

3 November 2023

BMRC - the best little rugby club in the country!



Junior players from Beachlands Maraetai Rugby Club pictured at the recent national tournament in Taupo.

Beachlands and Maraetai's young rugby players have played their hearts out to win more awards at national tournaments over the past season than any other club in the country.

This year the club sent nearly half its club members to national junior rugby festivals in Auckland, Taupo and Christchurch. The eight teams who took part represent the biggest contingent the club has ever sent to compete at national level, and Beachlands Maraetai Rugby Club president Frans Maritz says the club is "very blessed and proud" at the hard work undertaken by the community, coaches, managers and committee to get the teams there.

Frans says the national rugby festivals are the pinnacle for junior players, offering them an opportunity to showcase their talents and experience real competitive rugby against other regions.

"The experience they gain is priceless and will be with them for years to come," says Frans.

BMRC players received a number of team and individual awards this year, and were the highest award-winning club in the country with 15 awards.

Team awards for the tournament team in respective grades went to:

- U11 Fast Ferns - RIP Rugby
- U13 Fast Ferns - RIP Rugby

Individual awards for Most Valuable or Best and Fairest Players in grade went to:

- George Skinner - U10 Tackle
- Causis Harris - U12 Tackle

The tournament team individuals voted Best and Fairest players (verified by Tournament Selectors) were:

- | | |
|--|------------------|
| Tackle Rugby | RIP Rugby |
| Caleb Rowson U10 | Phoebe Keily U11 |
| George Skinner U10 | Eva McDonald U11 |
| Colt Overend U10 | Abbie Frewin U11 |
| Oskar Lawrence U10 | Ollie Frewin U13 |
| Heinrich Maritz U11 (first player selected 2 years in a row) | |
| Causis Harris U12 | |
| Dylan Overend U12 | |

"This is an amazing result for our club, and we are very proud of everyone who played and supported," says Frans.

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INSIDE: Santa plans parade appearances p3

Meet Whitford's healing horses p4

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The Pohutukawa Coast Times is distributed weekly to 6500 homes and businesses in: Whitford, Brookby, Beachlands, Maraetai, Clevedon, Ardmore, Alfriston, Kawakawa Bay, Orere Point, Hunua and Paparimu

Member of the New Zealand Community Newspapers Association



The PC Times 20 years ago:

31 Oct 2003: Brookby Kindy to close at end of the year.



PINE HARBOUR ELECTRICAL

Weekly Tide Chart

3 Fri		5:43am ▼ 0.6m	12:11pm ▲ 3.1m	
4 Sat		12:36am ▲ 2.9m	6:28am ▼ 0.7m	
5 Sun		1:24am ▲ 2.8m	7:16am ▼ 0.9m	
6 Mon		2:15am ▲ 2.7m	8:09am ▼ 1.0m	
7 Tue		3:09am ▲ 2.6m	9:09am ▼ 1.1m	
8 Wed		4:08am ▲ 2.6m	10:11am ▼ 1.1m	
9 Thu		5:06am ▲ 2.6m	11:08am ▼ 1.1m	

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Editorial by MP for Papakura Hon Judith Collins

Dear Constituents,
 I greet you with a hearty "thank you" to the 31,532 voters (preliminary count) in Papakura who voted in the 2023 General Election.

I am humbled and extremely pleased to have received the majority (preliminary count) of 18,858 votes, for the Electorate of Papakura and to be confirmed as your Member of Parliament for another three years. It means that as a part of a National-led government I will be able to implement and support policies that will make life in our wonderful electorate even better. You have reached for hope and National will deliver.

As your Member of Parliament whether you voted or not, I promise to serve you to the best of my ability and to provide energy and experience for making Papakura an even better place to live, work, be educated and relax in.

As you know one of the first things on my list for the Electorate is Mill Road and I will be advocating for an early start to this project as well as other local transport and infrastructure initiatives.

My personal priorities include supporting the reduction of tax to help middle income families cope with the cost of living and other measures to

bring down the cost of necessities like food and fuel.

