Pohutukawa Times Coast Times

21 June 2024

Local Blues player inspires kindy kids



Kawakawa Bay Kindergarten students are delighted with their new Blues promotional gear, donated by Julie McWhannell (back left), mum of Blues lock Laghlan McWhannell.

Kawakawa Bay kindergarten students are learning some important messages about health and fitness, with inspiration from Blues lock Laghlan McWhannell who was born and raised in Kawakawa Bay.

Laghlan's family has lived in Kawakawa Bay for 28 years. His mum, Julie, is a passionate advocate for good health, fitness and overall wellbeing. She has donated Blues caps, pencil cases, posters and flags to children at the kindergarten, and is sharing important messages about nutrition and fitness.

Julie says that a lifetime of being active and healthy has helped Laghlan get to where he is now. Laghlan is a professional athlete, contracted to Auckland Super Rugby team the Blues, Waikato provincial rugby club in Hamilton and regional rugby club Hautapu in Cambridge.

Life in the McWhannell house was always active while Laghlan and his sister Kaitlin were growing up, says Julie.

"We would invite friends' kids to join in as much as possible. There were always plenty of challenges. We are all pretty competitive, we had fun but we pushed each other too."

When Laghlan and Kaitlin were at school, training for athletics day involved a 5km run to the boat ramp and hill sprints up Te Papa Road. Cross country meant a 5km run up the hill and short course trail runs with the Leppin and Xterra series. Triathlon training meant swimming in the bay and cycling up Orere Hill and around the bays.

"Kawakawa Bay makes it easy to have fun but still

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Editorial by Franklin Local Board Wairoa Representatives

We can take the environment for and open spaces. granted so it was excellent to see Auckland recognised as a Tree City of the World by the Arbor Day Foundation.

It was no one-off, with the award made for the fourth straight year, making our home one of 200 cities recognised across 22 countries.

We are thrilled our efforts to increase urban ngahere cover are paying off, with communities planting thousands of trees, including in our regional parks.

Franklin is blessed to contain open spaces and the social, cultural, economic, and environmental benefits they bring, but it doesn't mean we can ease off, especially when you regularly put the state of the environment at the top of your concerns.

Tree Cities of the World aims to create more green spaces in urban areas by recognising cities doing well. Last year Council planted about 750,000 trees and plants, many under the Urban Ngahere Programme, which since it started in 2018 has added 2,000 mature street trees annually, a figure expected to grow to 5,000 this year.

We are one of 16 of Auckland's 21 local boards to adopt urban ngahere action plans that support increasing tree canopy cover in road corridors, parks

Your focus on the environment also helped guide our recent decision to allocate another \$45,000 to Predator Free Franklin Te Ara Hīkoi.

We were also able to commit \$10,000 to the Finding Franklin Bats research programme, which has already found the critical endangered species rated long-tailed bat (pekapeka tou roa) is more prevalent across the area than first thought.

Recently we were able to acknowledge volunteers who have done 30 years of incredible work to protect the kokako in the Hūnua Ranges, and we believe our tiny and shy bat is just as important.

There is quite a way to go to safeguard it, so this funding will allow another small step on the path to understanding more.

In a third environmental move, \$10,000 was also allocated to the Papakura Stream restoration initiative, which unites the Franklin, Papakura and Manurewa boards in a project designed to help clean-up the waterway.

Careful financial management also allowed us to commit \$10,000 to our Franklin Local Economic Broker programme, something many businesses in the area have benefited from, and \$12,000 to Coastal Rescue Service

Grants – which helped support Maraetai Coastguard.

And a nod to the willing volunteers of Te Puru Trust too.

It recently relinquished its Council Controlled Organisation (CCO) status.

Breaking its ties to Council has taken more than a decade, with former chair Kevin Obern raising the idea in 2014, 12 years after the trust was formed by the then Manukau City Council to complete and run the community centre.

Those plans stalled at the trust's request for a few years, but another former chair, Mat Tucker, revived the move.

We acknowledge the capable people who have contributed to Te Puru becoming the sporting heart of Beachlands-Maraetai.

The trust has good people dedicated to delivering for the community, and we know they remain committed to ensuring the area has quality facilities.

As ever, if you see something that needs attention, call 09 301 0101 or log it at www.aucklandcouncil.govt.nz and request a logit reference. You can also email Angela Fulljames, Malcolm Bell or Amanda Hopkins - firstname. surname@aucklandcouncil.govt.nz

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The PC Times 20 years ago: 18 June 2004: Clevedon next for sewerage?



