

# *Lifestyles* in the Bay 2015



**Bay of Plenty Times**



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## NZ'S STRONGEST-GROWING REGION

In May this year, the Bay of Plenty was revealed as New Zealand's strongest-growing region for the past 12 months as the region's economy expanded 4.8 per cent from a year earlier, coming out on top of Canterbury (4.4 per cent), Auckland (4.3 per cent) and Southland (4 per cent). Nationally, annual growth was 3.5 per cent.

The Bay came ahead of the national average increase in most key growth areas in ANZ's Regional Trends report, including employment, internet job ads, house sales, section sales, rural real estate sales, new car registrations and commercial building permits.

Priority One chief executive Andrew Coker told the Bay of Plenty Times that it was encouraging to see how well the region had done against the rest of the country. Despite the figures covering the whole Bay of Plenty region, including Rotorua and Whakatane, he believes a lot of the growth activity was happening in Tauranga and the rest of the Western Bay.

An employment increase of 12.8 per cent was very encouraging for local business and a reflection of business confidence, he said.

Priority One is the Western Bay of Plenty region's economic development organisation, established in 2001 by the Tauranga and Western Bay Of Plenty business community in partnership with the sub-region's local authorities.

It's Priority One's purpose is to build a vibrant economy that retains and attracts talented, skilled and creative people and

the businesses that need them. The city already hosts five major head offices – Port of Tauranga, Zespri International, Ballance Agri-Nutrients Ltd, Brother International and Trustpower.

Tourism, forestry and specialised manufacturing are among growth areas pin-pointed in a new blueprint for the Bay of Plenty, launched mid-May. A 200-page Bay of Plenty Regional Growth Study, commissioned by the Government, examined potential economy-boosters in the region and found priority areas in a mix of old and new, and largely primary, industries.

The six areas were forestry, horticulture, agriculture, aquaculture, the visitor economy (tourism and events) and specialised manufacturing. To meet the potential, the region could improve water management, the use of geothermal energy and transport infrastructure, boost skills and technology uptake.

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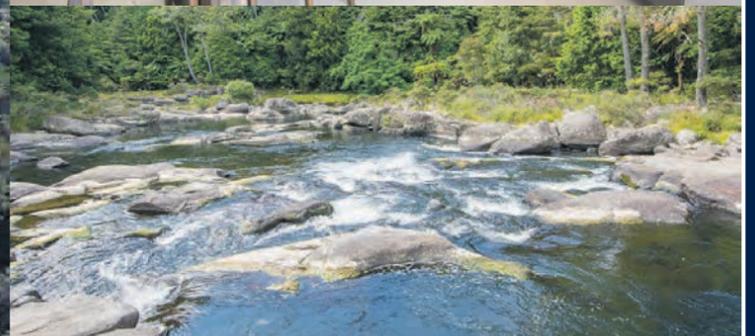
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# BAYLEYS



### KUDOS FOR QUALITY, LOWER KAIMAIS

A builder and a gardener/craftswoman have transformed this farm and leave it in prime condition for the next owner. They have personally upgraded the solid 1980s 390m<sup>2</sup> home to an exceptional living environment open to the garden from three of four living spaces and three of four bedrooms. The gracious grounds include a vegetable garden for greens to accompany home grown beef. The 13.6 ha of rolling land has been husbanded with care to create clean well contoured grazing where internal and external deer fencing, good tracks and two shed complexes make for efficient effective farming. Beef are currently grazed with healthy calves under the trees in the home paddock. There is a versatile calf shed with movable pens, a large implement shed and a deer shed with crush and yards. Three tanks, a spring and pump supply reliable water. A stream drops gently via waterfalls to the QE2 covenanted bush beside the beautiful Mangakarengorengo River (river reserve) which surges, then lulls in magical swimming holes. A rural river paradise near the local school, just 15 minutes from Tauranga.

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Price by Negotiation

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## INCREASED DEMAND AT PALM SPRINGS

Palm Springs Residential Development in Papamoa have seen an increase in demand for their sections with stage eight & nine sold out and stage 10 selling now since its recent release. Stage 10 Special features include some generously-sized elevated sights - with many situated on waterways, with stunning outlooks to build your new home with room for a pool and impressive landscaping.

Hawridge Developments have proven through Royal Palm Beach Estate and existing Palm Springs stages 1-7, that a high quality is kept right throughout the development, to ensure people have value wherever they build within Palm Springs," says marketing representative Annemaree Crawford.

The comprehensively designed Palm Springs development features many sites opening onto reserves, with specially designed waterways, and shared recreational areas - along with detailed landscaping and streetscape designs to capture the coastal feel being so close to Papamoa Beach.

Close by is Tauranga City & Papamoa Central, along with a new primary school, college, childcare centres, and a medical centre for the wider Papamoa community. Enjoy the reserves and playground with Papamoa beach just a short stroll away.

Annemaree says Palm Springs is a truly sought-after destination.

"Come and have a look today. I'll show you around so you can see what sets Palm Springs apart as a perfect location to build your dream home in the Bay of Plenty."

