

23 August 2024

Kate's great! Kiwi body-builder to flex her muscles at WFF Mr Universe



Kate Winchester (right) and body-builder buddy Kim MacKenzie pictured with their muscle cars.

Kate Winchester's body building journey has gone from strength to strength since she took up the sport in 2016, and now the Beachlands Volunteer Fire Brigade member is counting down until she takes to the world stage.

Kate will compete at the 2024 WFF Mr Universe event, to be held in Las Vegas on 19-20 October. While the competition title suggests it is a male-only event, categories are held for both genders and Kate will compete in the Women's Glamour event.

Aged in her late 50s, Kate took up the sport at a stage of life when many people start slowing down. In 2017 she competed in Singapore with an international team, and then went on to win Ms Sports Model Overall Champion at the 2020 ICN ['I compete naturally'] NZ Muscle and Model Classic.

Covid halted her competing for a few years, though she continued to train. Now the world stage beckons, and she is

using her background as a current certified behaviour analyst and former practising psychologist to help her achieve her goals. Her current role - offering online behavioural coaching for women through her business, Momentum Coaching - helps her stay focussed on the task at hand too.

"The key thing is not what you say you're going to do, it's what you actually do," says Kate. "And noticing the little improvements rather than being focussed on the end goal."

Kate says life is "crazy" at the moment, juggling training, running her own business and caring for her two horses. She also works as a volunteer for Beachlands SPCA charity store, where she says her 'boss' Helene Henare has been incredibly supportive of her body building journey.

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INSIDE: Council investigates new seawall for Maraetai **p3**

Support Local feature **p6-9**

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Member of the New Zealand Community Newspapers Association



The PC Times 20 years ago:
 20 August 2004: New community association priority for Beachlands.



PINE HARBOUR ELECTRICAL

Weekly Tide Chart

Date	Moon	Low	High	Notes
23 Fri	☾	3:33am ▼ 0.3m	9:53am ▲ 3.5m	
24 Sat	☾	4:22m ▼ 0.3m	10:43am ▲ 3.4m	🐟🐟
25 Sun	☾	5:12am ▼ 0.3m	11:33am ▲ 3.3m	🐟🐟
26 Mon	☾	12:02am ▲ 3.3m	6:04am ▼ 0.5m	🐟
27 Tue	☾	12:56am ▲ 3.2m	6:58am ▼ 0.6m	
28 Wed	☾	1:52am ▲ 3.0m	7:56am ▼ 0.7m	🐟
29 Thu	☾	2:53am ▲ 2.9m	9:00am ▼ 0.8m	🐟

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Guest editorial by Rotary Club of Pohutukawa Coast

Rotary programmes for young people

In Rotary's yearly funding round, which has taken place in the past two years, one of the listed preferences is given to younger applicants who wish to undertake a Rotary course.

However we in Rotary haven't marketed very well what is available through these courses and programmes, something we are attempting to redress, starting with this article.

These courses and opportunities are primarily for young people who wish to learn, develop leadership and widen their experiences.

A selection of these are:

- **Rotary Youth Exchange (RYE) Inbound and Outbound:** Provides senior secondary school students with the opportunity to live in another country for 12 months while attending school and participating in the family, cultural and community life of the area they are placed. Students are hosted during their stay, normally with Rotarian families.
- **Rotary Young Leaders Awards (RYLA):** A week-long leadership programme hosted and sponsored by Rotary clubs in the Auckland area. RYLA is an experience-based, live-in programme designed to help young people develop team work, communication skills and fulfil their potential as leaders. In our region the age requirement is 21-28 years old and RYLA takes place in June.
- **Rotary Youth Programme of Enrichment (RYPEN):** Is a fun residential camp for secondary students aged 14-17 years where participants listen to inspirational guest speakers and complete a range of outdoor activities designed

to build self-worth and self-belief within a team environment. Normally takes place in August.