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4:14am

▼ 0.7m

▼ 0.7m

26 Wed

27 Thu

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Manor residents fed up with lack of wastewater progress



Whitford Manor Estate residents took to the street this month to protest about the development's current wastewater situation.

Frustrated Whitford Manor Estate residents took to the roadside outside their homes with placards on Saturday 8 June, in a protest aimed at drawing Council's attention to the environmental impact of their four-year wait for a wastewater treatment plant.

Whitford Manor Estate has a complex history. The initial resource consent granted for the development would have seen the development's wastewater discharged into ponds and wetlands within Whitford Park Golf Course. In 2019 Council over-rode this decision, by granting a resource consent variation which permitted the developer, Le Coz Ltd, to establish an on-site wastewater treatment plant which would discharge up to 150 cubic metres of treated wastewater over an 8-hour period directly into the adjacent estuary. The consent variation was later challenged by way of a judicial review instigated by the Whitford Estuaries Conservation Society.

In the four years since then Auckland Council has attempted to identify a solution, working alongside Franklin Local Board, Ngāi Tai ki Tāmaki, Watercare, Whitford Residents and Ratepayers Association, Whitford Estuary Conservation Society, Whitford Manor residents, representatives of the village's commercial area, and Whitford Golf Course.

Thirty one homes have now been built on the development, with more under construction, but there is still no operational wastewater treatment plant to deal with sewage and greywater. Instead, wastewater is collected within large holding tanks onsite. When the tanks are full, the wastewater is removed and trucked out of the area.

James Hassall, Auckland Council GM Licensing and Regulatory Compliance, says the council is waiting on Le Coz Ltd, as the developer and original owner of the development, to apply for and obtain a replacement discharge consent before the plant can be fully commissioned. Hassall says the developer has indicated that this consent application will be lodged in June.

Council says the trucking of waste was intended to be an interim measure until a replacement discharge consent was obtained, and the plant commissioned. "This measure was agreed to as part of the settlement by parties to judicial review proceedings in the High Court," says Hassall.

However Whitford Manor residents are unhappy with the holding tank solution. Whitford Manor Estate resident Robyn Newman-Hall says there have been at least six spills this year from the wastewater holding tanks, putting the adjacent estuary at risk of contamination.

In February this year, the council issued an abatement notice stating that no discharges are to be made from the wastewater treatment plant.

James Hassall says the wastewater treatment plant and the land it is on are owned by the Whitford Manor Estate Residents Society Incorporated, of which all owners in the development (including Le Coz Ltd in relation to any unsold lots) are members.

"Therefore, all owners have a responsibility to resolve the current issues. We certainly empathise with these residents and the complex position they find themselves in, and have been speaking with representatives of the Society about steps it can take independently of the developer to progress the commissioning of the plant."

Auckland Council's Healthy Waters' unit monitors the Turanga Creek estuary near the boat ramp. Hassall says results routinely show poor water quality, with faecal contamination predominantly caused by stock as well as birds in the large rural catchment. There is also some evidence of human source contamination, but Hassall says it cannot be attributed to Whitford Manor specifically.

"Results show quality has worsened since November 2022, however again, there is no evidence to suggest this is linked with activities at Whitford Manor," says Hassall. "Issues at the plant have been reported several times this year and twice over the previous three years, and what little discharge there has been [is] of local effect."

Robyn Newman-Hall hopes the residents' protest will help progress a solution.

"Thanks to those who tooted. It really raised our spirits."

Auckland Transport works with Police on crash investigation

Auckland Transport's head of road safety engineering, Michael Brown, says AT will work closely with New Zealand Police to undertake a full investigation into what may have caused last week's tragic crash which resulted in the death of a person on Whitford Maraetai Road last Monday.

"The report and recommendations will be submitted to the coroner as part of the coronial investigation," says Brown.

Statistics supplied by Auckland Transport show 24 crashes occurred on the same short stretch of road over a five year period from 2019-2023. During that time, there were 2 serious crashes, 5 minor crashes and 17 non-injury crashes.

One local resident spoken to by the *PC Times* has lived adjacent to the site for 20 years. They say vehicles losing control in the wet has been a common occurrence, although incidents seem to have subsided since the smoother road surface was laid.