**Palm Springs**

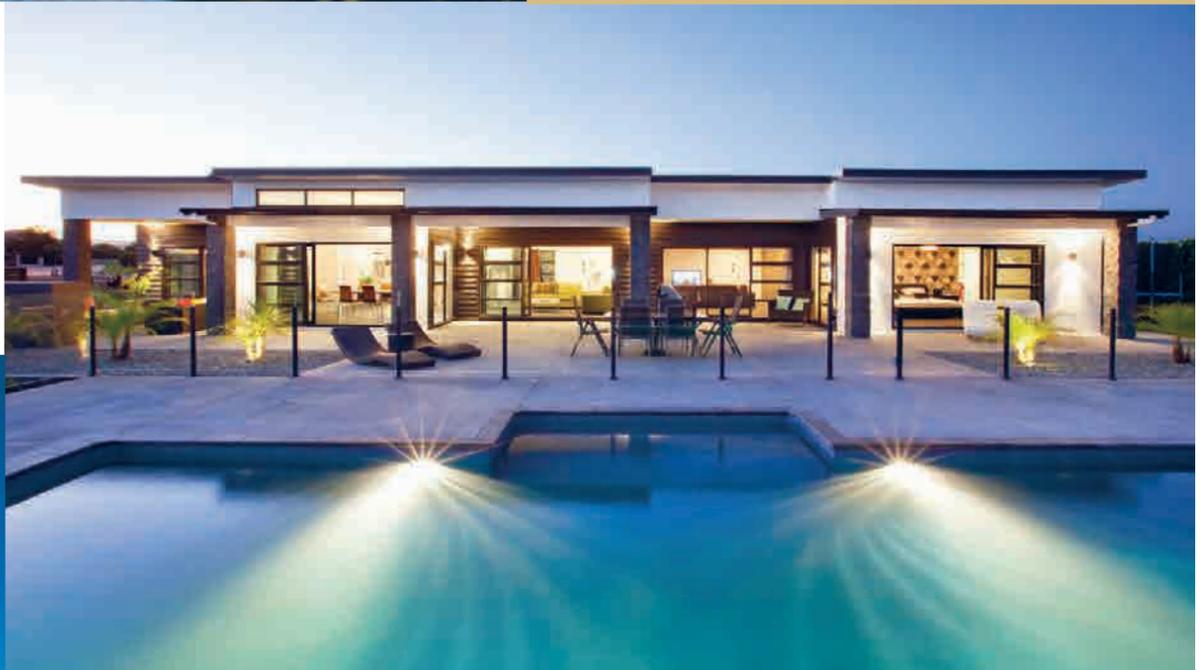


# Stage 10 Sections available now



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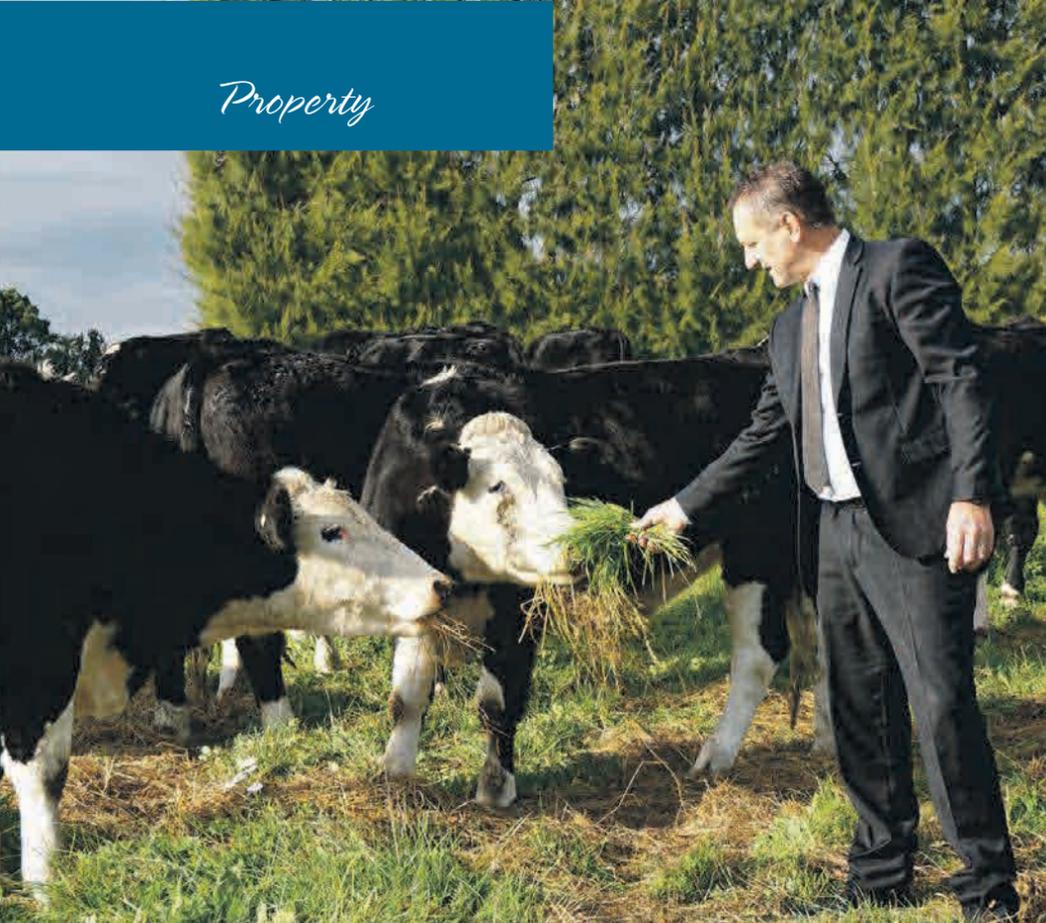
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## STRAIGHT SHOOTING ROOKIE OF THE YEAR TALKS NO BULL

It might be almost 40 years since Phil Mangos swapped life in Cromwell for Tauranga, but that southern affability remains embedded. Optimism oozes from a man who reaped reward in his first year in real estate - Bayleys' Rookie of the Year for 2014/15.

Specialising in country lifestyle sales, Phil is quietly chuffed - entering the 100 club as well and winning honour over new agents from Bayleys and Eves in residential, commercial and country sectors throughout Taranaki, Waikato and Bay of Plenty. Phil admits it's a huge mental boost as he builds credibility. But then, success tends to breed success.

"Recently, I operated three open homes that we just listed - and had offers on all three by the following working week - 10 groups in total:

one from Christchurch, one from Taupo and the balance from Auckland."

Phil believes Bayleys' level of exposure should encourage local vendors as this region lures more people seeking new lifestyles. The Bay is definitely feeding off Auckland's soaring market and offers better value, according to Phil, but he says nationwide interest is also growing.

Self employed since he was 20 (in flooring) with experience in building and horticulture, Phil brings considerable experience to the table. People have always been his business - and he sees no difference in real estate. Genuinely interested in property, he is gifted with a knack to offer direction without pressure.

"I want to walk in people's shoes. It's about being honest and facilitating their dream to get offers."

It's been a rollercoaster ride since Phil was approached by Simon Anderson, manager for Bayleys Country Lifestyle - a scholarship added enticement.

"It was different putting a tie on. But injury and a back and knee operation made me rethink life. I was drawn to Bayleys' approach; their systems; their profile and ability to get results."

It's a win-win relationship, given Phil's wide circle of contacts. Charmed with a

no-nonsense reputation, his family values and sporting interests trickle through conversation in ways that restores faith in a handshake trust. Phil believes in being upfront when appraising property; helping vendors prepare their home and staying transparent throughout - one-on-one; no bull, he says. Ultimately, it's about bringing buyers to the table and closing the deal, of course.

"That's what I find exciting."

Communication is key. It can be like irons in the fire. But when buyers and vendors meet the market and the outcome gives both a happy result, that's Phil's real reward.

"Vendors move on, and if I can help with their next purchase, even better."

He might be wearing a rookie mantle for the next year, but Phil Mangos already looks and sounds like an old hand - a straight-up southerner at heart.



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# OCEANSIDE HOMES LTD (LOCKWOOD TAURANGA)

Oceanside Homes Ltd was established some years ago, after an absence of the Lockwood brand servicing the area for many years.

"It was just a great fit", says Shane Raymond – Sales and Marketing Manager for Oceanside Homes – describing Managing Director Paul Dean's decision to take on the Lockwood franchise for the region.

Shane is one of six key players in the company who, between them, work as a team to design and build stunning Lockwood homes throughout the Bay of Plenty.

"Trust is a big part of what we do and Lockwood have consistently polled top with the public when asked which building company they most trust."

Shane reflects that the journey of Lockwood design has been one of constantly pushing the boundaries in design and interior design elements.

"There was a time when Lockwood homes were considered a bit dark and creaky. These days it's a world away from this, with a brighter, lighter, quieter and more breezy feel. The biggest change, noticed especially by existing owners of traditional Lockwood homes, is the blanding of the wood which has transformed and modernised the Lockwood home completely."

The company's stunning Lockwood show home at 26 Tatahi Cove, Papamoa, showcases



the more modern Lockwood home, with an enormous open space suited for multi-purpose living.

"We have come up with something very appropriate for the laid-back, easy-living destination we build in. There's a definite lifestyle that goes with living on this coast and with the big open spaces and loftiness we've achieved in the show home, it's a perfect fit."

The flexibility that comes with the design and build approach, often working from an original Lockwood plan and adapting it specifically to meet the individual vision of the owner, is a core strength of the product, according to Shane.

Shane's experience of engaging and building relationships with clients is that, through the building phase, the relationship grows to be something very close and at times quite personal.

"We get to know each other very well. That's important because it is their home we've been entrusted to build and we absolutely value this relationship."

The Lockwood show home in Papamoa has also opened its doors as a venue for networking events, even embellishing its walls with an ever-changing array of impressive artwork from local artists such as Ken Wright of Lightwave Gallery.

The Oceanside Homes website ([www.oceansidehomes.co.nz](http://www.oceansidehomes.co.nz)) gives visitors the chance to experience a virtual tour of the show home and is crammed full of information about the unique Lockwood approach.

Shane encourages anyone in our region who is thinking of taking their first steps towards building a new home to make a visit to the Lockwood show home in Papamoa.



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Sales & Marketing Manager

Shane Raymond

Ph: 07 572 1865 | Mob: 022 043 0322

E: [shane@oceansidehomes.co.nz](mailto:shane@oceansidehomes.co.nz)

Show Home Hours:

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Oceanside Homes

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# A THRIVING PROPERTY MARKET

The Bay's property market is booming and there's no indication it will soon slow down. Demand for well-positioned sections, quality homes and commercial properties in and around Tauranga continues to grow, which means busy times for local real estate agents, property managers, and construction workers.