I support bringing back targets for reducing hospital waiting times for emergency departments and for patients seeing specialists and getting operations.

I will support our education policies including getting children back into school, getting them reading for an hour daily and writing and doing maths for an hour every day too.

During the year it has been my pleasure to meet many of you in Papakura's suburban streets and rural areas. I have visited and met many business owners in the town centres across the Electorate.

Over the last three years, I have met the CEOs of not-for-profits who do great work in our community of Papakura.

I have met the leaders of recreational clubs that support people's health by providing community-based activities such as sports and fine arts.

I have met people in our rural communities who have innovative ideas around producing food and other products from herds of water buffalos, alpacas and rare breeds of cows, sheep and goats.

It will be good to meet more of you at the upcoming Clevedon A and P Show, now in its 114th year, on 4 and 5 November at 107 Monument Road Clevedon.

I am proud live in this Electorate that stretches from the Pōhutukawa Coast areas of Ardmore Airport, Brookby, Whitford, Beachlands, Maraetai, Clevedon, Kawakawa Bay, Ōrere Point across to Hunua, Ararimu, Drury, Paparata, Ramarama, Bombay out to Kingseat, Hingaia and Te Hihi on the west coast and back through Karaka to Papakura.

My Electorate office is in Roselands Shopping Centre, Great South Road Papakura and it is available to you Monday to Friday.

For all, it has been a busy year. We have endured the higher cost of living as interest rates, food and fuel prices have risen due to overspending following covid, destructive weather and bad management.

It is now time for me and my National colleagues to make good our promise to "Get New Zealand Back on Track". It is a challenge that we accept and will do our best to complete.

Thanks again for your support in the General Election 2023,

Judith

Hon Judith Collins MP for Papakura
 www.judithcollins.co.nz
 Facebook.com/judithcollinsmp
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 Electorate Office: Roselands Shopping Centre, 98 Great South Road, PO Box 72646, Papakura 2110
 Telephone: (09) 299 7426
 Email: Judith.Collinspapakura@parliament.govt.nz

Coast Road closed for fun run

The Rotary ALLFIT Coastal Fun Run will take place for the fifth (and probably the last) time on Sunday 5 November with the 10km event starting at Duder Regional Park at 9.00am and finishing at Te Puru Park.

Runners and walkers will use Maraetai Coast Road, which will be under traffic management from approximately 9.00am to 10.30am. During this time there will be traffic speed restrictions and the side heading east towards Clevedon will be closed to all traffic.

Event Director Alex Garden from the Rotary Club of Pohutukawa Coast says: "We don't like inconveniencing local

residents but this is a charity event that benefits the local community in a number of ways. Not only does it encourage exercise and healthy living, it provides monetary help to individuals and groups within our community."

Tickets for the event can be bought online until midnight Friday 3 November and at Te Puru on Saturday 4 November, 3.00pm-5.00pm. Tickets can also be bought on the day at the start of the 10km (Duder) and 5km (Maraetai Beach) events, cash only.

See www.RotaryCoastalRun.nz for more details.

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Ho Ho Ho-pe you're all ready for this year's Santa Parades!

Beachlands

Santa is all set to visit Beachlands on 2 December 2023, and has confirmed his presence at the Pōhutukawa Coast Santa Parade.

The Takutai Charitable Trust is organising the parade, thanks to generous support from Pōhutukawa Coast Rotary Club, Franklin Local Board and Nakhle Group (Manukau Quarries LP).

Santa will parade from the Beachlands Domain to Sunkist Bay and will then reside at the Log Cabin, surrounded by a host of community elves and entertainment.

As always this will be a free community event, but the Takutai Charitable Trust says it needs YOU to make it a success.

There are several ways to get involved:

1. Enter a float (walking or vehicle) - anyone can do this, and it's a great way for your business or community group to raise their profile
2. While there will not be a Christmas market this year alongside the Parade, there will be a small number of stalls and a sausage sizzle, which support community fundraising.
3. Volunteers are needed on the day to help the parade run smoothly.
4. Volunteers who may wish to provide entertainment such as music and childrens' entertainers are needed.