"We haven't kept count, but can say there's many incidents where cars have come off the road and it's not been called in to Police, or drivers have left the scene beforehand. They either managed to drive away or have been pulled out by mates, sometimes frustratingly leaving broken farm fences behind."

The resident says most of the out-of-control vehicles cross the centreline.

"With the increasing number of vehicles using the road it's been a recipe for tragedy we hoped wouldn't eventuate."



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Past pupil returns to school to launch latest book

A popular children's author has returned to her roots to launch her latest book.

Melanie Drewery was a student at Brookby School from 1975 to 1980, and recently chose to return the school to launch her latest book, Nanny Mihi's Harvest/Te Hauhake a Nanny Mihi.

The book is the fourth in the 'Nanny Mihi' series, which was inspired by Melanie's own tamariki when they were at Playcentre.

"Back in the late 90s there were very few books with easily accessible te reo Māori in them," says Melanie. "I wanted to write something with simple messages about a family doing things together which incorporated te reo Māori and tikanga Māori as well as giving families ideas about activities that don't cost the earth and often embrace the natural world."

Nanny Mihi has been very popular in NZ schools and pre-schools for a long time. She first appeared in 2000 and has been used in teacher training schools as an example of a valuable teacher resource for years.

"I decided to launch the book at Brookby School because I went there as a child and I thought it would be a nice idea to give back and encourage tamariki there to follow their dreams," says Melanie. "It's hard work being a writer and getting published but I made it."

Melanie says she has lots of vivid memories of Brookby School.

"One, which would never happen today, was the end of the flag pole. We used to have to line up in the morning and raise the flag and sing before we started for the day. One day the flag snagged just before it got to the top. One of the big boys climbed up the pole to release it. When he was almost to the top, the flag pole snapped and he hurtled to the ground in front of us. Fortunately he was not too badly injured. I also remember the giant oak tree and collecting acorns for the ducks. Being allowed to ride my pony to school and leave him in the little paddock by the church. And pet days - they were really fun."

Published ahead of Matariki, Nanny *Mihi's Harvest* is fully bilingual and offers young readers the chance to learn about growing a garden, harvesting, and sharing food — letting tamariki and whānau explore the significance of harvesting for the Māori New Year.

Melanie has published over twenty book titles to date.

Right: Author Melanie Drewery introduces Brookby School students to the latest book in her Nanny Mihi series.





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Local Blues player inspires Kawakawa Bay kindy kids

CONTINUED FROM PAGE 1

be active and healthy," says Julie. "If they didn't go for a run that day, there was no dessert that night. It was tough love I guess, but boys in particular love challenges." recognised and nurtured. "They did a lot to help his skillset," says Julie teacher was a lock, and healthy, and healthy, and healthy, and healthy, are they didn't go for a run that day, there was no dessert that night. It was tough his skillset, as a lock, and healthy, and healthy, are they didn't go for a run that day, there was no dessert that night. It was tough his skillset, as a lock, and healthy, and healthy, are they didn't go for a run that day, there was no dessert that night. It was tough his skillset, and healthy, and healthy, are they did a lot to help his skillset, and healthy, and healthy, are they did a lot to help his skillset, and healthy, and healthy, and healthy, are they did a lot to help his skillset, and healthy health

Laghlan attended Clevedon School during the 2000s, and during that time was always involved in sport including athletics, harriers, swimming, cross country running, triathlons and rugby for Ardmore Marist.

During their secondary school years, he and Kaitlin both attended boarding



school at St Peters in Cambridge, where Laghlan's talent for rugby was recognised and nurtured.

"They did a lot to help him develop his skillset," says Julie. "His science teacher was a lock, and he's had a huge influence on him. Laghlan's boarding house director was involved in Waikato Rugby as well, and so they both nurtured him. As his talent shone he got lots of shoulder taps from different schools and teams, but he wanted to stay at St Peters. St Peters wasn't known as a rugby school back then, but it had lots of opportunities to try different things. He got into water polo and shooting as well, but when he is playing rugby he is in his happy place, he struggled in the classroom. Rugby with his mates was fun. He liked the contact with his team mates and boarding mates who were like his brothers. But the whole boarding school experience for both kids was great, they both say very positive things about their boarding life, they have lifelong friends and connections around the world."

Throughout school Laghlan made various representative teams including New Zealand schools, Waikato U19, New Zealand U20s, Chiefs' Development Squad and Chiefs Super Rugby team.