Tauranga City Council approved more than \$37 million worth of building consents in April this year - with six major projects worth more than \$1 million each given the go-ahead. Industrial land and commercial properties are still attractively priced compared to the other main centres and easy access to Waikato, Auckland and the Port of Tauranga is a major draw cards for businesses to relocate or set up here in the Bay.

Consents for new residential builds totalled more than \$23 million in April this year, which shows a \$4.9 million jump compared to last year. Plus, the number of residential properties sold in Tauranga in March is 45 per cent year up on year. Sales across Tauranga, Papamoa and Mount Maunganui are the strongest in years, which reflects strong confidence in our growing region.

Multimillion-dollar properties are selling quickly, especially in sought-after Mount



Maunganui, which shows confidence in the real estate market. Harcourts Tauranga managing director Simon Martin told the Bay of Plenty Times that activity at the top end had increased on both sides.

"There are more buyers, more sellers. It's just a sign of the times with the activity in the economy increasing. People have got more confidence so they're more prepared to invest in more expensive properties," he said.

According to local real estate agents, people are buying for a variety of reasons, including permanent residences, holiday homes, and investment properties. There are also a growing number of people who buy a home in the Bay now with plans to move here later.

Although a growing interest from out-of-town buyers makes it more difficult for first-time home buyers and low income earners, a strong property market encourages new building and renovation investment, which feeds money back into the local economy.



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## PROPERTY VALUES TAURANGA

Property values continue to rise in Tauranga. Local real estate agents say it is getting harder to find quality listings, but an influx of newly built houses and further room for development may keep an Auckland-level price spike at bay for some time to come.

Figures from QV released in April show an increase for houses in Tauranga compared to the same time last year, with an average selling price of \$386,000. Plenty of homes sell within a few days of listing, and many fetch a much more than the rateable value.

Mount Maunganui is enjoying a surge in sales of multimillion-dollar homes this year - including two properties that sold for more than \$5 million. The most expensive property, on Marine Parade, sold for \$6.6 million in February, according to sales figures from the Real Estate Institute of New Zealand. In March this year, a property on Oceanbeach Rd sold for \$5.15 million.

The demographic of buyers at the top end of the market are mostly expats, Aucklanders, people who have sold their rural properties, and others who are moving here from within a two-hour radius. There is every indication that those levels of inquiry for good-quality properties in that top end will continue.

Areas like Bethlehem, Matua, Pillans Point, Otumoetai and The Avenues are also in high demand because of security and their proximity to good schools while new homes. Large commercial developments that are being built at Papamoa East and The Lakes only add to the appeal of living or investing in the Bay.

At the other end of the spectrum, there are still good houses in the \$300,000 to \$450,000 range available in the suburbs and as interest rates have moved downward, there are opportunities for first home buyers to snap up a decent and affordable home. Established suburbs like Greerton, Welcome Bay, Ohauti, Gate Pa, Brookfield, Maungatapu, and parts of Papamoa still offer buying opportunities for people with a little less to spend.




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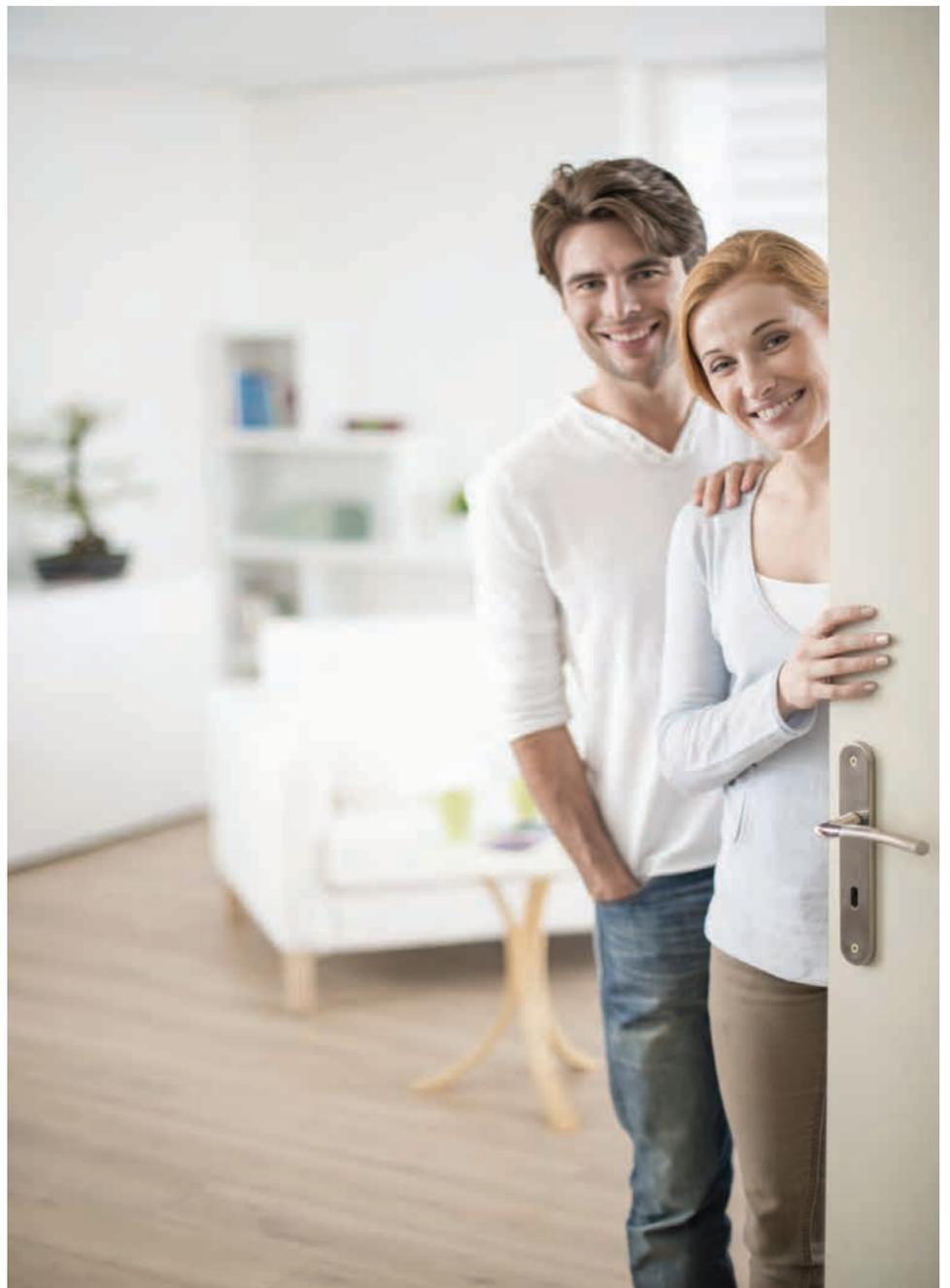
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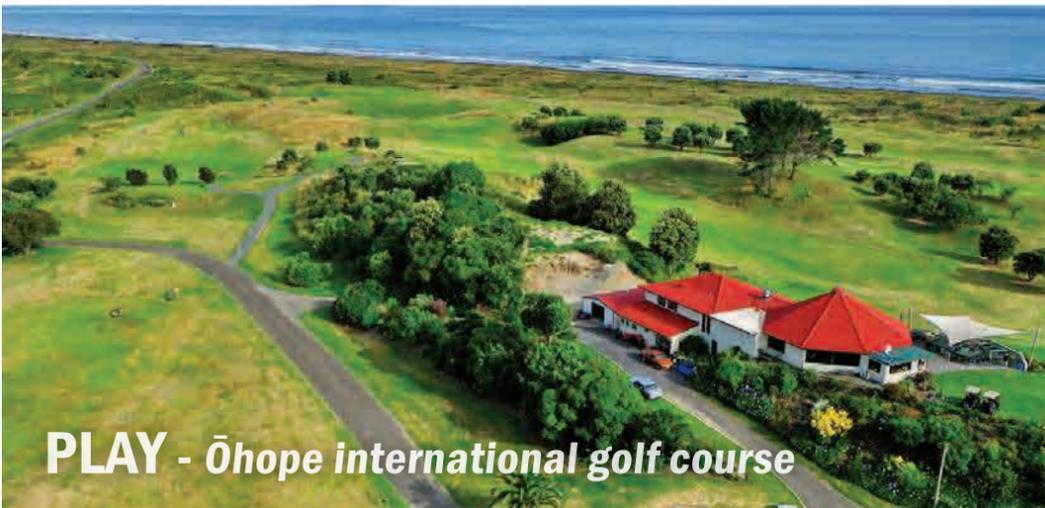
WHITE ISLAND

