

Pōhutukawa Coast Times

Issue
1489

4 August 2023



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The face joining the team is a familiar one. Toni Ransom, a long-time resident of Beachlands, is the newest addition to the Beachlands Branch - joining Anya and Ally in the Property Management team. So don't be surprised if you've seen Toni around the community! Her roots in Beachlands run deep, with her and her family calling this beautiful coastal community home for two decades. The familiarity with the local area will no doubt serve her well, understanding as only a local can, the needs of the Pohutukawa Coast community.

With six years of customer service experience, Toni is no stranger to providing exceptional care and support to clients. As a Property Management Assistant, you'll find Toni providing vital support in the day-to-day operations of our team, helping to ensure that our landlords and tenants alike are well taken care of. She will undoubtedly raise the bar for the services we provide, helping to uplift the standards of Barfoot & Thompson Beachlands Property Management. However, Toni's contributions are expected to go beyond Property Management.

She is genuinely passionate about involvement in the community which aligns with our branch goal of giving back, and having a meaningful presence. She even brings with her a degree in Event Management, an added dimension to her skill set, and an asset to our shared goal of helping to keep our beautiful Beachlands and wider Pohutukawa Coast an incredible place to live. Barfoot & Thompson Beachlands are happy to welcome Toni to the team, and we're excited to see what's in store for the future!



What's been happening?



It's no secret that Barfoot & Thompson support a wealth of amazing causes. From worthy charities to incredible regional sports teams like the Mystics. Ahead of the 2023 ANZ Championship title, Special Agents 003 ran a Facebook competition - to enter, participants had to get the closest guess to the final score of the game! Congratulations to Phillipa Wallace for nabbing this awesome prize pack, and congratulations to the Mystics for taking out the title!



1 in 9 women in New Zealand will be affected by breast cancer in their life, so chances are we all know someone directly affected. Barfoot & Thompson Beachlands were pleased to be able to pass along this lovely hamper to be included in the raffle at the Pink Ribbon Breakfast Mixer, hosted by The Content Room and Sunkist Bar & Restaurant. The team all pitched in with a collection of gorgeous items.



Barfoot & Thompson Beachlands were thrilled to be able to support the Maraetai Sailing Club, coming on as a sponsor for the RS Fever Winter Champs. The event has been postponed to August, and we're looking forward to seeing these amazing young sailors setting off sail in some of the incredibly tough conditions of the season!

Over the month of July, Barfoot & Thompson has been embracing and promoting Plastic Free July. We've had some incredible practices implemented with the goal of long-term sustainability. We're paperless wherever practical, which has a huge environmental benefit with such a widespread company. (But don't worry, here at Beachlands we still offer our free printing service!) We even have ways to recycle our old corflute signage, which sees it granulated and pelletised back into raw material, that can be used to make things such as fence posts!

Saturday 22nd delivered Beachlands Maraetai Rugby Club's annual fundraiser & auction, with Daniel Wei, Mike Deverell, and Stuart Fitzpatrick in attendance. We're proud supporters of the BMRC here at the branch, and one of Barfoot & Thompson's own auctioneers, **David Johnstone**, was the auctioneer for the night.



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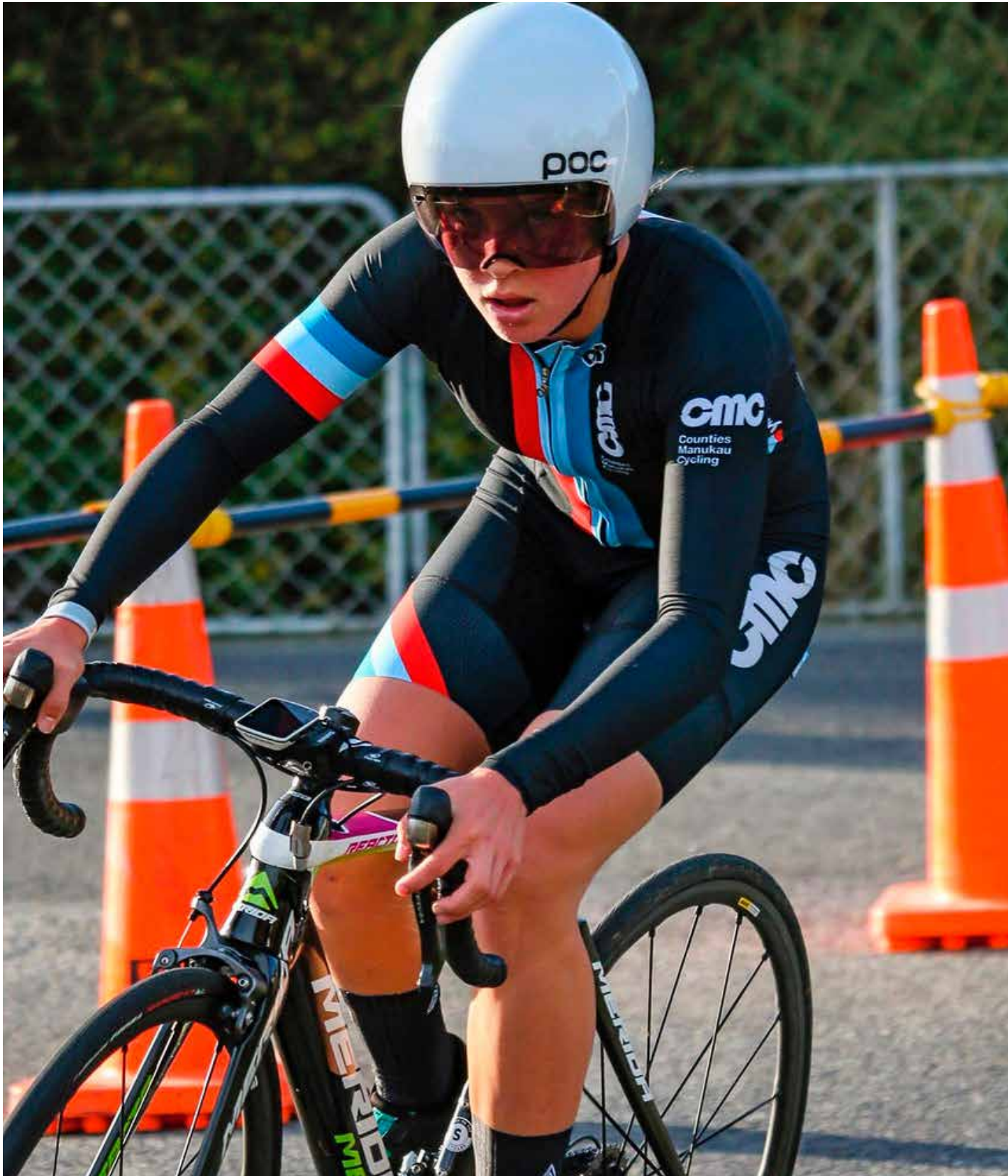
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Whitford cyclist competes at world champs