Julie now shares the secrets to Laghlan's success with the children at Kawakawa Bay Kindergarten.

"I think if you start early with these little kids and just say 'movement, keep moving' and make it fun for them they will embrace it. When someone struggles in the classroom, change direction, think outside the square. Outside is still a great learning opportunity, you can give them a lesson in the paddock, on the pitch or on a walk, wherever! It's also about opening their eyes to look around. We all have opportunities, not always equal unfortunately but it doesn't matter. If you have a gift or a drive for something, pursue it. Chase it and try it. You don't need special clothing, looks, money or ability to achieve a goal. Just start with small steps and go for it. Get out there. Fill your vision with sunshine, soak it up and dream about what you can do. You never know where that first step on your journey could take you. For Locky it kickstarted his career.

"The kindy kids are only young, but at this age these kids are sponges. In years to come, if you build that initial stepping stone strong it can grow into a journey of a lifetime. The minute you get outside, your happy face comes on, whatever the weather. For young ones it's about trying to build the confidence to give things a go and the resilience to keep trying, keeping active, being healthy and doing things so that it strengthens their minds and helps their moods. It's so good for



Blues lock Laghlan McWhannell. Photo supplied by The Blues.

mental health. Its a holistic approach. Ordinary kids and adults can achieve extraordinary things."

Kawakawa Bay Kindergarten head teacher Lisa Carlin says kindergarten staff talk to children about keeping themselves fit and healthy.

"We're keeping it basic and fun for our little ones, but they have cottoned onto it - they look at what's in their lunchboxes and tell us what is healthy food. We do lots of exercising at mat times. We also do a lot of mindfulness, and if a child is getting frustrated during the day, we would encourage them to do some rhythmic movement like music or running, dancing or swinging on the swing. We understand the importance of movement."









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Lifestyle

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Michael Chong, HRV East Auckland.

- by HRV East Auckland

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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.



This week's voucher sponsored by

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.

I can see the colourful red, yellow, orange, purple, gold, pinkish and red leaves passing with the wind

I can hear the crunches of the crispy leaves and feel them swirling around my warm and toasty body

Smelling the cold air makes me think of the snow and the world coming down from the fluffy clouds

I can feel the soft crumbly and crunchy leaves beneath my feet Tasting the hot chocolate and homemade delicious cookies makes my insides feel warm and safe

- by Mirka Warrington, Year 4, Maraetai Beach School





Lifestyle

SPONSORED CONTENT

Transform your retirement: personalised training with Dr Beverley Sweeten-Smith

- by ALLFIT personal trainer, Dr Beverley Sweeten-Smith

Eighteen months ago, I retired from my role as a medical doctor, and many asked about my next steps. My answer was clear: I have always been passionate about fitness and committed to enhancing health and well-being. Now, as a qualified personal trainer, I am thrilled to fulfil my long-standing dream of helping people improve their lives through lifestyle changes.

From medical practice to personal training

During my 38-year medical career, I observed a wide range of physical abilities among my retired patients, noticing that their physical health greatly influenced the enjoyment and fulfilment of their retirement. Encouraging family and friends to join me on Great Walks and active adventures, I witnessed their transformation. They became more confident, eager to be outdoors, and ready to tackle new challenges. They thrived, and so did I.

Expert training for seniors and those with medical conditions

Bringing my extensive medical experience to personal training, I focus on individuals in or approaching retirement and those with medical conditions. The benefits of exercise, especially when paired with good lifestyle choices, are well-documented. Improved health, management of chronic diseases, enhanced bone density, better balance, and increased mental well-being are just a few of the positives. Exercise also benefits those undergoing cancer treatments and can slow the progression of symptoms in neurological conditions such as Parkinson's disease.

Personalised guidance for new exercisers

For those contemplating a healthier lifestyle but are new to exercise, apprehensive, or unsure where to start, I am here to guide you through the initial stages. My priority is ensuring you exercise safely and effectively within your current fitness and health levels. My goal is to keep you independently active, better equipped to handle health challenges, and enthusiastic about life's possibilities.

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Lifestyle

SPONSORED CONTENT

Senior strides: community centre steps up fitness classes

- by Te Puru Community Centre

At Te Puru Community Centre, we're thrilled to announce an expanded lineup of invigorating fitness classes tailored specifically for seniors.