# WHAKATĀNE

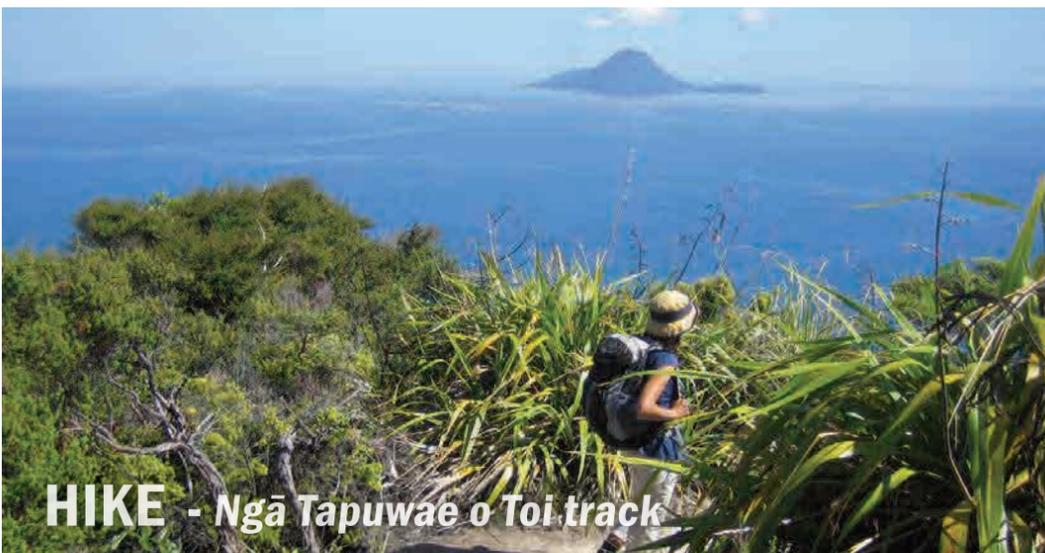
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Whakatāne is just an hour away from Tauranga, or 3.5hrs from Auckland - the sun is usually out, the ocean is glistening and the beaches are pristine.

Take a walk on an active marine volcano; walk or kayak the Moutohorā Island scenic nature reserve; hike the majestic cliff-top Ngā Tapuwae o Toi track to secluded Ōtarawairere Bay; catch fresh snapper; or tee-off at one of the areas best links golf courses. Then enjoy the sunset in New Zealand's sunshine capital.

For those seeking a more leisurely break, check out the galleries, gift stores and fashion boutiques along Whakatāne's tree-lined streets, or in Ōhope – home of the country's "Most Loved Beach". Dine at restaurants and cafes serving the best of fresh food from the ocean and surrounding area.

To help plan your getaway, visit our website or talk to the team at the Visitor Centre.



Visit [whakatane.com](http://whakatane.com) or call 0800 942 528 now.

# WHAKATĀNE – LIFESTYLE DESTINATION

Whakatāne – New Zealand’s perennial sunshine capital; home to Ōhope, NZ’s most-loved beach; and gateway to the Eastern Bay of Plenty. If a pristine coastline, rivers and lakes and consistently clear blue skies sound attractive, join the discerning souls who have already discovered this Bay of Plenty gem.

Not surprisingly, the area’s popularity as lifestyle destination is steadily growing. A phenomenal climate is a part of that story, but so too is the community atmosphere that larger centres have long since lost. The charming town centre – studded with cafes and boutiques – is nestled between a scenic riverside walkway and spectacular, bush-clad cliffs. Here you can leave the crowd behind and, very probably, upgrade your house, buy a new car and boat car and still have money in the bank to live the great Kiwi dream.

Outdoor activities play a large part in many people’s lives and there are strong clubs and excellent sports facilities. Property prices provide excellent value. You can drive or ride to work in minutes. Health facilities are excellent. People are active and living life to the full with a vibrant

arts scene and abundant fishing and gardens. Families thrive here. With wonderful outdoors experiences in every direction, great schools and a strong community, affordable family living is easy.

Real Estate agents report that property enquiries from outside the region are steadily on the rise with more than 40 percent of enquiries coming from people from outside the area. Work opportunities include tourism, healthcare, professional services, education, agriculture, horticulture, forestry, engineering and boat building.

Any Whakatāne visit has to include a trip to the beach. Even in winter, Ōhope is special, its long expanse of sand perfect for a tranquil walk, with cafes nearby for a coffee or glass of wine. A 20-minute walk from Ōhope’s West End is the hidden jewel of Ōtarawairere – a treasure trove of rock pools, white sand and sheltering pohutukawa. At the other end of the beach, the Ōhope International Golf Club offers one of NZ’s best links courses. Whakatāne is a renowned fishing destination and its charter fleet offers something for all anglers.

Whakatāne also offers experiences found nowhere else. Fifty kilometres offshore, Whakaari (White Island) is New Zealand’s only continuously active volcano and provides dramatic displays of the forces that have shaped our land. Boat-based and helicopter tours allow visitors from around the world to experience this