Year 13 student Ruby Spring is set to take on the world at this weekend's World Cycling Champs in Glasgow. Story on page 3.

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003

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INSIDE: Vector says power outages could be prevented p4 Clevedon discovers new way to play tennis p5

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Member of the New Zealand Community Newspapers Association



The PC Times 20 years ago:

1 August 2003: Clevedon church appoints second woman vicar in 142 years.



PINE HARBOUR ELECTRICAL

Weekly Tide Chart

4 Fri		2:47am ▼ 0.4m	9:08am ▲ 3.4m	
5 Sat		3:39am ▼ 0.3m	10:00am ▲ 3.4m	
6 Sun		4:31am ▼ 0.3m	10:51am ▲ 3.4m	
7 Mon		5:22am ▼ 0.4m	11:42am ▲ 3.3m	
8 Tue		12:10am ▲ 3.4m	6:14am ▼ 0.5m	
9 Wed		1:03am ▲ 3.2m	7:06am ▼ 0.6m	
10 Thu		1:57am ▲ 3.1m	8:01am ▼ 0.8m	

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Guest editorial by Hunua Ararimu & Paparimu Valley Residents Association

Rural residents get going with plans for greater resilience

Storms can hit rural communities hard - and with this in mind, Hunua Ararimu Paparimu Valley Residents Association (HAPVRA) members are taking steps to make everyone safer.

A series of major rain events, most notably Cyclone Gabrielle, caused widespread flooding and power outages throughout the district, so HAPVRA has formed a sub-committee to explore ways of making the communities more resilient.

HAPVRA co-chairperson Jane Berney says it's early days but already the sub-committee is making good progress: "One of our first actions was to set up an emergency response WhatsApp group. Next, we surveyed residents on how they were personally affected by the recent storms. We've heard from close to 100 households, so we're really pleased with the response."

Co-chairperson Geraldine Schnauer says the survey was designed to find out if residents had road access issues, how long they were without power, if their property was damaged, if they knew the location of their nearest evacuation centre and so forth: "We also wanted to

know if they had things like a generator or Starlink, so we can gauge what sort of resources we already have within our community and how people can access them."

Residents along the Wairoa River, which winds from Paparimu to Clevedon were particularly affected by floodwater when it spilled its banks. Falling trees caused power outages and slips took out fences. The to-do list includes finding out how to equip community halls so they can operate as evacuation centres, as well as increased village signage.

The HAPVRA Facebook page will contain a repository of emergency contact numbers and useful app details such as 'GoodSAM', which connects current First Aid certificate holders with people requiring assistance, so they can provide support until emergency services arrive.

HAPVRA plans to liaise with Hunua Volunteer Fire Service and Clevedon's Community Constable as well as Auckland Emergency Management (formerly known as Civil Defence) and local schools to coordinate preparations and responses.

Jane Berney says many residents were traumatised by this year's storms: "You have to be a bit independent if you choose

to live in a rural area, but even long-term residents were un-nerved by the severity of Cyclone Gabrielle. Now every time we get heavy rain, I know some people get quite worried about whether they're going to lose fences or stock, be able to drive to reach school children, or suffer flood damage to their homes again.

"The reality is, we must be better prepared."

HAPVRA will update residents on the results of their survey and sharing the information with Emergency Management, as well as Franklin Local Board.

The views expressed in the Pohutukawa Coast Times Guest Editorial column are not necessarily the views of the editor or publisher.

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Whitford cyclist competes at world champs

CONTINUED FROM PAGE 1

Whitford cyclist Ruby Spring has a big weekend ahead of her as she represents New Zealand at the World Cycling Champs this Saturday 5 August.