In addition to our beloved Wednesday and Friday sessions, embark on a revitalising journey with our new Senior Circuit Classes now offered every Monday at 9.00 am to complement with our existing classes on Wednesday and Friday mornings.

These dynamic workouts promise to energise your week and leave you feeling stronger than ever. Dive deeper into your wellness journey with our Pilates sessions led by the talented Judith, taking place every Thursday morning at the same time. Strengthen your core, improve flexibility, and discover newfound vitality with each flowing movement.



And let's not forget our Senior Strength and Balance classes every Tuesday at 9.30 am, designed to enhance stability and coordination.

Join us at Te Puru Community Centre for a holistic wellness experience, where every class fosters a vibrant community and empowers you to embrace life to the fullest.



HOLIDAY PROGRAMME



JULY 2024

Full Day 7.30 am to 6.00 pm: \$50 Part Day 8.30 am to 3.30 pm: \$45

Monday 8th July

Gymnastics & Parkour

Unleash your inner ninja
warrior. Join us for a day
of challenging our bodies
and pushing ourselves
outside their comfort
zones. Dive, roll and
jump your way into the
Holidays with Coach
Maddie and the Team.



Tuesday 9th July

Parks, Parks, & More Parks.

Visit some of the great parks the Pohutukawa coast has to offer. Morning tea at Omana Park, with Mags the local Park Ranger. Then we are off to The Pirate Park for Lunch enjoying ice blocks by the beach. Explore the bush, shore and beauty we are so lucky to live by. Kids are welcome to bring scooters (helmets

In-House Event: \$60 Trip Day: \$65

Wednesday 10th July

Sports

Today is all about sport!
We will have a go at bowls,
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and net sports, Modified
sports, mind sports and
much more. Give running,
rowing and biking ago in
our indoor Triathlon
course. Compete as a team
or as an individual. This day
provides something for
everyone even if sport isn't
your favourite thing to do.

Thursday 11th July

Maritime Museum & Sailing

There will be a ratio of
1:5 on this day. limited
spaces available*
Always wanted to see what
it would feel like to sail the
seas? Join us for a day of
everything Maritime. Catch
the ferry into town to
explore the Maritime
Museum. Board the Ted
Ashby Heritage sailing boat
and help hoist the sails and
enjoy the sites of the
beautiful harbour.

Friday 12th July

Master Chef

Who will be Te Puru's
Master Chef 2024?? Older
kids will compete in the
2024 master chef cook off
where they will have to
cook two different recipes
and present them to the
judges. Younger kids will
learn to bake and make
simple recipes they could
make for their families at
home

Monday 15th July

Amazing Race

Race around Te Puru answering questions and completing challenge while competing against other teams. Will your team be able to complete all the detours to win the race?? Come and get amongst the competition



Tuesday 16th July

are a must)

Nano Girl & Scientific Engineering

Whose bridge is the strongest? whose egg will survive the fall? Get ready to design, build and test your ability to design safe housing for an egg and a bridge that can hold some heavy weight. We have Nano girl coming to perform bubble experiments with everyone getting the chance to stand inside a giant bubble.

Wednesday 17th July

Movie Trip Day

Sit back relax and enjoy some popcorn and movie. Travel to Monterey Cinema in Howick and watch Despicable Me 4 in your own private theater. Then spend the afternoon creating back at Te Puru.





Thursday 18th July

Screen Painting & Nerf

Wars

Have a go at creating your own clothing brand!

Design a cool logo then print it using fabric paint onto any piece of clothing you like. BYO clothes, Print a t-shirt for the whole family. Put the paint down & pick up a nerf gun for an afternoon of nerf gun battles. Play games like capture the flag and go home stay home nerf gun

style.

Friday 19th July

Olympics

Come and celebrate the upcoming Olympic games with our Te Puru Games.
Choose a country and compete to win medals throughout the day. Which Country will come out on top?



For More Information Contact: Sport@tepuru.co.nz

UOA researchers ask Coasters to take part in St John ambulance study

Local researcher Dr Tess Moeke-Maxwell (Ngāi Tai ki Tāmaki) is calling for Coasters to help with a University of Auckland study which examines the experiences of families who are present during a death in the community where the ambulance responds.