- **Rotary Youth Driver Awareness (RYDA/RSE):** A Rotary sponsored programme run by Road Safety Education Ltd, a not for profit organisation, that is committed to reduce the trauma on our roads by educating young people in their secondary school.
- **Interact:** A club for young people 12-18 who want to join together to tackle the issues in their community that they care most about. Sponsored and supported by a Rotary club, young people carry out hands-on projects, make international connections, develop leadership skills and have fun! Most are school based but they can be community based as well.
- **Challenge Camp:** Organised for young adults with impaired speech, hearing or sight, and those with muscular and neurological disorders. Each camper is matched with a RYE student to assist and support them as they complete a range of motivational and challenging exercises. Normally in May.

- **National Science and Technology Forum:** Since 1989 Rotary has organised a two week long, live-in event for Year 12 science and math students in Auckland. Up to 180 high-achieving students are selected from throughout New Zealand and visit a range of universities as well as industries engaged in science, engineering, technology and medicine to help them explore their areas of interest and potential careers. January each year.

For a longer and more comprehensive list of the courses and programmes available visit: tinyurl.com/3dawankf

If you have any queries about these please contact the writer.

Take care
Alex Garden
 Rotary Club of Pohutukawa Coast Inc.
alex@netinsites.com

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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Council investigating new seawall design for Maraetai beach

Auckland Council hopes to begin work on repairing the Maraetai beach seawall later this year.

The metal pathway atop the seawall has been washed away on numerous occasions since its installation, leading to some local residents expressing their frustration at the poor choice of materials.

Now council is reassessing the construction of the seawall.

Paul Klinac, Auckland Council's general manager Engineering, Assets and Technical Advisory Department, Resilience & Infrastructure says council has initiated a renewal project to consider the options for replacing the existing coastal structures along Maraetai main beach, including the timber seawall, boardwalk and footpath.

"These assets require renewal and repair due to the impact of recent coastal storms and to ensure they are able to mitigate the effects of coastal processes, increased frequency of severe storm events and sea level rise into the future."

The project is in its early stages and is undergoing a planning and design phase and engagement with mana whenua, with any construction required not envisaged to start until December 2025.



Maraetai's existing seawall has not fared well under the onslaught of storms and king tides.



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We celebrate Mass at 4.30pm on the first Saturday of the month. On other Saturdays there will be Celebration of the Word with Holy Communion.

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Obituary: Shane Francis Dennison, 4.10.1967-24.7.2024

Shane Dennison will be remembered by his friends and family as a man whose drive, passion and adventurous spirit took him from a paper boy running the streets of Mangere, to running his first Marathon at 12, onto regularly covering the miles between Mangere and Thames by bike in his early days of training for triathlons.

At the age of 20, an OE brought the world to his feet, which led to him making his home in Taiwan. Here he learnt Mandarin, and became a core player in the triathlete movement, competing for Taiwan and also in Ironman events around the world. His passion led him to start and coach a team of children who later went on to excel in the sport.

He became a tech executive, managing sales for South-East Asia, and was an astute property investor. In Taiwan he married a local and raised a family.

Retiring young from the tech world,

Shane returned to NZ, making his home in Beachlands where he managed his property portfolio. In his constant pursuit to live an extraordinary life, he decided to buy a yacht in Grenada, Caribbean, and sail it home to Beachlands. He did not let the fact he had never sailed before get in the way of his dream. Shane joined Skipper Rob Harris and the *Helianthus* crew in the Pine Harbour social races. After one season he departed on his epic sailing journey, first with daughter Natalie and later with daughter Bridget. The journey aboard his Lagoon 38 Catamaran named *Beachlands* was documented in the *PC Times*.

It was near the end of this adventure, in Vunda Marina Fiji, that Shane set eyes on his "Aussie Goddess" Hannah Saunders. Never letting the small problem of living in different countries stop him, he pursued her first to India, then Australia to win her heart. Shane's recent years were

spent pursuing an extraordinary life with Hannah, splitting time between Australia where they were building an off grid home, and Beachlands, building a tiny house on wheels in the back yard.