The year 13 student has spent the past few weeks in Europe with her family, enjoying some holiday time whilst also training, which she says has been a really good lead-up to the world champs.

Ruby joins 28 other riders from Aotearoa who have been selected to contest the road races at the world champs in Glasgow, Scotland. Ruby is one of 4 junior girls selected to compete in the 70km junior women's road race, where she will race against a large and highly competitive field. She hopes her time spent gaining experience racing in Europe earlier this year has prepared her for the task.

"It's also on a very technical circuit which will be something different to adapt to, but it looks like a fun circuit," she says.

Training for the event has involved lots of time and dedication, says Ruby, especially working around school and other commitments and areas of life.

"A lot of cold early mornings were involved and lots of early nights in bed. In terms of nutrition, this has been something

I've worked on this year as I've realised it's a lot more important than it may seem. Ensuring I'm fueled enough before, during and after sessions has definitely been a key focus."

Juggling her final year of secondary school study with the demands of a highly competitive sport has "definitely been a struggle", she says, particularly with taking a lot of time off school this year to race in Europe. She says that good time management and making sure everything is done ahead of time is something that has helped a lot. Her teachers at Saint Kentigern College have also been "super supportive" while she has been away from the classroom.

Ruby's consistent results nationally over the past few years are encouraging. At the age of 13 she claimed the number one women's title for riders under the age of 15, after a string of national wins. At the time, the *PC Times* rated her as "one to watch".

Her goal for this weekend's world champs is to walk away from the race having learned a lot and gained experience.

"Being selected for the Worlds is something I'm super proud of in itself. Being happy with a solid result will obviously be amazing, so we will see how I go!"

Have your say this weekend

What would you like to see the Franklin Local Board do over the next few years?

This weekend is your chance to have your say about where the board could focus its priorities on things like:

- public spaces like parks and playgrounds
- community facilities and events
- environmental programmes such as pest control, water quality, planting and climate change response
- supporting rangitahi to access local jobs
- partnership with iwi
- helping community groups to deliver community initiatives
- supporting businesses to grow the local economy

It is also a chance to let the board

know what you would like them to advocate to Council for on things like road maintenance, ferry and bus capacity, trails, footpaths, mowing, health of local waterways, economic opportunities and more.

The board has released a 6-page draft plan summary - it paints a good picture of what the board sees as its priorities. If there is anything in the plan that interests you or sparks an idea, get along to one of the board's consultation sessions this weekend:

- **Friday 4 August, 2.30pm, Clevedon District Centre**
- **Saturday 5 August, 10am-12pm, Kawakawa Bay Hall**
- **Saturday 5 August, 2pm-4pm, Beachlands Hall**

Maraetai hosts free Bait & Trap pest control event

Predator Free Beachlands and Maraetai love nothing more than to help you start your journey to make NZ predator free so our native birds can survive and thrive.

The group will host a free Bait & Trap session this Sunday 6 August from 9.30am-11am at the Rowan Muir Community Centre.

Experts will be on site to help you with

materials, advice and everything you need to get you started on your pest control journey.


The group applies for funding to carry out its mahi, so they do ask for help in paying it forward by giving a donation which helps them fund any shortfall when demand is high.



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Power outages caused by trees could be prevented, says Vector

- by Laura Kvigstad, Auckland Council reporter. Funded by New Zealand on Air.

Senior staff at Vector say preventable power outages will be ongoing until they are allowed to take a risk based approach to trimming trees.

At Auckland Council's Transport and Infrastructure Committee meeting last month, Vector's chief operating officer Peter Ryan said preventable power outages were "hampered" by regulations.

During Cyclone Gabrielle, Ryan said 65 percent of power outages were caused by

vegetation and 80 percent of those outages were caused specifically by trees.

"Vegetation is probably our biggest contributor to outages around the network. We are seeing a higher frequency of high velocity wind across the network which impacts us particularly in the north and west parts of Auckland."

Ryan said Vector was allowed to cut back vegetation up to three metres around a power line depending on the voltage.

"Anything beyond that we are unable to cut. A lot of the trees that impact our lines are beyond that cut zone in which case

we are unable to proactively cut those to reduce the risk."

He said Vector had been lobbying for eight years to increase the cut zone and shift to a more risk based approach.

Councillor Chris Darby asked about Vector's policy on undergrounding infrastructure like power poles, which contribute to deaths and serious injuries on Auckland's roads.

Ryan responded that Vector is looking at assets in areas where load capacity is increasing, and whether or not it could be viable to underground the assets.



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Participants at last week's Triples Tennis Tournament held at Clevedon Tennis Club.

A new way to play tennis is proving popular at Clevedon Tennis Club. Coach Han Le ran a Triples Tournament last week, which filled all five courts at the club.

Triples is a fast paced variation of tennis which sees teams of four compete against each other over the net. Three players are on their half of the court at any time, with one player off court. Players must rotate positions as quickly as possible with every point scored. There is no 'proper' serving; drop serves are used to start each point.

"It's a fun, cardio version of tennis that anyone can play," says Han. "No matter what your tennis skills are like, it's easy to pick up a racquet and step onto the court and play. No complicated scoring, no need to serve, you just have to keep moving quickly."

Last week's tournament was the third triples event held at the club, and each event has been sold out.

"It's a great mid-winter workout - as long as the weather plays ball!"