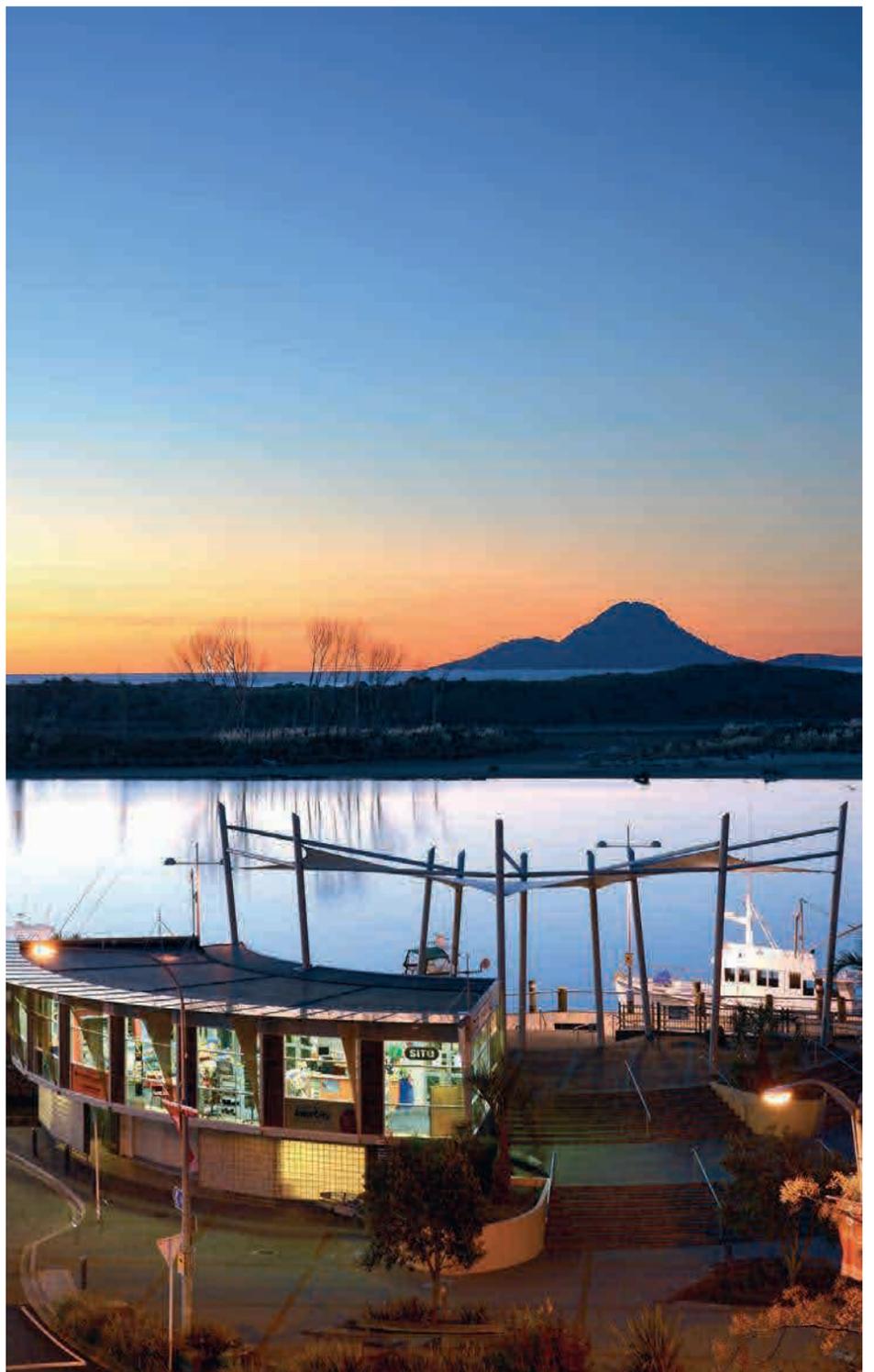
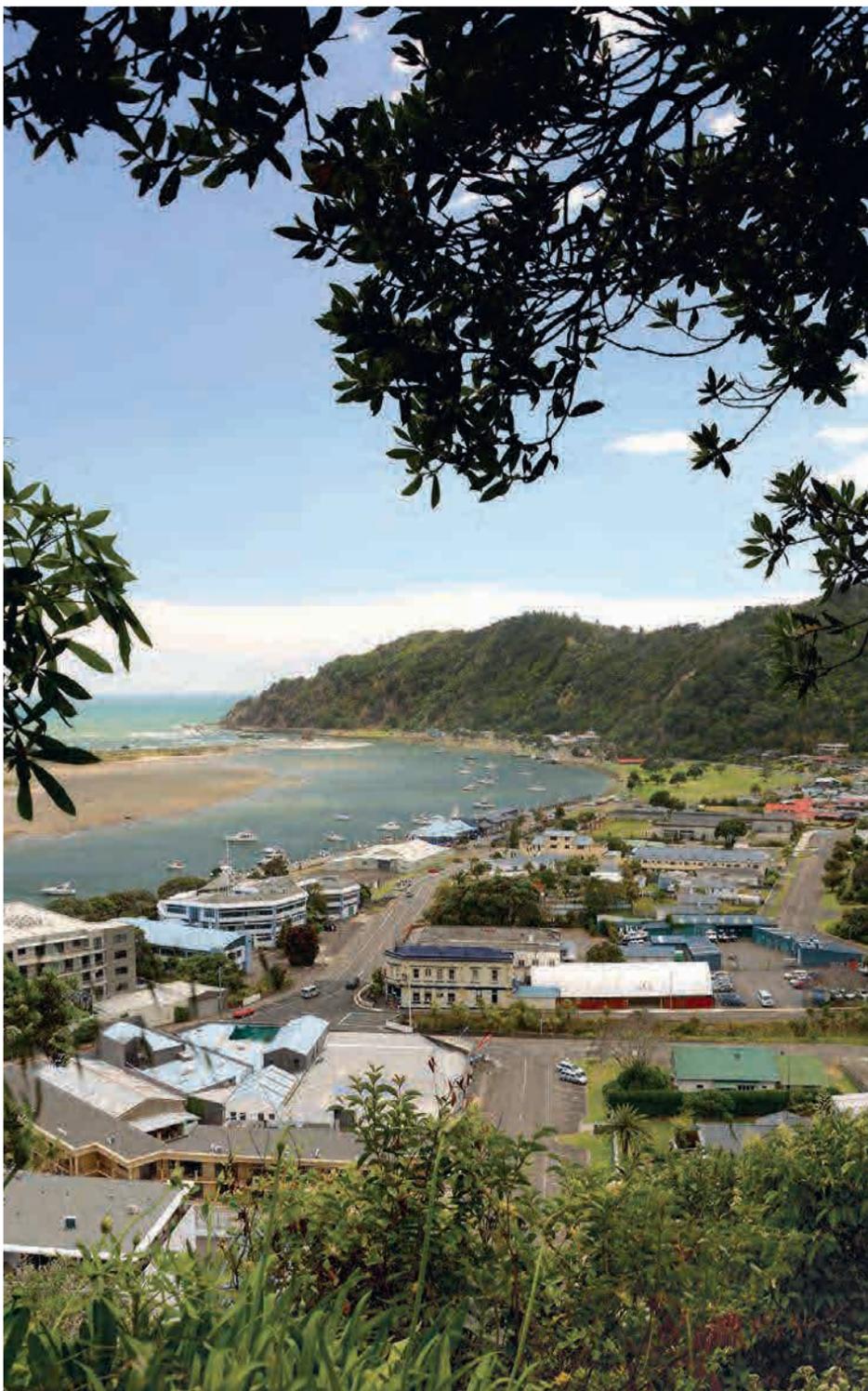


unique landscape. White Island also provides truly stunning diving.

For culture lovers, there’s a thriving arts scene that includes a nationally-acclaimed exhibition centre showcasing the region’s rich Māori heritage and an ever-changing schedule of modern arts exhibitions, a thriving theatre scene and a Summer Arts Festival with few equals outside the major metropolitan centres.

The Whakatāne District is open for business, so talk to the Whakatāne District Council about your needs and then come and see what the area has to offer. In the meantime, explore:

- [www.whakatane.com](http://www.whakatane.com)
- [www.whakatane.com/live](http://www.whakatane.com/live)
- [www.whakatane.com/business](http://www.whakatane.com/business)



## PAPAMOA

Papamoa is the largest suburb in Tauranga, and Papamoa Beach is renowned for its excellent fishing and surfing opportunities. No less than 16km of white sandy beach stretch from the boundary with Mount Maunganui in the west to the Kaituna River in the east. Papamoa has a relaxed small-town vibe and is community oriented, despite having grown so much bigger over the past 15 years.

Despite its stunning location by the ocean, development in Papamoa had a hesitant start. In the mid-1960s, all it had was a dairy and some old baches. Take things 50 years forward, and the once quiet seaside holiday spot has transformed into a bustling suburb with about 20,000 residents, quality shops, restaurants, and services.

Widespread settlement of the area did not start until the early 1980s and prior to this, Papamoa was largely a rural area. Now, it is one of the fastest growing areas in New Zealand due to the increase in popularity of coastal communities, proximity to Tauranga and Mount Maunganui, and new developments.

"As one of the fastest growing areas in New Zealand – it is also one of the most dynamic," says Papamoa Progressive Association chairman and Papamoa Plaza centre manager David Hill.



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"The transition from a sleepy holiday spot to a year round lifestyle choice has seen new building consents surge in recent years," he explains.

"From the redevelopment at Papamoa Plaza, including the addition of 2,300 m<sup>2</sup> of additional retail space, through to the formation of a retailers community events group to organise and run key events including the Santa Parade, Polar Plunge, Dinner in the Domain, Teddy Bear's Picnic and Pedal Papamoa."