Contact the Takutai Charitable Trust

via its Facebook page www.facebook.com/takutaitrust where you will find links to registration forms, via email takutaitrustnz@gmail.com or on 027 536 4400 if you can help with any of the above or want to get involved to make this the fun, quirky Santa Parade that the Pōhutukawa Coast community loves and supports.

Clevedon

Clevedon Community & Business Association is looking for clubs, groups, teams, schools, businesses or families keen to decorate a trailer, tractor, bike, horse or boat and join the fun at this year's Christmas Parade. Or just join the parade on foot!

This year's parade will be held at 2.30pm on Saturday 2 December, with entrants starting just south of the village on Papakura Clevedon Road and making their way to the village roundabout before returning along the main street.

The parade route will be closed from 2pm-4pm, with detours signposted.

There'll be extra festivities this year too - with the Clevedon Village Reserve becoming home for the afternoon to Santa's grotto, a bouncy castle, face painting, sausage sizzle and Clevedon strawberry ice creams. Cartoon characters and Princess Elsa will be walking around



Scarlett enjoys a chat with Santa at the 2022 Beachlands parade.

the village. The local dairy and superette, coffee shops and fish and chips shops will be open on the day.

For further info or to register your participation in the parade contact events@clevedon.co.nz or phone Maree

021 657 346.

Residents can also decorate their letterboxes for this year's Christmas letterbox competition.

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Healing horsepower: Whispering Hope offers path to emotional well-being

A five minute rest lying against 28-year-old horse Cracker is as good for your mental health as doing a mindfulness exercise. In fact, it's pretty much the same thing.

Cracker is one of four therapy horses living at Michelle Godsiff's Clifton Road property in Whitford. A qualified equine therapist, Michelle has launched a new business this month which she says will offer help and hope to children struggling with their mental health.

In recent years, equine therapy has emerged as a powerful form of treatment for people grappling with mental health challenges. Studies and anecdotal evidence have shown that interacting with horses can have significant therapeutic benefits. A growing body of research supports the use of equine therapy as an effective intervention for individuals with a range of mental health issues including depression, anxiety, post traumatic stress disorder (PTSD), autism spectrum disorder (ASD), eating disorders, and those with low self confidence.

One study published in the *Psychiatry Research* journal in 2013 found that participants who engaged in equine therapy demonstrated a significant reduction in symptoms of depression and anxiety compared to a control group. The close bond formed between humans and horses during therapy can help reduce stress and promote feelings of well-being.

Michelle's new business is called 'Whispering Hope Ltd', named after the Jim Reeves hit. Michelle says the first two lines of the song capture the essence of equine therapy - *"Soft as the voice of an angel, breathing a lesson unheard."*

In addition to her equine therapist qualification, Michelle has more than 40 years experience as a qualified British Riding Instructor and 21 years early childcare centre educator and owner. She is ably partnered in her new venture by Lissa Gilliver, who has a PhD in immunohaematology and has worked within the field of mental health in the pharmaceutical industry.

Both say there are a few misconceptions about equine therapy.

"Some people think you're a horse whisperer," says Michelle. "Others think you're doing Riding for the Disabled."

Equine therapy provides a unique and safe space for children to develop essential life skills. The responsibility of caring for and interacting with horses promotes emotional regulation, effective communication, trust-building and problem-solving abilities.

"Studies show that being around horses lowers your cortisol levels and heart rate, which indicates a higher level of wellbeing," says Lissa.

Horses, known for their sensitivity and non-judgmental nature, can often establish deep connections with participants. The

mutual trust and respect developed in these relationships can help individuals regain a sense of self-worth and improve their self-esteem, which is particularly beneficial for those who have experienced trauma.

Michelle says that equine therapy offers a low-confrontational form of therapy, which can be helpful for children who have difficulty articulating their feelings and who can feel pressured in a more clinical setting.

"Horses are neutral. They don't hold grudges and they don't judge," she says.