Last week's tournament winners were Kate Laurenson, Jeremy Duffin, Mark Chamberlin and Barry Mulder. To learn more about tennis offerings at Clevedon Tennis Club, contact Han at handuongkhanhle@gmail.com or join the free Love Tennis event on 10 September from 10am-4pm where you can give tennis a go and learn more.



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Locals gather at Te Puru Community Centre to cheer on Football Ferns

Pohutukawa Coasters have gathered at Te Puru Community Centre over the past two weeks to cheer on the Football Ferns as they embarked on their FIFA World Cup campaign.

Te Puru hosted the game screenings in their clubrooms, with plenty of people turning up to watch with friends and family.

An encouraging win against Norway raised hopes for the Football Fern's advancement to the next round, but

unfortunately hopes were dashed by a nil-all draw with Switzerland last Sunday. This weekend sees 16 teams compete in the next round, which will determine the 8 teams going through to the quarter finals which will be held 11 and 12 August. The semi-finals will be held on 15 and 16 August, while the final will be held on 20 August.

Tickets are selling fast for upcoming games in Auckland which are available at Fifa.com.



Football fans cheer on the Football Ferns at Te Puru Community Centre. Photo / David Smith.

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SPORTS

Beachlands Maraetai Football Club



RESULTS FROM WEEK ENDING 30 JULY

Black U9 played Metro FC Hahei U9 POD Jackson Soares
Red U9 played Fencibles United White U9 POD Clark Anderson
White U9 played BMAFC Blue U9 White POD Ashton Costar, Blue POD not submitted
Black U10 played Bucklands Beach AFC 9/10 Blue POD Judah
Blue U10 played Western Springs AFC U10 Harriers POD - Stella Skelton
Black U11 played Fencibles United Hedgehogs U11/7 POD Daniel Runtzler
White U11 played Auckland United FC Barcelona U11 POD Lev Kokorin
Blue Goats U11 played Western Springs AFC U11 Moss POD Nico Box
Blue U11G Orcas played Ellerslie AFC U12 Girls Black POD Livvy
Blue U12G Diamond Cats played Bucklands Beach AFC 11/12 Girls Yellow POD Kyah Walmsley
Black U12 played Bay Olympic Dachshunds U12 no result submitted
Blue 12 played Auckland United FC Italy U12 POD: Samuel Li, Flynn Rowson.
U13C lost to Papakura City FC U13CONF 0-6 POD Elijah Matson
Blue 14/3 lost to South Auckland Rangers AFC Roar U14/2 1-6 POD Joshua Brocas
U14G drew with Hibiscus Coast Ashley Springer's Girls U15G 1-1 POD Aliya Witchalls
Blue U16G/2 lost to Papakura City FC U15 Girls 0-7 POD Addison Caesar
U23 v West Auckland AFC KTB U23 no result submitted
NRFL2 v West Auckland KTB AFC NRFL D2 no result submitted
Rebels M40/4 beat Onehunga Sports FC Hunga M40/4 3-2 POD Brett Grobler
Lions M45 v West Auckland AFC Tailevu no result submitted
Coasters M40/4 BYE
Legionnaires M40/3 v Western Springs AFC Doctors M40/2 no result submitted
WCL v Onehunga Mangere United Scarlets WCL no result submitted

Clevedon Football Club



RESULTS FROM WEEK ENDING 30 JULY

COMETS U5 Player of the Day: EZRA HARRIS and Merit Award: MADIX WILLIAMS;
CARDINALS U6 Player of the Day: THEO SCHULTZ and Merit Award: GEORGIA ILICH; **CADETS U7** Player of the Day: ALIYAH MEYER and Merit Award: ARLO SEARLE; **CYCLONES U9** v Waiuku AFC Thunder Player of the Day: HARLEY ALLEN and Merit Award: JACK HARRIS; **COLTS U10** v Pukekohe AFC Yellow Player of the Day: HENRY MANDERSON and Merit Award: JAP DHANOA; **CHEETAHS U11** v Pukekohe AFC Red Player of the Day: ETHAN PARKIN and Merit Award: HENRY WATKIN; **COBRAS U12** v Mangere United FC Player of the Day: HUNTER MURDOCH and Merit Award: JESSE ALLEN