Shane died after suffering a stroke in Bilambil, NSW, Australia where he lived and worked with Hannah.

Shane will be sorely missed by all whose lives were touched by him. He was a man who lived life to the full, loved with passion, sought constant growth, rose to any challenge, and who lived by the motto "Never Give Up!". His drive towards a goal and pursuit of an extraordinary life along with his big beaming smile will be his legacy.

His lineage remains in his daughters Natalie, Denver and Bridget, grandson Frank and yet to be born granddaughter.

Shane is the son of Frank Dennison (decd), Rae Evans nee Dennison and



Shane Dennison.

Marty Evans.

A cremation and service was held with friends and family in Australia and a farewell gathering is being planned by friends and his Beachlands family in NZ. Please send text message with name and number of intended attendees to the organiser on +64 21 820 642 to be later informed of place and time. No personal messages please.

License to fundraise: Beachlands Community Ball sets sights on \$35K pool repair

On Saturday 2 November 2024, the Beachlands School Ball Committee has organised a night of dinner, drinks, dancing and auctions items for this year's Beachlands Community Ball, raising funds for Beachlands School.

The annual fixture raises much needed funds to boost the school's resources for Beachlands School students.

This year the committee hopes to raise \$35,000, which will repair the badly cracked and leaking Beachlands School pool. Any extra funds will go towards upgrading the pool area. The committee say that repairing the school pool is not just about fixing a facility - it's about investing in the health, safety, education

and well-being of the Beachlands School community.

Held at the Te Puru Community Centre, the ball promises to be a night of sophistication and elegance with guests invited to dress in the Bond theme of 'Shaken not Stirred'.

Guests will enjoy dinner provided by 'Your Catering', while bidding on the silent and main auction items donated from businesses throughout the Pōhutukawa Coast and wider Auckland area. Guests will finish the night dancing to the fantastic live band 'Catch 22'.

The Beachlands Community Ball Committee PTA says it is grateful to main sponsor, the Special Agents 003 team from Barfoot and Thompson, for their generous

support.

"Our 007 night wouldn't have been possible without our very own Special Agent 003s. We also wish to acknowledge and thank the Te Puru Community Centre team for their support in making this night a reality," says Beachlands School PTA chairperson Karen Thomasen.

Tickets are \$95 each and are now available to purchase through the Beachlands School office, Kindo online shop or from Sam at the Beachlands Post Shop & Lotto. The

event is open to all Beachlands, Maraetai and wider Auckland, so gather your friends and prepare for a fantastic night.

If any businesses would like to contribute to the auction items, email beachlandspta@gmail.com and further details will be sent to you.

"Thank you to everyone for your support and we can't wait to see you there," says Karen.

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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.

Stick Insects

Stick Insects live in trees and plants. A stick insect eats leaves. A stick insect can use camouflage to keep safe.

Did you know stick insects have lots of body parts? A stick insect has antennae, six legs, a head, a thorax and an abdomen. Stick insects are green and brown so it blends in with the green plants.

Stick insects have antennae so they can see. Antennae are also called feelers.

Stick insects are smooth, a bit rough and prickly.

- by Mila Lowe, Year 3, Ardmore School



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Business Profile - Kitchencraft

When Karen Tuck built her new home on Whitford's Clifton peninsular, she knew straight away who would build her new dream kitchen.

Karen was employed by Kitchencraft at the time, and says there is no other business she would go to for a kitchen. "We've done a number of builds, and Kitchencraft's kitchens are hands-down the best kitchens we've ever had."

Kitchencraft is owned by Darrin McFarlane and Beachlands local Warren Smith, capably supported by kitchen designer Grace Nicholson who has worked for the company for 12 years.

"They just build great quality kitchens, and Grace is an amazing designer," says Karen.

Having already installed three kitchens in previous homes, Karen had a good idea of what she wanted. With Grace and Warren's help she was able to achieve her vision.

Kitchencraft build clients' kitchens in their east Auckland factory, allowing their clients to visit and get an idea of scale and to ensure they are happy with the finished product.