The newly launched 10-week equine therapy course offers individually tailored 1-hour sessions, or groups of up to 4 participants the chance to spend one four-hour session per week, with the centre's therapy horses.

Following a briefing with parents and caregivers, Michelle engages the young participants in an icebreaker activity, followed by a safety discussion (the centre has a robust health and safety policy).

Then it's outside to meet the therapy horses - Fern, Cracker, Toitoti and pony Calamity Jane.

Throughout the course children are taught how to read the horses' body language, and how to safely groom, lead and interact with them.

"The relationship with the horses is so much more than getting on and riding," says Lissa.

FREE THERAPY COURSE OFFER

Whispering Hope is offering four local children the opportunity to experience a ten-week equine-assisted therapy course at no cost* (valued at \$2,500 per person).

To apply, contact Michelle on 021 035 7297

*Free course placements will be allocated according to need.

The programme is catered to each person's level of need, and Michelle says a big part of the programme's success is allowing children to be in the moment, within peaceful country surroundings.

The 4-hour course includes ballet sessions within the centre's dance studio.

"Ballet requires balance, discipline and interpretation," says Michelle, a former professional ballet dancer herself. "It tells a story without words. All of those things help children to express themselves."

At the end of the programme, Michelle and Lissa say their goal is to have grown children's confidence.

For more information, see www.whisperinghope.co.nz.



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Many people will remember Michelle from when she had Lilly's Locker and Lillyput Montessori preschools for 21 years on Clifton Rd in Whitford. Prior to that she taught hundreds of children to ride at Langtry Horse Riding on the same property that adjoins Aylrie's Gardens.

"I have recently qualified as an equine-assisted therapist and have learned more about horses and their powerful healing qualities on the course, than in the previous 50 years of riding horses and simply being around them."

Michelle is also an ultra graduate of the Silva Mind Control (USA) programme and for over 20 years, has endeavoured to incorporate the Virtue (Canada) teachings into the Montessori programme.

One of our therapy horses shown with a model



"When I first left school I had danced in the Corps de Ballet of the New Zealand Ballet school and will also be using dance therapy as a tool in my programme."

The 10-week course is designed to include working with and learning from the horses; You are a Star Virtues programme; mindfulness and imagination; and dance and expressive therapies.

Whispering Hope is situated on 5 acres of tranquil land just a stone's throw from the beach. The property is beautifully set up to cater for all kinds of tailor-made programmes - eventually there will be rooms to rent for use by other practitioners e.g., Pilates and Yoga.

"Watch out for our new road sign going up on the corner of Clifton Rd."

Contact Michelle: +64 21 035 7297

E-I-E-I-Go to this weekend's Clevedon A&P Show!

The Clevedon A&P Association will hold its annual show on Saturday and Sunday 4 and 5 November at the Clevedon Showgrounds in Monument Road.

The only show of its kind in Auckland offers a great day out for the family to see a typical New Zealand rural show.

Competition is always fierce in the animal rings and there will be livestock shows on both days with goats, sheep, cattle and calf club, plus 18 equestrian classes including the fast-paced mounted games.

Indoors the horticultural and industrial section will feature prized home made goods including flower displays, baking,

vegetables, preserves and cheeses, while the art section features painting and photography.

There is plenty to entertain the whole family, with motorcycle dare devilry, tractor trailer rides, carnival rides and a new 70m slide.

The hugely popular farm yard will once again let children get up close to donkeys, goats and sheep, while outside Barking Mad will run dog races.

Trade shows, live music and Clevedon's best food and wine will round off a great day out.

For full information about what's in store, visit clevedonshow.co.nz.



Details:

Clevedon A&P Show

Saturday 4 and Sunday 5 November 2023

9am-5pm

Clevedon Showgrounds

Monument Road - pedestrian and vehicle entry is via Gate 4.

Tickets available from theticketfair.com, family passes \$30, adults \$15, seniors/students \$10, children \$5.