Pohutukawa Coast Netball Club



RESULTS FROM WEEK ENDING 30 JULY

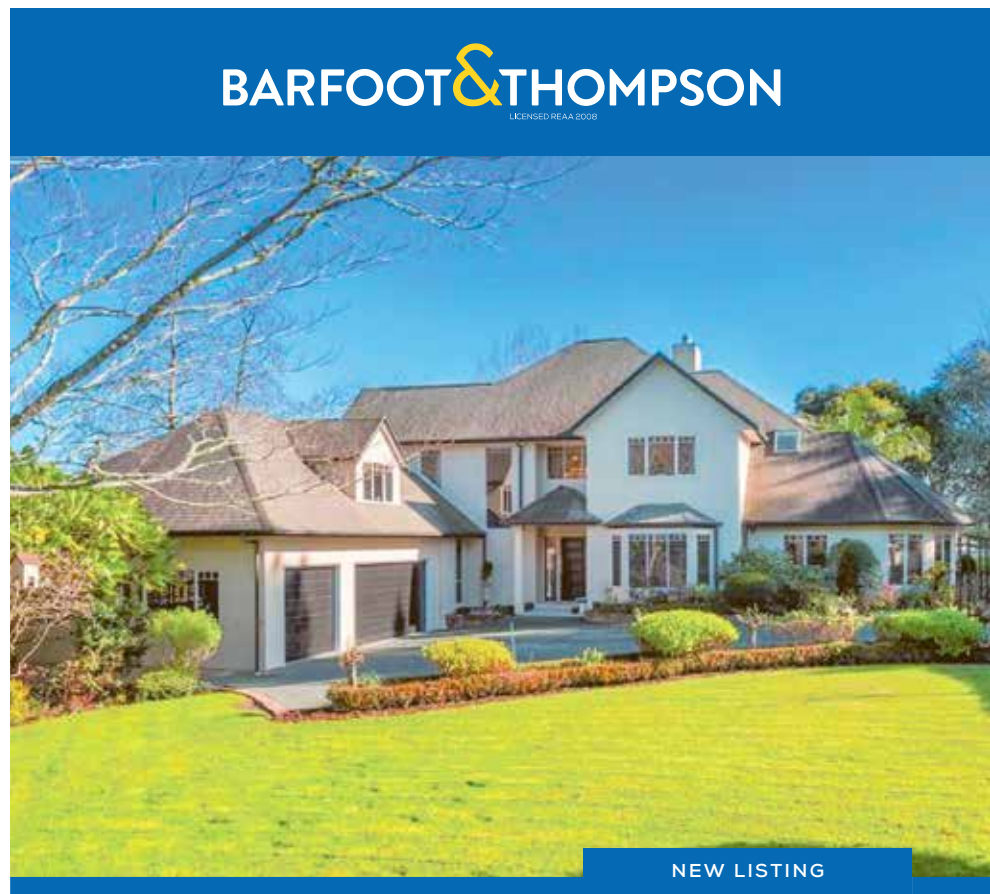
S1 vs Mellons Bay S1 - Lost 36 - 65 - POD Janelle Cridge; **S2** vs CSNC S1 - Won 35 - 12 - POD Olivia Creed; **S3** vs Te Ruapotaka Whanau Black - Lost 29 - 34; **S4** vs BYE; **C1** vs Sunnyhills C1 - Lost 14 - 42 - POD Chelsea Beere; **C2** vs CBNC C1 - Lost 20 - 26 - POD Mia Taurima; **C3** vs Shelly Park Red - Lost 9 - 25 - POD Sienna Hadfield; **J1** vs Mellons Bay J2 - Won 30 - 23 - POD Honor Rewha
J2 vs Sunnyhills J3 - Lost 17 - 18 - POD Charlotte Smith; **J3** vs Mellons Bay J6 - Won 21 - 6 - POD Zara Dilworth; **J4** vs Pakuranga United Rugby Club J4 - Won 13 - 12 - POD Mia Soares; **Y6 Fantails** - POD whole team for their amazing sportsmanship!; **Y6 Keas** - POD Tamara Cockerell; **Y6 Tuiss** - POD Szofia Rakovics; **Y5 Kiwis** - POD Jessica Blase; **Y5 Silvereys** - POD Lucy Hayes

Beachlands Maraetai Junior Rugby



RESULTS FROM WEEK ENDING 30 JULY

U9 Red Raptors won against Ardmore Marist 7-6, POD Liam Kelly and Nixon Currie; **U10 Mitre10 Tigers** lost to Ardmore Marist 45-20, POD Carter Fowler, TOD Ethan Cherrington; **U10 Navy** won against Marist Eastern, POD Colt Overend, TOD Luke Saville; **U11 Thunders** played Karaka and Ardmore, POD Wallace Woodthorpe, TOD Sam Lowe; **U12 Orange** won against U12 Navy 39 -34, POD Logan McKinnon, TOD Liam Kaukau; **U11 Girls Ripa** lost to University 16-7, POD Zoe Lawless, ROD Kiri Sophia Dixon; **U13 Girls Rip** lost to College Rifles 16-10, POD S Coley, ROD Ashlee Maxwell;



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A fundraiser party hosted by The Franklin will raise funds for the Beachlands Maraetai Associated Football Club - and everyone is welcome to join in the fun.

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Tickets are available from The Franklin for \$30 presale - the first 150 tickets include a Major Major drink on arrival.

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The event is supported by Ray White Beachlands and Sutcliffe Matson Law.

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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

- **BABY CHAT** 10.30-12:00pm, Beachlands Baptist Church, Age 0 to 1 yrs.
- **SENIOR CIRCUIT:** 9am \$6 Te Puru Centre.
- **CASUAL BADMINTON:** 7.30-9pm, Te Puru Centre, \$6. Ph:536 5360.
- **ST JOHNS YOUTH:** 6-7.30pm, St Hilda's Church, Wakelin Road.
- **CASUAL TABLE TENNIS:** 7.30-9pm. Te Puru, \$6.
- **SOCIAL TENNIS:** Adults beginners/intermediate 7-9pm Te Puru. Stephen 021 217 7587.
- **KEAS:** scouts for ages 6-8 - 5:30-6:30 Te Puru Scout Hall, tepuru@group.scouts.nz
- **CUBS:** scouts for ages 8-11 - 5:30-6:30 Te Puru Scout Hall, tepuru@group.scouts.nz