"It was good to see the kitchen being

built in the factory, and seeing it come together," says Karen.

Timely and regular communication made the process easy, says Karen.

"Their communication was great. Right at the start of the design stage, Warren and Grace set up a model bench within our new home, which was the same scale as our new benchtop. Having something solid there helped us figure out the position, the lighting and where everything went."

The new kitchen's quality and design are the two key elements that stand out for Karen.

"It's really functional," says Karen. "Grace spent a lot of time with me figuring out drawer sizes. I had a look that I wanted and Grace helped me make sure that everything fitted and was functional as well. I love it. They made it a really enjoyable process," says Karen."

Kitchencraft offer bespoke cabinetry for new builds and renovations, including kitchens, vanities, laundry, entertainment units and wardrobes. With over 35 years in the industry, they take pride in top quality products backed by top tier service.



Whitford resident Karen Tuck couldn't be happier with her new kitchen (pictured above), designed by Grace Nicholson from Kitchencraft.

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SPONSORED CONTENT

Exciting times ahead: Te Puru announces October school holiday programme

- by Te Puru Community Centre

As Term 3 progresses, preparations are already in full swing for our October school holiday programme! We're thrilled to offer two weeks of action-packed activities and games that cater to all age groups.

This year's standout event is our rock climbing trip day. Get ready to unleash your inner athlete and reach new heights! Additionally, we're bringing back some of our most beloved activities, including Wheels Day, where children can bring their scooters, bikes, rollerblades, and more for a day filled with excitement and adventure.

For our science enthusiasts, we're reintroducing Brain Play, an engaging in-house event that promises to be both fun and educational.

Registration details will be available soon. Be sure to check the PC Times and our social media pages for updates. For any inquiries, please contact Mel, our Holiday Programme Coordinator, at sport@tepuru.co.nz.



HOLIDAY PROGRAMME



OCTOBER 2024

Full Day 7.30 am to 6.00 pm: \$50
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<p>Monday 7th October Board Game Madness</p>	<p>Tuesday 8th October Xtreme Cake Sport</p>	<p>Wednesday 9th October Stardome + Parks</p>	<p>Thursday 10th October Wheels + Adventure</p>	<p>Friday 11th October Dress Up Pizza Party</p>

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Is there a better way to heat your household's water?

- by **Water & Gas Worx Ltd**

In the quest for energy efficiency and cost-effectiveness, homeowners in New Zealand are exploring various options for heating their water.

One standout performer is LPG (liquefied petroleum gas).

LPG water heaters are more efficient when compared to traditional electric water heaters, which store and maintain a large volume of hot water, often leading to energy wastage due to standby heat loss. In contrast, LPG systems, particularly on-demand or tankless models, heat water only when needed. This approach reduces energy use and lowers power bills, making a significant difference to a household's budget in an era of rising energy costs.

The installation of an LPG hot water system is straightforward and does not require extensive infrastructure. For those in existing homes where retrofitting new systems can be costly, LPG offers an affordable alternative. LPG is also very versatile and can be used in areas where other energy sources are either unavailable or

unreliable. This makes it an ideal option for our rural communities like Beachlands, Mareatai and Clevedon.

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As we face rising energy costs and seek cost-saving solutions, LPG hot water systems present a smart and efficient choice for homeowners. The ability to provide hot water on demand not only leads to lower energy bills but also reduces greenhouse gas emissions, making them a practical option in today's energy-conscious environment.

If you're considering more efficient hot water options, contact your local Beachlands plumber and gasfitter, Water & Gas Worx Ltd, to find the best solution for your home.

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Meet the Franklin Vets Beachlands team

- by **Franklin Vets**

Dr Julie joined our Beachlands clinic in October 2023, after practising at clinics in Waikanae and Levin. Growing up on a farm sparked her interest in animals and she knew early on that she wanted to be a vet. Despite being a small animal vet now, Julie has practised as a large animal vet in the past.