Every year, New Zealand ambulance services respond to over 5000 deaths in the community. Family are often present during these events, and providing care to them is an important role of paramedics. Tess Moeke-Maxwell and fellow researcher Eillish Satchell, in conjunction with Hato Hone St John, are conducting research exploring the experiences of families who are present during a death in the community where the ambulance responds.

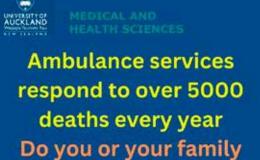
Tess has dedicated her career to researching Māori experiences of end-of-life care. She says she knows how important it is that whānau get the support they need when a whānau member dies suddenly. Whānau are often in shock and they will experience this in different ways; some may become very quiet and find it difficult to make decisions while others



may cry or get angry. These are all normal reactions to a sudden and painful event.

The study provides an important opportunity for bereaved family members to share their experiences of these events. The aim of the research is to identify ways ambulance services can help families navigate their way through this type of crisis.

The study is looking for any family or whānau to share their experiences of these events. If you or anyone you know is interested, please get in contact with Eillish Satchell, Eillish.satchell@auckland.ac.nz, ph 0800 191 061.



have a story?



Researchers at the University of Auckland are looking for participants to share their stories in our study *Emergency Ambulance Care in Out-Of-Hospital Deaths: Whānau Experiences*.

Who can participate?

We are looking for people who have experienced the death of a family member in the community where the ambulance responded.

What will I need to do?

You are invited to take part in one interview with a researcher and share your story.

You will be offered a \$50 voucher for your time participating in this study

For more information about this study please contact: eillish.satchell@auckland.ac.nz 0800 191 016

Approved by the Auckland Health Research Ethics Committee on 3/4/24 for three years. Reference number AH27360.

P O H U T U K A W A

Wellness Expo & Open Day

Join us at our Wellness Expo & Open Day on Friday 21 June, from 10am–2pm. Featuring a range of exhibitors and advisors, the expo will offer information on available medical services, mobility support, and financial protection. Whilst you're visiting, take a tour of our vibrant village.

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Beachlands Maraetai Football Club

RESULTS FROM 15-16 JUNE

White U9 v Bucklands Beach AFC Blue U9 no result submitted Black U9 v Lynn-Avon United AFC Cobras U9 no result submitted Blue U9 v Western Springs AFC Porto U9 POD Leo McLean-Suzuki Black U10 v Bay Olympic FC Soccer Stars U10 POD Owen

Blue U10 v Fencibles United AFC Hedgehogs U10 POD Archer McDonald

Blue U10G v Fencibles United AFC Red U10G POD Livvy Coleman

White U10 v Bay Olympic FC Corvettes U10 POD Za McPhillips

Blue U11 v Metro FC WYNRS U11 game cancelled

White U11 v Bay Olympic FC Leopards U11 POD Matthew Slabber

Black U12 v Bay Olympic FC Snappers U12 POD Oliver

Blue U12 v Bay Olympic FC Morays U12 POD Billy Rapley

Blue U13 v Bucklands Beach AFC Navy 9-0 POD Charlie Keily

U14G v Fencibles United AFC Navy U14G/2 6-2 POD Isla Tutt

Rebels U15G defaulted to Northland FC U15G

Blue U15 v Onehunga Sports FC Assassins U15 7-5 POD Oliver Wood Atletico Beach v South Auckland Rangers AFC Tivoro 2-2 POD Connor Stewart Coasters M40/4 v Onehunga Sports FC Hunga M40 2-8 POD The Legionnaires

Legionnaires M40/3 v Eastern Suburbs AFC Shambles M40/2 postponed

Lions M45 Default win Fencibles United AFC Diggas M45

Rebels M40/4 v Waiuku AFC M40/5 no result submitted

U23 v Northland FC U23 no result submitted

NRFL2 v Northland FC no result submitted

WCL v Bucklands Beach WCL no result submitted

Beachlands Maraetai **Junior Rugby**



RESULTS FROM 15 JUNE

Y1 Navy v Karaka White POD Asher Gemmell, ROD Viggo Mills Y5 BMRC v ONEWHERO 70-15 POD Ayden Tarboton, TOD Liam Maritz U13-Y8 BMRC Navy v Onewhero 40/52m POD Willem Skinner, TOD Grayson

Y7 Navy v Bombay 21/80 POD Owen Thornton, TOD Leander Beukes Y6 Navy v Onewhero 35/60 POD Oskar Lawrence, TOD Julian Li Year 5/6 U11 Girls Rippa v Auckland University 49/60 POD Brooklyn York, ROD Madeleine White, **OPOD** Ava Houareau