Papamoa is coming of age, and the uniqueness of life on the coastal strip is no longer a secret. The impending opening of the Tauranga Eastern Link will improve commute times into Tauranga, the Port of Tauranga, and Mount Maunganui.

"By cutting around 10 minutes off the one way drive as the traffic flows improve, Papamoa provides a coastal lifestyle option that is the envy of many towns and cities throughout New Zealand. That's why we love living here," David says.

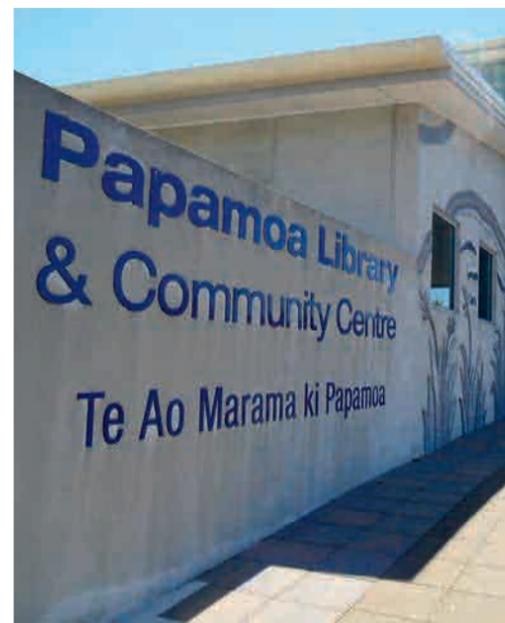
Papamoa Beach Resort Holiday Park received one of the world's highly sought-after awards for excellence in hospitality for the second year running in May. Based on guest reviews on the world's largest travel site, the beachfront resort received a 2015 TripAdvisor Certificate of Excellence award in recognition of it being a top accommodation provider.

The Bay of Plenty's first regional park, the Papamoa Hills Cultural Heritage Regional Park or Te Rae o Papamoa, opened to the public in July 2004 and offers visitors panoramic views of the Bay of Plenty coastline. The highest point on the ridge is 224m above sea level. The focus of the Park is the rich Maori cultural history. It has a large number of archaeological

sites and has many historical and ancestral associations.

The summit offers outstanding views with Mauao and Tauranga Harbour to the west, and the Te Puke area to the south-east. Mount Ngongotaha can be seen to the south, and Mayor (Tuhua) and Motiti Islands and the active volcano Whakaari (White Island) are visible, too. The Coromandel Peninsula extends as a backdrop to the north with East Cape carving its way into the Pacific Ocean to the east.

But the beautiful beach is the main attraction for people to live in, or visit, Papamoa as that is what makes it a little slice of paradise. Boasting a 16km stretch of white sandy coastline, Papamoa beach is a popular place but you won't find it overcrowded.





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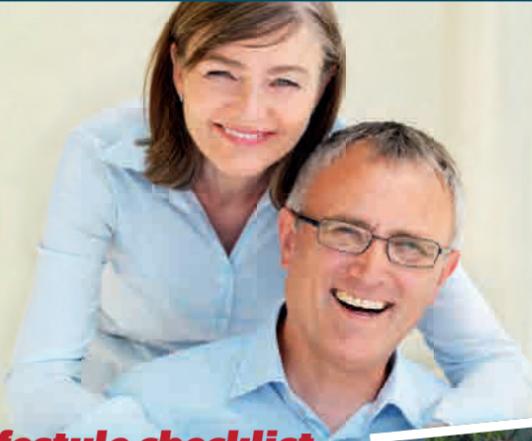
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# MOUNT MAUNGANUI

The Mount, which is the informal name for Mount Maunganui, is a trendy and happening place. It's one of New Zealand's most popular holiday destinations for all the right reasons.

Before the First World War, the Mount Maunganui area was little more than a deserted sandy peninsula. But after the war, scattered settlements began to appear. The population continued to increase and Mount Maunganui became a Dependent Town District of the Tauranga County in 1927. Ten years later, it was proclaimed an Independent Town District. Mount Maunganui was independent from Tauranga until the completion of the Tauranga Harbour Bridge in 1988.

The popularity of The Mount as a beach resort grew rapidly and today, prime real estate in the most sought-after Mount Maunganui locations like Ocean Beach Rd and Marine Parade are among the world's most expensive. Although the price of real estate has skyrocketed, The Mount is still a relaxed beach town, with sheltered Pilot Bay on the inner harbour side and a stunning surf beach on the other.

"The Mount, a special bit of the Bay between Tay Street and Mauao, has a point of difference that goes beyond Te Maunga that is Mauao," says Mount Mainstreet Manager Peter Melgren. Operating the Mount's visitor support centre on Maunganui Rd, Peter gets to bathe in the comments daily.

"Just ask people who live, work or just visit the Mount. Some say that it's the beach, others the harbour, shopping and hospitality and others the presence of Mauao but most see and are envious of the collaborative lifestyle attraction," Peter says.

"The walks, hot salt water pools, excellent hospitality and accommodation options, the beautiful beach, harbour and mostly the natural environment is highly attractive. Add in the concentration of specialty gift, gallery and fashion boutiques and the recipe is complete."

The opportunities available at The Mount drives a demand that is seeing more people investing in the lifestyle, and this is not just the retired. The Mount is an all year round attraction and a range of new activities planned for the winter months will encourage more people to embrace this.

Mount Maunganui beach is a popular surf beach that is patrolled by lifeguards throughout the summer and by volunteers for the rest of the year. The busiest section is close to Mauao but if you walk eastward in the direction of Papamoa, you'll find fewer people.

Fitting for a resort town by the sea, Mount Maungau has a dynamic array of cafés, restaurants and shops, as well as naturally heated salt water hot pools.

One thing is certain, and that is the Mount is much more than New Zealand's premier family summer beach destination. The Mount is an all year round destination with a vibrant edge thanks to wonderful natural attributes like Mauao, proximity to harbour and ocean, great walks and a mild micro-climate.



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The Mount provides great opportunities for you to relax and enjoy a great range of quality experiences all year round.

The million or more who walk around and up and down Mauao (the Mount) every year can't be wrong, the place is special.

Almost surrounded by water with a pristine beach and harbour and a diverse array of events there is something in the wonderful natural environment that can be enjoyed by everyone and most of it for free.

And then there's the retail attraction with a quality collection of shopping that is very special and rare to find in one location.

When the cafes, restaurants and bars along with the range of quality accommodation are added you can understand why the Mount is a very desirable place to visit and for a growing number of people, to live.

So stick your toe in the water and see why so many people enjoy what has matured here over time.



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## SHOPPING AND DINING

With a different atmosphere from Tauranga, downtown Mount Maunganui is a great option for a night out or a day's shopping at any time of the year. For shopping and dining, the Mount is a destination.

With more than 200 businesses, you will find boutique clothing stores, unique Kiwiana items, surfing and skating gear, original works of contemporary and fine art, as well as everyday shopping downtown the Mount.

Bayfair Shopping Centre, situated at about 10 minutes from Downtown Mount Maunganui, has more than 90 stores under one roof that combine international brands with New Zealand favourites. Open 7 days a week for a vibrant shopping experience, and boasting an excellent food court with a huge range of eating options. Free parking is available for 1,600 cars, and a bus link from Tauranga stops directly outside one of the main entrances.

Downtown The Mount hosts an excellent farmers market on Sundays at the Phoenix carpark, between 8.30am and 1.00pm, rain or shine. The Little Big Markets are another draw card, providing an eclectic mix of stalls with sumptuous offerings everything from delightful to delectable.

Take your time strolling around and take in the great atmosphere around the many stalls offering artisan food, unique fashion and garments, crafts, antiques, original art, and a whole lot of interesting characters to meet and greet.