Julie's favourite thing about being a vet is working through challenging situations with clients. She also enjoys working with a bunch of caring people who share a similar goal of hers - helping clients and their pets. She enjoys working out at our Beachlands clinic because of the calm and relaxed environment.

Julie has a particular interest in elderly patients and finds great fulfilment in helping ease their pain or discomfort, and she also enjoys cytology.

At home, Julie has a dog named Coren and two cats - Rocky and Ester Cabbage. For fun, she enjoys walking Coren and taking him on adventures.



Dr Julie Whitehead – Veterinarian

She also enjoys gardening and hopes to spend more time fishing. Her family aim to climb as many Auckland volcanoes as possible this year! You can find Julie at the Beachlands Clinic on Mondays, Tuesdays, Wednesdays, and Thursdays.



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Xtreme Beauty and Barbers' journey to success

- by Xtreme Beauty and Barbers, Beachlands

What an amazing journey it has been for Xtreme.

The family business is led by award winning director Kesh, her husband Neil and daughter Symentha, complemented by an amazing team of beauty therapists and barbers who have been integral to Xtreme's growth over the years.

Kesh is driven by the desire to empower people to look good and feel confident in their own skin.

2015 marked the beginning of her tryst with success as Kesh took the leap of faith and opened the doors to Xtreme Beauty at Botany Junction.

"Life has not been easy! But when has that ever stopped a woman from doing something?" says Kesh.

The business has gradually expanded since then. Kesh opened the Xtreme Beauty Beachlands branch in 2017, followed by Xtreme Barbers in 2018. She then relocated Xtreme Beauty from Botany Junction to a spacious new clinic in Ormiston Town Centre in 2021. Xtreme Barbers Albany is her latest foray, with the new branch soon to open in the beautiful Woolworths shopping complex on the North Shore.

In 2019 and 2023, the Indian Newslink Business Awards named Xtreme as Retail Business of the Year. Kesh also won Businesswoman of the Year in 2022, and finalist of the year at the New Zealand Association of Beauty Therapists' awards in February 2024.

Kesh and her team would like to extend a warm invitation to those who have never indulged in the extraordinary salon treatments at Xtreme.

Xtreme offers a range of waxing, threading, laser treatment, cosmetic tattoo, lash extension and relaxing facials to pamper skin and body. Relaxation, deep tissue, pregnancy and hot stone massage provide therapeutic benefits.

They also offer microdermabrasion, peels, lash perm, brow lamination and henna brows, tinting for female and male, waxing services and barbering - all performed by a qualified and experienced team of beauty therapists and barbers.

Kesh encourages people to start booking in advance as the busy season approaches next month. Online booking is now available for both beauty locations at www.xtremebeauty.co.nz.



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NEVER LEAVE IT TOO LATE

Kate's great: Kiwi bodybuilder to flex her muscle at WFF Mr Universe

CONTINUED FROM PAGE 1

“Helene was the one who contacted the PC Times about running an article, which I really appreciate!” says Kate. “She’s so enthusiastic about others and their endeavours - she has a wonderful community-minded spirit!”

Kate currently spends about 60 to 90 minutes at the gym 4-5 days a week, using resistance training and weight lifting to build muscle. She says her biggest issue is that she is “too ripped - which is kind’ve a nice problem to have, but when I compete in New Zealand it can be challenging to find a class that fits what I’m happy with in terms of my body. I want to do the model classes which is the body type you see in categories such as sports model and glamour.”

Kate says that one advantage of competing overseas is that competitors tend to sport a more muscled look in the model classes.

“It’s going to be interesting to see how it goes in the States. Over there it’s more acceptable to have abs in the bikini classes, whereas here it’s not.”

Much of the effort that goes into Kate’s training is focussed around nutrition.

“Nutrition is where the abs are made. With body building it’s just gym work and what you do when you’re not at the gym

that counts. Rest days are really important. I don’t change my meals much. I’m almost 100 per cent vegan, though I do have honey. I have a tonne of protein powder. My regime is not a typical body building regime which usually incorporates lots of chicken and fish, but I guess I’m quite determined to prove that you can build muscle on a vegan diet.