U13 Orange v Tuakau 121/0 **POD** Corey Gibson, **TOD** Lewis Aumatangi **U9 Girls Ripper** v Paptoetoe 55/70 **POD** Lexie Anderson, **ROD** Isla Hammond Y2 Mako Orange v Ardmore Marist Green 14/16 POD Kaylee-Anne Du Plooy, **ROD** E'Maza Maropai

U11/Y6 Y6 Orange v Waiuku Red 50/80 POD Cian, TOD Danny from Navy

Y1 Orange v Y1 Ardmore Red 16-17 POD Cohen Dromgool, ROD John Koloamatangi, TOD Atlas King

Y2 Navy v Ardmore White 65-50 POD Orion Davis, ROD Brynn Colenso Y5 Orange v Manurewa 75 - 10 POD Ethan Cherrington, TOD Kayde Royal U13 Girls Ripper v Leopards 16-8 POD Stella Baptista, ROD Addison Belle Y4/U9 Team v Bombay 120/5 POD Riley Thornton, TOD Charlie Richmond



Pohutukawa Coast **Netball Club**

RESULTS FROM 15 JUNE

Premier vs Shelly Park S1 Loss by default Hihi vs Pakuranga Senior Ruby 25-33

Falcons vs Mellons Bay S4 40-23 **POD** Shannon Bridge **Wekas** vs Sunnyhills S5 24-22 **POD** Robyn Oliver

Pukekos vs Monster Boot Camp S2 25-21

Kererus vs Wakaaranga S4 40-7

C1 vs Mellons Bay C3 23-19 POD Rosie Currathers

C2 vs Mellons Bay C6 16-19 POD Michaela Clark J1 vs Mellons Bay J2 32-7 POD Aria Norris

J2 vs CBNC J1 10-30 POD Maddie

J3 vs Howick Opal 10-27 POD Hazel McDonald

J4 vs Monster Boot Camp J4 5-8 POD Blayke

J5 vs Sunnyhills Nikau 5-13 POD Maisy Russell

Fantails - POD the whole team

Tuis - POD Imogen

Keas - POD Emilia Meszaros Silvereyes - POD Isla Donnison

Kiwis - POD Ayla & Sammy



Above: Fantails

Clevedon Football Club



Chiefs U9 v Tuakau SC Terminators - POD Leo Pilkington, Merit Award Indie

Cyclones U10 v Pukekohe AFC Kereru - POD Fletcher Nicholson, Merit Award Harley Allen

Colts U11 v Manurewa AFC Tigers - POD Vos Gibbard, Merit Award Nik Watson Cheetas U12 v Waiuku AFC Hawks - POD Aaryan Singh, Merit Award Jasper

Cobras U13 v Drury UFC Volcanoes - POD Hunter Murdoch, Merit Award Jack Dufty



Above: Chiefs U9 Indie Waters and Leo Pilkington



Above: Cobras U13 Jack Dufty & Hunter Murdoch



FOOD & ENTERTAINMENT GUIDE

Pomegranate, feta and tangelo salad recipe

It might be winter, but that doesn't mean salads have to be off the table! This dish is delicious served alongside lamb.

Ingredients:

1 whole pomegranate, seeds removed (or a packet of pomegranate seeds) 2 tangelos or oranges, peeled and diced 150g feta, chopped

1/4 cup mint leaves, chopped

1/2 cucumber, diced

3-4 leaves of spinach and/or lettuce, finely chopped

100g pumpkin seeds

100g flaked almonds, toasted

Juice of one lemon

1 tsp sumac

3 T extra virgin olive oil

1 tsp maple syrup

Method:

Mix fruit, vegetables, feta, mint, seeds and nuts in a medium sized bowl, reserving a handful of the pomegranate seeds and flaked almonds.

In a small jar, combine lemon juice, sumac, olive oil and maple syrup. Shake well, and pour over salad.

Garnish with reserved pomegranate seeds and flaked almonds.

Serves 3-4 as a side dish. Make it go further by adding extra lettuce or spinach.





