.nz">www.kitchencraft.co.nz</a>	
Gold Kitchens Ltd, <a href="http://www.goldkitchens.co.nz">www.goldkitchens.co.nz</a> ,	
0508 GO GOLD or ph Jordan Dale:	021 885 853
La Bella Kitchens Ltd, <a href="http://www.labellakitchens.co.nz">www.labellakitchens.co.nz</a>	530 9092
Inhouse Design & Concepts Ltd <a href="http://www.inhousedesigns.co.nz">www.inhousedesigns.co.nz</a>	
ph Brendan	021 272 1974, 536 4625

KNIFE AND GARDEN TOOL SHARPENING

Chris Baird	536 6181 or 021 536 618
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LANDSCAPING

Eastside Landscapes	021 484 158
Kai Gardens	Karen - 021 046 1463
Nicky Auld - landscape design, consultations	021 972 534

LAUNDROMAT

Kiwi Laundry Co, <a href="http://www.kiwiundryco.co.nz">www.kiwiundryco.co.nz</a>	022 463 8416
7 DAYS at GAS Maraetai, 131 Maraetai Drive, Maraetai	536 4218

LAWNMOWING & GARDENING SERVICES

Greenacres - Stephen Howe	292 4165 or 021 2266 753
Prolawns (Beachlands based) Shane	536 4351 or 021 746 887
R&R Garden Services Richie:	021 917 332, Roanne: 027 252 8183
The Green Warriors, Beachlands (Glen)	021 0253 1249

LAWNMOWERS SALES/SERVICE/REPAIRS

B'nds/M'tai mower/chainsaw repairs	536 5621 or 027 308 7777
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LEGAL SERVICES

Swayne McDonald & Co	
(Beachlands/Maraetai/Whitford)	265 2700
Sutcliffe Matson Law	09 279 8351 or 021 327 030
James Donovan, 10/42 Kouka Rd, Beachlands	869 4565

LIFE COACHING

The Real Life Coach	536 4438 or 021 759 040
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LOCKSMITHS

Local Locksmith - Tony	536 5050 or 021 156 7370
Armstrong Smarter Security	0800 506 111

LPG SUPPLIERS

Matagas	0800 954 427
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MARINE AND BOATING

Top Catch	536 5157
Ovlov Marine Pine Harbour LTD	536 5249

MECHANICAL REPAIRS

Clevedon Automotive Ltd	292 8441	0274 743 918
Maraetai Automotive		536 6542
Pohutukawa Motors, 57 Third View Ave, Beachlands		536 6664
Garaway Autos		022 395 6185
Luke's Garage Ltd	09 218 6442 / 022 301 0412	
OVERLAND Diesel & Automotive Services. W.O.F SERVICE		
REPAIRS TYRES 133 Heald Rd Hunua	099482000 /0211030608	

METH TESTING

Meth Check NZ	0800 638 424
<a href="http://www.methcheck.nz">www.methcheck.nz</a> , email <a href="mailto:enquiries@methcheck.nz">enquiries@methcheck.nz</a>	

MIRRORS

Howick Glass	535 4180
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OUTBOARD REPAIRS/

MARINE ENGINEERING

Eastern Marine ~ Outboard, Petrol & Diesel Motors	536 6252
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PAINTERS & DECORATORS

DTS Wright Painting	021 401 094 & 021 401 093
East Auckland Painting Ltd	027 619 2619
specialistlinings.co.nz We fix, stop, and paint	0800 54 64 64
RME Painting. Phone or text:	0204 001 8401

PEST CONTROL

Coastal Pest Solutions (including rats, rabbits,possums, wild cats, pest birds, wasps & bees)	536 6020 or 0273 932 125
Professional Pest Control	536 6690 or 021 078 3622

PET ACCOMMODATION

Clevedon Kennels and Cattery	292 8789
Fairfield Pet Lodge, Clevedon	292 8852
Pets at Whitford Spa and Stay (PAWSS)	530 8860

PHARMACIES

Unichem Beachlands Pharmacy	536 6500, fx 536 6590
Pohutukawa Coast Pharmacy	536 6747, fax 536 6742

PHYSIOTHERAPIST

Beachlands Physio <a href="http://beachlandsphysio.co.nz">beachlandsphysio.co.nz</a>	09 222 4120
Ultimate Physio 739 Chapel Road, Botany	272 9294

PLASTERING SERVICES

Solid Plastering, Bruce Parsons	021 981 812
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PLUMBERS

Dynamo Plumbing	535 0439 or 021 068 3818
BF Brown Plumbing & Drainlaying	0800 477 455
Complete Plumbing Services Ltd	0800 1000 33

PLUMBERS & GASFITTERS

Ashby Plumbing & Gas	292 2445 or 0272 553 499
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PROPERTY MANAGEMENT

Harcourts Beachlands Real Estate	536 6121, 0276 480 240
Rent People Ltd	0800 426 580
RobsonKerr Property Management	0508 762 766
Ray White Lighthouse Licensed Real Estate	536 7011
Barfoot & Thompson Beachlands	536 4990

PUMP SALES & REPAIRS