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Allister says that one thing that sets his business apart is his commitment to honouring clients’ requirements. “I like to advise my clients of any



potential issues so they can plan and budget for their maintenance requirements eliminating unexpected

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Hui starts a conversation about mental health support on the Pōhutukawa Coast

A **Community Mental Wellbeing Hui** will be held at the **Beachlands Hall** on **Thursday 9 November at 6.30pm**. Everyone over 18 years is invited to attend. The Community Mental Wellbeing initiative is supported by the Takutai Charitable Trust.

The hui aim is to start the conversation about the mental wellbeing of the Pōhutukawa Coast's community and what the community can do to support each other better at times when things go wrong in life. For some people that sometimes seems like every day.

Hui coordinator Ann-Marie Higgins says the initiative is not about replacing the existing services and supports provided by Te Whatu Ora, NGOs and other community mental health services but is about finding a way to support those services at a local community level.

Guest speakers from EMERGE and DRIVE will talk at the hui about their work in the mental wellbeing space and there will also be representatives from Counties Manukau Mental Health and Addiction services, Police, Fire Brigade and the local community.

"We want this hui to be an opportunity for you to find out more about resources, services and supports available through our Te Whatu Ora Mental Health and Addictions services, the NGO and

other community services that support communities, that you might not know about," says Ann-Marie. "It's also an opportunity for you to share your thoughts and ideas of what more we can do as a community to support each other and our wider community at times when life gives us lemons instead of sweet treats!"

The hui will also seek feedback about what mental health and wellbeing education and training would be helpful to provide for different community groups like youth, new mums, older people, families living with mental unwellness and other health challenges, our Maaori whaanau and others in the community. Some options planned are Mental Health First Aid, Life Keepers and Victim Support.

"We know these programmes give community people the tools to better respond to and cope with what's happening in their lives and with their whaanau," says Ann-Marie.

"We are aware of the unmet need in our community when it comes to mental wellbeing and what the statistics are telling us about the traumatic events that happen in our community and we hope this hui will provide an opportunity for us all to connect as members of the same community and collaborate at a community level."



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CROSSWORD ANSWERS:

Across: 1. Melodrama, 7. Glare, 9. Conga, 11. Con, 12. Shriek, 13. Lights, 14. Lie-in, 15. Awhile, 17. Use, 20. Imp, 22. Valour, 24. Tacit, 25. Absurd, 27. Rhythm, 29. Pep, 30. Eerie, 31. U-turn, 32. Deference.

Down: 1. Marshal, 2. Leer, 3. Rookie, 4. Again, 5. Machismo, 6. Sense, 8. Rot, 9. Cello, 10. Glib, 16. Homespun, 18. Lathe, 19. Grumble, 21. Wade, 22. Virile, 23. Kaput, 24. Trend, 26. Bet, 28. Twin.

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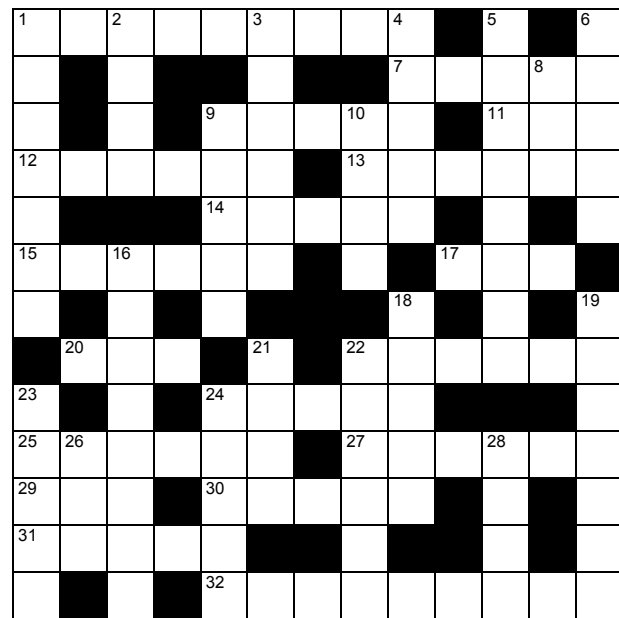
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Across