In the summer months, from December through to February, the Gourmet Night Markets are held at Coronation Park on Fridays between 5.00 and 9.00pm. Packed with quality, local gourmet food stalls as well as a boutique farmers market bringing the cream of the local crop to the public.

With about 50 food stalls, there is something to please all taste buds. You can find Mexican, South East Asian, gourmet burgers, pizza, raw food, mussel fritters, French crepes, Asian fusion, Italian, Middle Eastern, and Caribbean delights as well as offerings from local restaurants at the market. The organisation has a big focus on sustainability and zero waste, there's a live band playing, and the atmosphere is always brilliant. It's an event not to be missed.

Options for fine dining or a quick bite to eat are numerous in Mount Maunganui. From edgy and trendy to classy and sophisticated, the restaurants in the area serve up some of the most inspired culinary pleasures. You will find excellent Pacific Rim cuisine as well as flavours from many other parts of the world at the Mount, proudly presented with creativity and flair.





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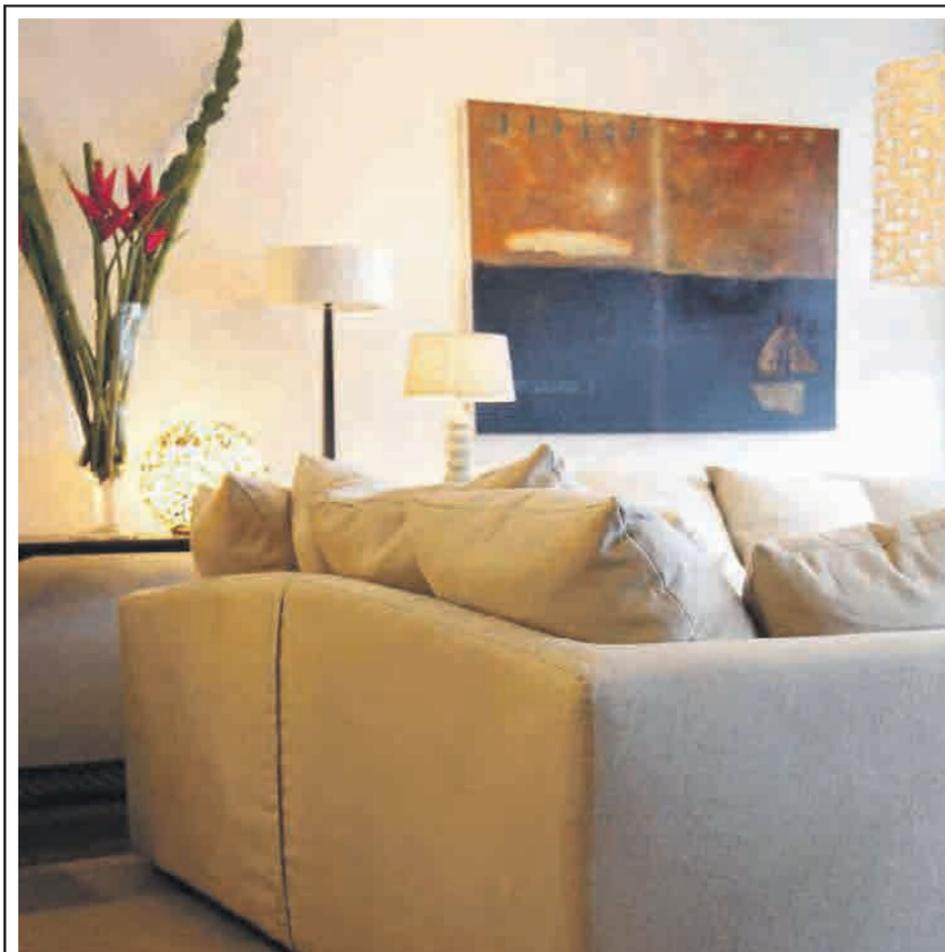
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## MOUNT OCEAN SPORTS CLUB

The Mount Ocean Sports Club is made up from three individual contributing clubs, Mount Maunganui Yacht Club, Mount Maunganui Underwater Club, and the Mount Maunganui Sports Fishing Club.

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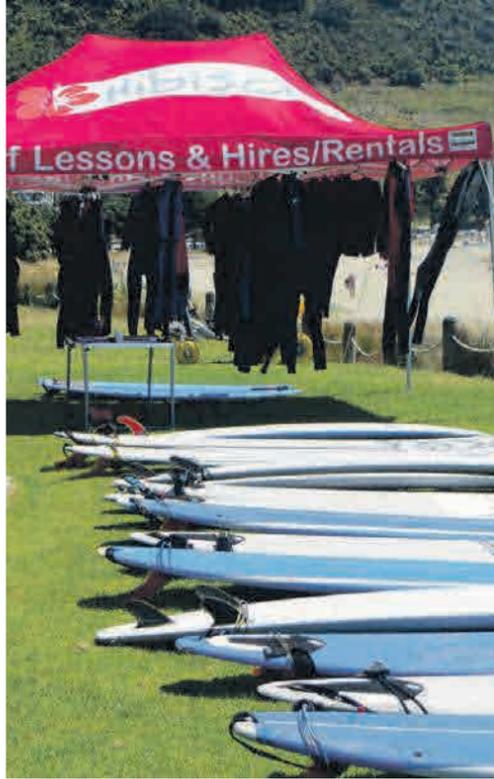


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# Mount Maunganui



## MAUAO

Mauao is the sacred mountain at the entrance to Tauranga Harbour. Its name, meaning 'caught by the morning sun', or 'caught in the light of the day' comes from a beautiful love story with a sad ending.

There were once three mountains that lived in the Hautere forest overlooking Tauranga Moana. One was Otanewainuku, situated just past Oropi, adorned with the tallest trees and inhabited by beautiful birds. There was also the beautiful female mountain Puwhenua.

Mauao was once a nameless mountain. He was rejected by Puwhenua, who he was desperately in love with, as her heart already belonged to Otanewainuku.

One night, the nameless mountain begged the patupaiarehe, fairy-like creatures of the forest with magical powers, to plait a magical rope and then haul him down towards the ocean and end his misery. But by the time they reached the ocean it was close to day break. The creatures fled as the morning sun's rays struck, and he was transfixed on his lonely position on the edge of the peninsula.

Mauao is an archaeological site of national significance, with a large pa site on the summit. It takes around 30-minutes for the relatively fit to reach the summit, and the views from the top are incredible.

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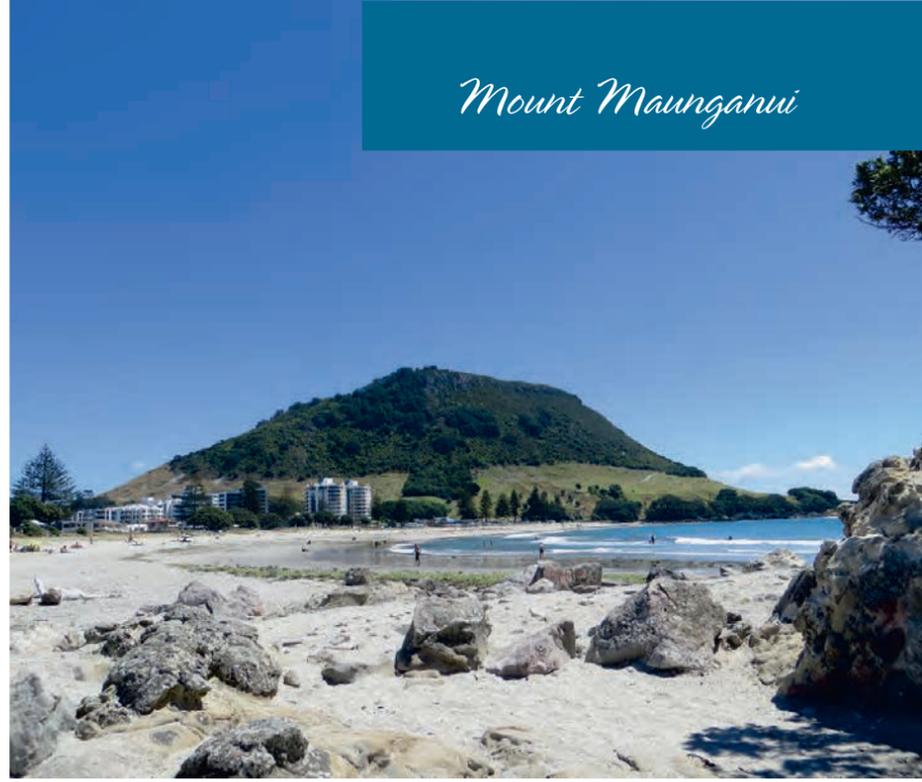
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Tangaroa, God of the Sea, is the three metre statue on the western side of Mauao. The sculpture is located on Stoney Point adjacent to the shipping channel and facing outwards from the harbour. Tangaroa is placed there to remind those venturing out to sea that they are entering his domain.