TUESDAY

- **COASTAL PLAYGROUP** 5 Jacobs Way, Maraetai. 9am-12pm. Bubs till 5 yrs. Sarah 022 082 6432.
- **KOKAKO VOLUNTEER DAY:** 8.15am-3.30pm, Northern Hunua Ranges. Ruth 021 950 915.
- **RUMMIKUB** 1-4pm, Te Puru Centre \$2. Bernadette 021 170 9350.
- **NATTER N STITCH** 12-3pm, Log Cabin, Sunkist Bay. Lynn 027 507 7200 or Gill 021 204 6647
- **MARAETAI (LAWN) BOWLING CLUB:** 1pm, Te Pene Road. Tues, Thurs, Sat. Derek 536 4626.
- **CASUAL BADMINTON:** 9:30-11:30am, Te Puru Centre, FREE.
- **TABLE TENNIS** - 1:30pm-3:30pm, 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.
- **COAST YOUTH:** Years 7-13 at 7-8.30pm. Beachlands Baptist Church. 021 385 535.
- **POHUTUKAWA COAST CHILDREN'S CHOIR:** For primary school ages, 3.30pm - 5pm, at Ray White 'The Shed', contact Rhianon 0212160224.
- **POHUTUKAWA COAST YOUTH CHOIR:** For intermediate and high school ages, 5.15pm - 6.30pm, at Ray White 'The Shed', contact Rhianon 0212160224
- **POHUTUKAWA COAST COMMUNITY CHOIR:** 7.15 - 8.45pm. coastchoir.com

WEDNESDAY

- **JP SERVICE:** 5.00-6.30pm, Beachlands Library.
- **COASTAL MAINLY MUSIC** 9am-12pm, for 0-5yrs, 5 Jacobs Way, Maraetai. Sarah 022 082 6432.
- **SENIOR CIRCUIT:** 9am \$6 Te Puru Centre. First Wednesday of the month BYO plate for coffee after.
- **CASUAL BADMINTON:** 10am-12pm, Te Puru Centre. All welcome. FREE.
- **SENIOR STRETCH & STRENGTH:** 9-10am, Beachlands Memorial Hall, \$12 per month (8 sessions).
- **PEST CONTROL DAY:** Southern Hunua Ranges, Ruth 021 950 915.
- **MASTERS SWIMMING:** Wed/Sat, carpool from Bchinds-Mtai. president@manukaumasters.co.nz.
- **"CREATIVE WINGS" ART FOR SENIORS:** 10am-12pm, St Hilda's Church, Beachlands.
- **CLEVEDON FIRESIDE BRIDGE CLUB:** 10.15am, Clevedon Anglican. Lessons avail. Pauline 299 7433.
- **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
- **BADMINTON GAMES:** 8pm, Clevedon Hall, BYO racquet, shuttlecocks provided, \$3. Rebecca 021 1109 675
- **WORN AGAIN OP SHOP,** 9.30am-12pm, The Cottage, 5 K Bay-Orere Rd, Kawakawa Bay.

THURSDAY

- **MAINLY MUSIC.** 9.30am, Beachlands Baptist. Morning tea provided. 021 385 535.
- **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, Beachlands Hall. Karen 021 213 6020.
- **TOY LIBRARY:** 10am-12pm, 59 Third View Ave. Can view & reserve toys online. Contact Betty Wilkings 021 492 325.
- **ADULT GYMNASTICS/FITNESS CLASS:** 11am-1pm FREE Te Puru.
- **SCOUTS - AGES 11-15 - 6:30-8:30** Te Puru Scout Hall, tepuru@group.scouts.nz.
- **TWICE LOVED OP SHOP:** Open 10am-3pm, 104 Maraetai Drive, Maraetai.
- **S.A.Y.G.O. "STEADY AS YOU GO"** Balance and coordination class. 10.30am. Kawakawa Bay Hall. \$2 Fee for Hall Hire and donations to Age Concern and Community. Friendly, gentle exercises. Contact 0210557370 Barbara Long.
- **COASTAL UKES (UKELLE CLUB)** 1:30 - 2:30pm, at Log Cabin, contact Val 027 393 4999 or Jean 021 023 09043.

FRIDAY

- **SENIOR CIRCUIT:** 10-11am Te Puru Centre, \$6 Ph 536 5360.
- **SENIOR STRETCH & STRENGTH:** 9-10am, Beachlands Memorial Hall, \$12 per month (8 sessions).
- **COTTAGE CAFE** 10am-12pm, K Bay, 1st and 3rd Fridays of each month, free coffee + food, company.
- **WORN AGAIN OP SHOP,** 9.30am-12pm, The Cottage, 5 K Bay-Orere Rd, Kawakawa Bay.
- **TWICE LOVED OP SHOP:** Open 10am-3pm, 104 Maraetai Drive, Maraetai.
- **COAST YOUTH:** 6.00-7.30pm Years 7 to 9, 7.00-9.30PM Years 10 to 13. Beachlands Baptist Church. 021 385 535.

SATURDAY

- **WORN AGAIN OP SHOP,** 9.30am-12pm, The Cottage, 5 K Bay-Orere Rd, Kawakawa Bay.
- **TWICE LOVED OP SHOP:** Open 10am-3pm, 104 Maraetai Drive, Maraetai.
- **COMMUNITY TAI-CHI:** 9:15-10:15am, Maraetai School, \$8 (contribution to the school), Stacy 576 3705.