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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

- CASUAL BADMINTON: 7.30-9pm, Te Puru Centre, \$7. Ph:536 5360.
- ST JOHNS YOUTH: 6-7.30pm, St Hilda's Church, Wakelin Road.
- CASUAL TABLE TENNIS: 7.30-9pm. Te Puru, \$7.
- 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

- 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. 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.
- 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
- THE GOOD KNIGHTS SOCIAL CHESS 7:00 8:30pm. Beachlands Baptist Church, 59 Third View Ave. Runs fortnightly (usually 1st & 3rd Tues of the month). All ages and skill levels welcome. Contact 022 656
- U3A BEACHLANDS-MARAETAI Fourth Tuesday of each month, 10am at Presbyterian Church, Jacobs Way, Maraetai. Monthly speakers, plus special interest groups. Brenda 021 777 171.

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 Bchlnds-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.
- COASTAL TREASURES Open Wednesday Saturday, 10am-4pm, 41 Third View Ave, Beachlands. Donations welcome Monday, Wednesday and Saturday before 7pm at 25 Liberty Crescent (unless raining) or phone Tania on 021 644 722 for appointment.

THURSDAY

- MAINLY MUSIC. 9.30am, Beachlands Baptist. Morning tea provided. 021 385 535.
 GENTLE EXCERCISE 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.
- 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
- 261 FEARLESS SOCIAL WOMEN'S RUNNING GROUP: 10.15-11.15, all ages and abilities welcome. Te Puru Sports Fields by the playground.

- SENIOR CIRCUIT: 10-11am Te Puru Centre, \$7 casual, \$60 concession card (10 sessions) 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: 6:30-8:30pm, Beachlands Baptist Church, 59 Third View Ave. Anyone in intermediate or high school welcome. Contact Majella 021 079 3117 for more info.
- CLEVEDON ART GROUP Meets weekly on Fridays, 10am-12noon. McNicol Homestead. New members, beginners to experienced are very welcome. Phone Marian 027 296 3827.
- FOODTOGETHER POP-UP SHOP 2pm 4pm, Beachlands Baptist Church, 59 Third View Ave. Grab a \$15 bag of seasonal, fresh fruit & veg at this community pop-up. We'd love to see you there. Preorder at foodtogether.co.nz or pop in to pick your own. Contact Meg 021 887 902 for more info.

- 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.
- FREE YOGA CLASSES WITH MACA SALAS-PAMPALONI: 8.15am-9.30am, Beachlands Chatered Club. Contact alma.tribe.nz@gmail.com, 021 751 1760.

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 FRIENDSHIP CLUB EVERY SECOND THURSDAY OF EACH

MONTH - Formerly Probus. 10am - noon at Pohutukawa Coast Presbyterian Church, 5 Jacobs Way, Maraetai for morning tea and speaker. We promote friendship and fun for seniors. Contact Rhonda 021909724









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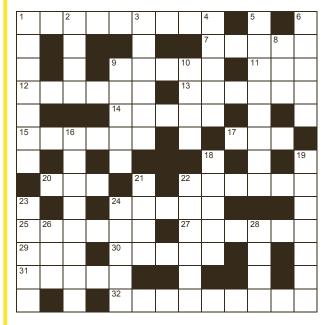
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Across

- 1. Mammal's nose (9)
- 7. Clan (5)
- 9. Pierce (5)
- 11. Go down briefly (3)
- 12. Informal opinion poll (3,3)
- 13. Compassionate (6)
- 14. Plagued (5)
- 15. Bubble gently (6)
- 17. Consumed (3)
- 20. Mischievous child (3)
- 22. Sleeveless coat (6)
- 24. Mention (5) 25. Deliberate and unprovoked (6)
- 27. Shining (6) 29. Scalp pest (3)
- 30. Kingdom (5)
- 31. Gush forth (5) 32. General opinion (9)

- 1. Stipulated condition (7)
- 2. Semi precious agate (4)
- 3. Late meal (6)
- 4. Swagger (5) 5. Instructive (8)
- 6. Outcast (5)
- 8. Container (3) 9. Sombre (5)
- 10. Utterance to clear the throat (4)
- 16. Impetus (8)
- 18. Assembly (5)
- 19. Material within (7)
- 21. Unit of heredity (4)
- 22. Small compressed ball (6)
- 23. Proprietor (5) 24. Manipulates fraudulently (5)
- 26. Broadcast (3)
- 28. Brink (4)

Answers on page 14

Classified Ads

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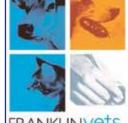
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