1. Histrionics (9)
7. Dazzling shine (5)
9. Line dance (5)
11. Dupe (3)
12. Squawk (6)
13. Illuminates (6)
14. Morning stay in bed (3-2)
15. For a short time (6)
17. Employ (3)
20. Sprite (3)
22. Bravery (6)
24. Unspoken (5)
25. Ludicrous (6)
27. A natural feeling for music (6)
29. Energy (3)
30. Spooky (5)
31. Reversal of policy (1-4)
32. Respect (9)

Down

1. Official at public events (7)
2. Lascivious gaze (4)
3. New recruit (6)
4. One more time (5)
5. Masculinity (8)
6. Reasonable rationale (5)
8. Decay (3)
9. Musical instrument (5)
10. Smooth-tongued (4)
16. Folksy (8)
18. Wood-shaping machine (5)
19. Complain (7)
21. Walk through liquid (4)
22. Vigorous and manly (6)
23. Broken (inf) (5)
24. General direction of change (5)
26. Wager (3)
28. Double (4)

Answers on page 8

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, Orere 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.



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and see the land and sea meet
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- by Keira, Year 7, Clevedon School

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Proposal to grant a community lease to Maraetai Beach Boating Club and to reclassify land at Maraetai Park

Auckland Council invites submissions or objections from persons with an interest in the above proposals.

Under the Reserves Act 1977, Franklin Local Board proposes to grant a new community lease to Maraetai Beach Boating Club Inc. for part of Maraetai Park, 188R Maraetai Rd, Maraetai, legally described as Lot 81 Deposited Plan 46586 and Allotment 121 Parish of Maraetai. The land is held in fee simple by Auckland Council.

The term of the proposed community lease is an initial term of 10 years with a single renewal term of a further 10-years.

Also under the Reserves Act 1977, Auckland Council proposes to classify the land at Maraetai Park, legally described as Part Lot 81 DP 46586 and Allotment 121 Parish of Maraetai, from unclassified recreation reserve to classified recreation reserve. Maraetai Beach Boating Club occupies 7,620sqm (more or less) of the reserve with clubrooms, boat storage, boat ramp and jetty. The classification of this unclassified land is required to enable a new community lease to be granted.

Any person wishing to make a submission on the above proposal is required to lodge this in writing no later than **Friday 1 December 2023, 5pm** to:

Jenny Young, Community Lease Specialist

jenny.young@aucklandcouncil.govt.nz

Private Bag 92300, Victoria Street West, Auckland 1142

phone 021 524 915 or 09 262 5798

Please state in your submission if you wish to be heard in person.

Any information provided to council will become subject to the Local Government Official Information and Meetings Act 1987 and may be released by council under that act, unless a withholding ground under the act applies. Submitters details may be provided to elected members for decision making purposes and may be included in meeting agendas that will be published on the council's website. Any submitter should state in their submission if the whole or any part of the submission is to be kept confidential and must indicate the grounds for the information to be withheld.

Find out more: phone 09 301 0101 or visit aucklandcouncil.govt.nz



WHITFORD RESIDENTS AND RATEPAYERS ASSOCIATION

ANNUAL GENERAL MEETING

This AGM also covers the Whitford Community Charitable Trust

Monday 20th November at 7.30pm

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Public Meeting

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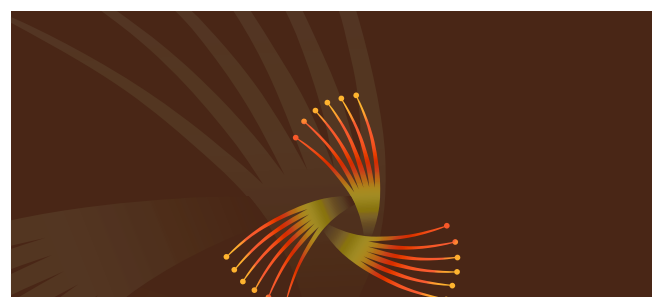
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