SUNDAY

- **TOY LIBRARY:** 9-10am, 59 Third View Ave. Can view & reserve toys online. Contact Betty Wilkings 021 492 325.

Other events and services

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


Sunkist Bay Boating Club. pohutukawacoast@d112tm.org.nz or Michelle 0274 962 504.

POHUTUKAWA COAST COMBINED FRIENDSHIP CLUB EVERY SECOND THURSDAY OF EACH MONTH. 10am - noon at Pohutukawa Coast Presbyterian Church, 5 Jacobs Way, Maraetai. Morning tea and speaker. Rhonda 021 909 724.

POHUTUKAWA COAST ROTARY SECOND AND FOURTH THURSDAY OF EACH MONTH, 6pm, Log Cabin, Beachlands.

NZSG HOWICK EVERY 2ND SATURDAY OF THE MONTH, 1.30am at St Andrews Church Centre, Vincent Street, Howick. Door charge \$5. Visitors welcome. Further information phone 576 4715 or 576 5400.

COASTAL TREASURES OPEN THURSDAY, FRIDAY & SATURDAY, 10am-4pm, 41 Third View Ave, Beachlands. Donations welcome Monday, Wednesday and Saturday before 7pm (unless raining) or phone Tania on 021 644 722 for appointment.







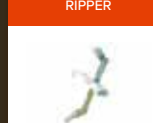

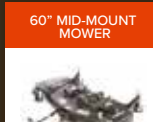

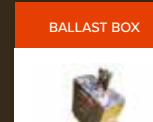
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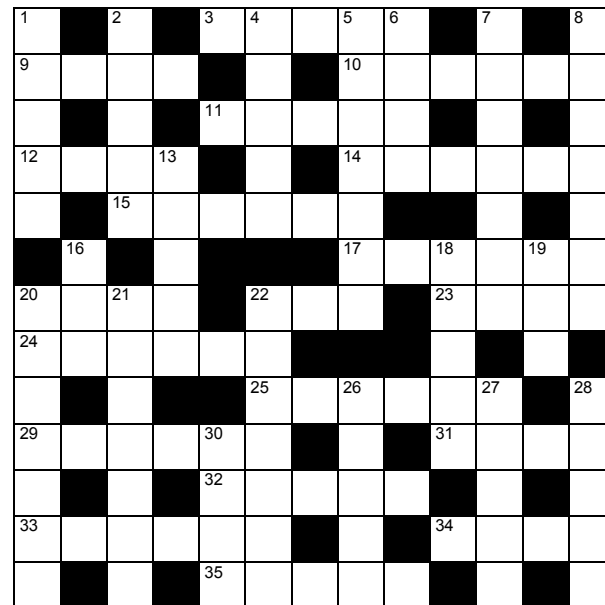
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Across

3. Wooden storage box (5)
9. Resound (4)
10. Sermonise (6)
11. Pulped food (5)
12. Overwhelming defeat (4)
14. Light, clear red (6)
15. Dwarf ornamental tree (6)
17. Time to come (6)
20. Group of countries (4)
22. Utter (3)
23. Low dam (4)
24. Extremely popular (3,3)
25. Fill with intense delight (6)
29. Vigorous struggle (6)
31. Send phone message (4)
32. Make amends (5)
33. Panoramic (6)
34. Revolve (4)
35. Jingle (5)

Down

1. Approaches (5)
2. Low woody plant (5)
4. Divisions of time (5)
5. Stipulate (7)
6. Large bush (4)
7. Tiredness (7)
8. Any persons (7)
13. Set fire to (5)
16. Beer (3)
18. Bend (5)
19. Tamper with (3)
20. Cruel, beastly (7)
21. Long journey (7)
22. Extend (7)
26. Poisonous fluid (5)
27. Agitated (colloq) (3,2)
28. Pong (5)
30. Hideout, place of safety (4)

Answers on page 11

Classified Ads

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- An ability to work with all people from a range of backgrounds and cultures, in a sensitive & confidential manner.
- Excellent Communication skills
- Excellent Computer & IT skills
- Highly self-motivated and able to work independently
- Attention to detail along with 'can do' attitude

A medical background is not essential as full training will be provided.

We envisage the hours of work to be 4 hours per day, 4 days per week initially.

Applications are open until 14th August & a Job Description is available on request.

Please email applications to: melcleave@gmail.com

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Please email applications to: melcleave@gmail.com



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Looking after your mental health

DOES YOUR PHONE RULE YOUR LIFE?

Long ago, phones were firmly attached to a wall – they stayed put while we went and got on with our lives. Now, mobile phones have become an inseparable part of many people's lives. Their constant presence and the allure of endless information and entertainment can adversely impact our well-being, relationships, and overall quality of life.

Do you feel you have to be 'available' on your phone ALL the time? Do you compulsively check your phone, from first waking to last thing at night? Even in inappropriate situations such as during meals with family or friends, at a theatre or concert, or during ceremonies such as weddings or funerals? Do you become anxious when separated from your phone? Do notifications and social media updates frequently distract you from your work or other obligations?