“There’s a lot of resistance to the vegan diet, and I think we’re still breaking the vegan stereotypes, but I’ve had support from some great healthcare professionals who monitor my stats and ensure my blood work is good and that my fat, muscle and weight are checked regularly.”

Kate will travel with 13 other Kiwis to the WFF Mr Universe event, including close friend Kim McKenzie who she met at a body building show. The pair discovered they share a passion for both muscle building and muscle cars - Kate owns a 1982 Ford Capri and a 1967 Chevy Impala.

In the lead-up to Vegas, Kate will compete at the WFF Pan Pacific ProAm Championship, to be held at C3 church in Ellerslie on 5 October.

Kate (left) and Kim are abs-olutely ready for their Las Vegas debut.



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PREMIER

WHY WAIT?

SPORTS

Pohutukawa Coast Netball Club



RESULTS FROM 17 AUGUST

Premier v Shelly Park: S1 - Loss 16 - 47 **POD** Madison Creed
Falcons v Shelly Park: S2 - Win 28 - 15 **POD** Charne Pairama
Hihī v Otara Scorpions: Masterz - Loss 17 - 28
Wekas v Shelly Park: S3 - Loss 27 - 35 - **POD** Chelsea Beere & Amelia Davies
Pukekos v Wakaaranga: S3 - Loss 4 - 49
Kererus v Monster Boot Camp: S2 - no score submitted
C1 v Sunnyhills: Kikorangi - Loss 12 - 42 - **POD**
C2 v Cackle Bay: C2 - Loss 17 - 23 - **POD**
J1 v Sunnyhills: Rimu - Loss 11 - 36 - **POD** Riley Milner (J3)
J2 v Shelly Park: J1 - Loss 10 - 26 - **POD** Courtney Westwood
J2 v Mellons Bay: J2 - Loss 10 - 20 - **POD** Mila (J4)
J3 v Howick: Opal - Loss 13 - 23 - **POD** Zoe Marshall
J4 v Cackle Bay: J3 - Loss 7 - 17 - **POD** Maddie
J5 v Monster Boot Camp: J5 - Win 20 - 0 - **POD** the whole team
Fantails - **POD** the whole team
Tuis - **POD** - the whole team
Keas - **POD** Thea
Silvereyes - **POD** Natalie Hall
Kiwis - **POD** Abby Wesselink, Awhi Bailee



Above: J4

Beachlands Maraetai Junior Rugby



RESULTS FROM 17 AUGUST

U15 Girls Rippa v East Tamaki 75/20
Y2 Navy v Weymouth 20/15 **ROD** James Wade, **POD** Ava Hocking
U9 Girls Rippa v Marist Eastern 85/60 **POD** Jaime Hillary, **ROD** Hannah Helberg
Y4 Mako v Waiuku Red 85/20 **POD** Dean Crawford, **TOD** Kallum Albrey
Y5 Mako Orange v Onewhero 105/0 **POD** Liam Kelly, **TOD** Blake Kitchener
Y2 Orange opposition defaulted
Y3 BMRC v Patamahoe 70/95 **POD** Ari Bentley, **TOD** Samson Setu
Under 13 v Mount Roskil 12/9
U15 v **Beachlands Y1 Navy** 13 **POD** Masi Koloamatangi, **ROD** Markus Potgieter, **TOD** Harry Blake
U11/Y6 v Manurewa White 40/10 **POD** Carter Monk, **TOD** The WHOLE Team
Year 8 Orange v Waiuku 52/10 **POD** Lewis Aumatangi, **TOD** Blake Kelly
Year 5 Navy v Dury 50/20 **POD** Rahpael Cai, **TOD** Luke Du Preez
Year 5/6 U11 Girls Rippa v Grammar Junior 70/0 **POD** Kathlyn Adkins, **ROD** Ava Houareau, **OPOD** Brooklyn York
Y1 Navy v **BMRC Y1 Orange** **POD** Beau McCarroll, **ROD** Leo Birchall
Y7 Navy v Te Kauwhata 33/52 **POD** Leyton Goodwin, **TOD** Leo Ellingworth

Beachlands Maraetai Football Club



RESULTS FROM WEEK ENDING 18 AUGUST

Blue U9 played Western Springs AFC Porto U9 **POD** Gus Russell
White U9 played Waiheke United AFC Stingrays U9
Black U9 played Lynn-Avon United AFC Vipers U9
Black U10 played **Blue U10** Black **POD** Mitchell
Blue U10G played Western Springs AFC Bluff U9G **POD** Annabelle Eckford
White U10 played Onehunga Sports FC Titans U10 **POD** Charlie Wood
Black U12 played Ellerslie AFC Yellow U12 **POD** Ben France
Blue U12 played Central United FC SPC Hanham U12 **POD** Tristan Costar
Blue U13 beat Waiheke United Orcas U13 2-1 **POD** Cody Barnett
U14G beat Pukekohe AFC Phantoms U14G 2-1 **POD** Leah Runtzler
Rebels U15G lost Western Springs AFC U15G White 0-2 **POD** Frankie Burton
Blue U15 default win v Auckland United FC Wanderers U15 D3
Atletico Beach lost to Fencibles United AFC Hull 0-3 **POD** Jack Hodson
U23 v Bucklands Beach AFC U23 No result submitted
NRFL2 v Bucklands Beach AFC No result submitted
Lions M45 beat Fencibles United AFC Diggas M45 3-2 **POD** Luca Milantoni
Legionnaires M40/3 defaulted to Manukau City Ba Kingz M40
Coasters M40/4 lost to Bucklands Beach Saints M40/5
Rebels M40/4 drew with Oratia United Vets M40 2-2 **POD** Fred Hughes
WCL Te Atatu AFC WCL

Clevedon Football Club



RESULTS FROM WEEK ENDING 18 AUGUST

Crocs U5 **POD** Andie MCara and **Merit Award** Saylor Selby
Cannons U5 **POD** Cooper Jones and **Merit Award** Amber Vaipulu
Cadets U8 **POD** Harbey Millar and **Merit Award** Harry Mulloy
Chiefs U9 v Drury UFC Coyote **POD** Alex Pennell and **Merit Award** Cooper Park
Cyclones U10 v Papatoetoe United FC Cheetahs **POD** Isaac Holmes and **Merit Award** George Cashmore
Cheetahs U12 v Manurewa AFC Infinity **POD** Adi White and **Merit Award** Charlie Petherick
Cobras U13 v Manukau City AFC Kedgley Eagles **POD** Arlo Pilkington and **Merit Award** Hunter Murdoch



Above: Cannons U5 MA Amber Vaipulu and **POD** Cooper Jones



Above: Crocs U5 **POD** Andie MCara and **Merit Award** Saylor Selby

FOOD & ENTERTAINMENT GUIDE

Delizioso! Penne pasta with marinara sauce and burrata

If you're entertaining on a budget, it's hard to go past this classic pasta dish, taken to the next level by the addition of burrata. Burrata is a decadent treat made of a firm mozzarella casing surrounding a creamy inner centre. When it breaks open, the cream infuses the dish beneath. The best thing is that you can serve burrata directly from the container - no cooking required!