Social media platforms are designed to draw us in, through a constant stream of information, to a maze of endless paths, deeper and deeper, till we find it almost impossible to escape. The addictive nature of mobile phones also impacts interpersonal relationships. It can lead to misunderstandings, miscommunication and missed opportunities.

This phenomenon is particularly concerning among young people, because face-to-face communication skills are crucial for personal growth and emotional development. Spiralling levels of cyberbullying are compounding the negative impacts of what was once a harmless communication tool.

Breaking free from a phone addiction requires a strong conscious effort. Here are some practical tips:

1. Set boundaries: Phones have setting options for 'downtime' and time limits for the use of applications. Or, simply ban phones from the dining table or the bedroom.
2. Limit notifications: Disable unnecessary notifications to reduce the constant urge to check your phone.
3. Engage in alternative activities: Pursue hobbies, exercise, or spend quality time with loved ones without the interference of mobile phones.
4. Digital detox: Ask a family member or trusted friend to take your phone over a weekend so that you don't have access to it.

Mobile phones are important and useful tools for our modern lives, but we don't need to let them become our masters. By taking back control, we empower ourselves to be less stressed, more productive, and actually become better communicators!



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BARFOOT THOMPSON & Student Voice

LOCAL STUDENTS' NEWS, VIEWS & LITERARY TALENT

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

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



This week's voucher sponsored by Stuart Fitzpatrick

How Lake Taupo Formed

Lake Taupo did not exist 27,000 years ago. Roughly 26 or 27 thousand years ago a series of small eruptions happened, this left geysers and other signs of volcanic activity. For the next 1,500-2000 years nothing much happened on the surface. Deep under the surface something was happening. Magma kept bubbling into the space in the crust.

25,500 years ago lots of small eruptions started, then a giant eruption happened. The small eruptions had weakened the crust enough that the pressure underground got so big that the whole magma chamber erupted. This weakened the crust even more and it collapsed into a giant crater. The eruption was so big that people have found ash from it all around the world, the ash cloud would have covered the Pacific Ocean.

Over time the crater that was left behind slowly filled up with water from rain and rivers. It got deeper and deeper and is now what we call Lake Taupo. There are still parts of the old volcano under the lake now, that is why you get hot pools near Lake Taupo.

- by James Whale, Year 3, Beachlands School

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CROSSWORD ANSWERS

Across: 3. Chest, 9. Echo, 10. Preach, 11. Puree, 12. Rout, 14. Cerise, 15. Bonsai, 17. Future, 20. Bloc, 22. Say, 23. Weir, 24. Red hot, 25. Ravish, 29. Tussle, 31. Text, 32. Atone, 33. Scenic, 34. Turn, 35. Rhyme.

Down: 1. Nears, 2. Shrub, 4. Hours, 5. Specify, 6. Tree, 7. Fatigue, 8. Whoever, 13. Torch, 16. Ale, 18. Twist, 19. Rig, 20. Brutish, 21. Odyssey, 22. Stretch, 26. Venom, 27. Het up, 28. Stink, 30. Lair.

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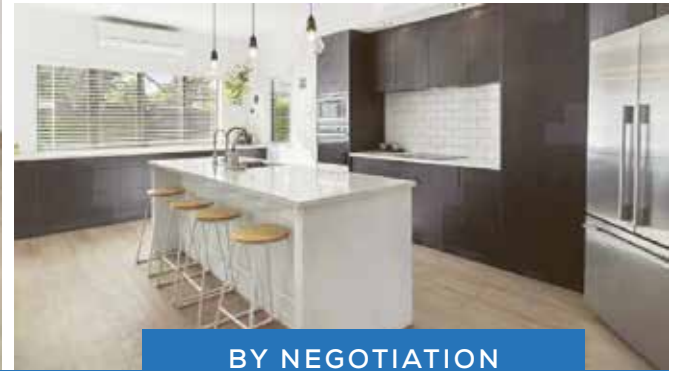
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BY NEGOTIATION

BEACHLANDS

19 PINE HARBOUR PARADE



FOR SALE
By Negotiation

VIEWING
Saturday and Sunday
3:00pm - 3:30pm

barfoot.co.nz/849391

FIND YOUR BIG BREAK

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Mike Deverell
021 466 300
m.deverell@barfoot.co.nz



Kobus Steyn
022 350 2428
k.steyn@barfoot.co.nz



FOR SALE

WHITFORD

15 RIDGELINE WAY



FOR SALE
By Negotiation

VIEWING
Sunday
1:00pm - 1:45pm

barfoot.co.nz/845460

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Marylin Van Wagoner
027 493 5652
m.vanwagoner@barfoot.co.nz



Jessie Stewart
021 969 539
jstewart@barfoot.co.nz



BY NEGOTIATION

WHITFORD

4 SOLWAY ROAD



FOR SALE
\$1,495,000

VIEWING
Saturday and Sunday
2:00pm - 2:30pm

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Matthew Brown
027 549 4673
m.brown@barfoot.co.nz



Emily Zhong
021 128 9278
e.zhong@barfoot.co.nz



NEW LISTING

BEACHLANDS

21 BELL ROAD



TENDER
4:00pm Thursday 24th August (unless sold prior)

VIEWING
Saturday & Sunday
1:00pm - 1:30pm

barfoot.co.nz/851496

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SPECIAL AGENTS 003
Ian, Jenny, Nicolette & Mark
j.chandler@barfoot.co.nz



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