Ingredients:

- 500g penne pasta
- 2 x tins tomatoes
- 1/4 cup tomato paste
- Handful of parsley, chopped
- 4 large cloves garlic, peeled and diced
- 1t dried oregano
- Salt and pepper to taste
- Extra virgin olive oil
- 1 onion, diced
- 1 cup white wine
- 200g grated parmesan
- 4-6 burrata (allow one per person) at room temperature
- Basil leaves and extra virgin olive oil for decoration

Method:

Bring a large saucepan of water to the boil. Add 1t salt, pasta, and cook until just tender to bite. Drain.
 While the pasta is cooking place tomatoes, tomato paste, parsley, garlic, oregano, salt and pepper in a food processor. Blend until smooth.
 Heat oil in a large frypan over medium heat. Add onion and cook until slightly softened, about 2 minutes. Stir in blended tomato sauce and white wine. Bring to a simmer, and cook for five minutes.
 Add pasta to sauce, stir until heated through and divide among serving bowls. Top with a generous amount of grated parmesan, burrata, a drizzle of olive oil, some basil leaves and a generous sprinkling of salt and pepper.
 Serves 4-6.



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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
- **SENIOR CIRCUIT:** 9:00-10:00 Te Puru Community Centre, \$6
- **JUMPING JUNIORS GYMNASTICS:** ages 1-4 - 11.00-11.45 Te Puru Community Centre, \$14

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. 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 sport@tepuru.co.nz, 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 1154 for more info.
- **SENIOR STRENGTH & BALANCE:** 9:30-10:30 Te Puru Community Centre, \$10

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 Bchlns-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 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.
- **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.
- **261 FEARLESS - SOCIAL WOMEN'S RUNNING GROUP:** 10.15-11.15, all ages and abilities welcome. Te Puru Sports Fields by the playground. Term time only.
- **U3A BEACHLANDS-MARAETAI** Fourth Thursday of each month, 10am at Presbyterian Church, Jacobs Way, Maraetai. Monthly speakers, plus special interest groups. Brenda 021 777 171.
- **JUMPING JUNIORS GYMNASTICS:** ages 1-4 - 9:15-10:00 Te Puru Community Centre, \$14
- **CLUB NIGHT:** Open to everyone 5:30-9.30pm, Te Puru Community Centre

FRIDAY

- **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. Pre-order at foodtogether.co.nz or pop in to pick your own. Contact Meg 021 887 902 for more info.

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.
- **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.



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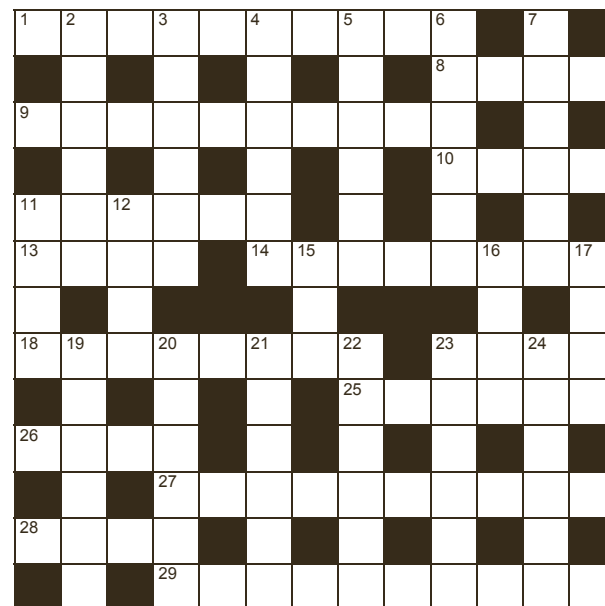
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Across

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- Absent (4)
- Occupier (10)
- Demonic (4)
- Be present (6)
- Repast (4)
- Unexceptional (8)
- Insomniac (inf) (5,3)
- Cat cry (4)
- Shrewdness (6)
- Unsolicited messages (4)
- Indolent luxury lover (5-5)
- Unencumbered (4)
- Pelting (10)

Down

- Elaborate (6)
- Glassy covering (6)
- Strange person (colloq) (6)
- Euphoric (6)
- Glossy fabric (6)
- Sword (6)
- So let it be (4)
- Tart, spicy quality (4)
- Argument (3)
- Exclamation (4)
- Involuntary gape (4)
- Communicate (6)
- Small village (6)
- Speech maker (6)
- Young woman (6)
- Altered from natural form (6)
- Fluid retention (6)

Answers on page 14

Classified Ads

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