The bronze sculpture was commissioned from sculptor Frank Szirmay in 1973 by former Mayor Sir Bob Owens to commemorate Tauranga being gazetted as a port of entry a century earlier. The statue was unveiled by Governor General Sir Denis Blundell in 1976.

Tangaroa has been portrayed by the artist as a warrior in crouched position, clutching a taiaha (a long club fighting staff), as if performing the wero. The wero is the traditional Maori challenge given during the Powhiri to determine if visitors' intentions are friendly. In the other hand he holds a mere, a club used by Maori warriors for close-quarter fighting.

Another culturally significant feature is a large rock in the water named Te Kuia, which personifies a great elderly woman who once resided on Mauao. A local custom of boats and kayakers is to offer a koha (gift) to Te Kuia, in return for their safety while at sea.



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## CENTRAL PARADE

Shopping close to the Mount starts at Central Parade, on Maunganui Rd. Situated in between Bayfair shopping mall and the Mount's central business district, shopping and dining centre is a strip of shops that cater for many needs.

Popular because of easy parking and a variety of goods on offer, plus the New World Supermarket and service station on the corner, Central Parade is a hub of local activity. It has easy access, and plenty of free parking, which makes it a great spot for quick and stress-free shopping.

Central Parade has an array of shops, from an excellent butcher and green grocer to a specialist bicycle shop, a music store offering a world of musical instruments and sound gear, picture framers, an old fashioned barber shop, ethnic eateries, and a deli with healthy homemade style cabinet dishes, plus takeaways and a post office.

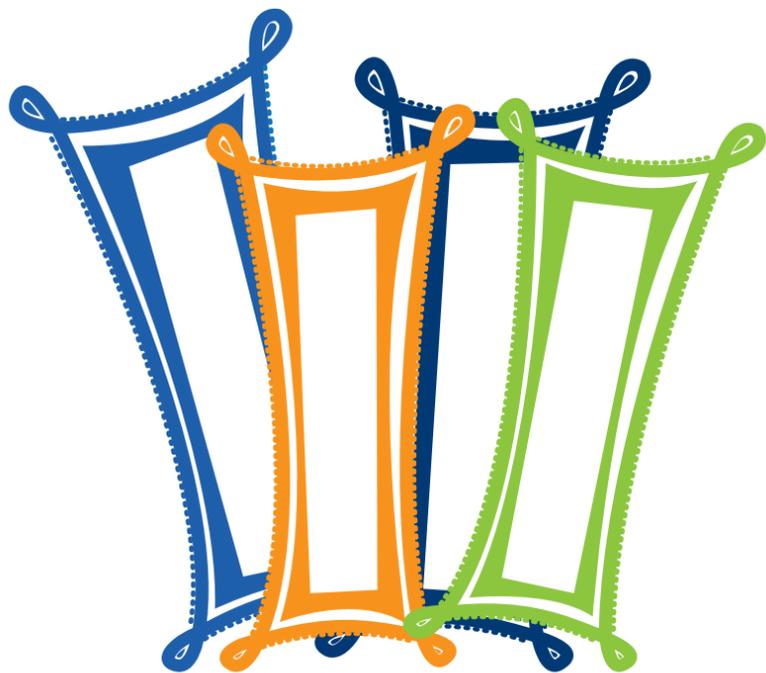
Both the post shop and the Central Parade pharmacy stock a great selection of unique gifts which makes them excellent spots to pick up a present if you want to spoil someone special.

Dee Street Medical Centre is just around the corner, offering a range of core medical services as well as a number of specialisations such as recreational and commercial dive medicals, vasectomies and travel vaccinations.

The Central Parade shops and services are also closely located to the Mount's industrial area, which is handy for the many workers who want to get a great coffee or a bite to eat, use

the post office, get some groceries, or drop off their bike for a service during their lunch break.

It's also home to Mount Maunganui's RSA, an active club offering a restaurant which seats up to 100 people, a friendly bar and TAB, sports activities and entertainment, and a library filled with hundreds of books which members can borrow free of charge.



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## WELCOME TO TAURANGA

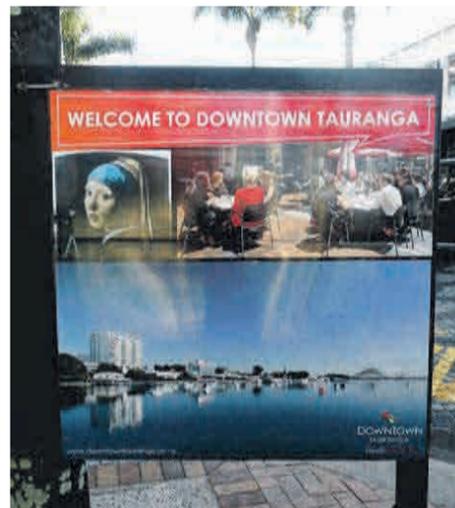
The name Tauranga means safe anchorage or resting place. Tauranga dates from the establishment of a Church Missionary Society mission at Te Papa, as it was known in the 1830s. During the wars of the 1860s the government established two redoubts there. The original mission house, The Elms, still stands, as do the remains of the Monmouth redoubt.

One of the most often recounted stories of the Land Wars of the 1860's is the Battle of

Gate Pa. The Tauranga Campaign was a six-month-long armed conflict in New Zealand's Bay of Plenty in early 1864. It was part of the New Zealand wars that were fought over issues of land ownership and sovereignty.

In January 1864 the Waikato campaign moved over the Kaimai Ranges to Tauranga. A British force of some 700 men under the command of Brigadier-General G.J. Carey arrived by sea from Auckland. This force had orders to enforce a blockade of the flow of reinforcements and supplies from local Ngai Te Rangi to the Kingitanga force in Waikato. Ngai Te Rangi, Ngati Ranginui and other Tauranga Maori who had been fighting in Waikato returned home to fight what they saw as the occupation of their land.

There were two decisive actions in this phase of the New Zealand Wars. In late April, at Pukehinahina or the Gate Pa, hugely outnumbered Maori defenders managed to



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resist an experienced British force and secure what many regard as a famous Maori victory. It was a defeat that embarrassed the British military and its leadership.

Two months later, at Te Ranga, a Maori force of 500 men was heavily defeated after being caught in the open while trying to complete their defences. The battle rates amongst the bloodiest of the New Zealand Wars. By the end of July 1864 the Tauranga war was over and most Ngai Te Rangi warriors accepted peace.

The New Zealand Parliament had already passed legislation (the 1863 New Zealand Settlements Act) which allowed for the seizure of up to 3.5 million acres of land from Maori found to have been in rebellion against the Crown. With the war in Waikato also seemingly at an end, the settler population and government wanted to see this confiscation policy enforced.

More information and fascinating stories can be found on the Ministry for Culture and Heritage website [www.nzhistory.net.nz/war/war-in-tauranga](http://www.nzhistory.net.nz/war/war-in-tauranga).

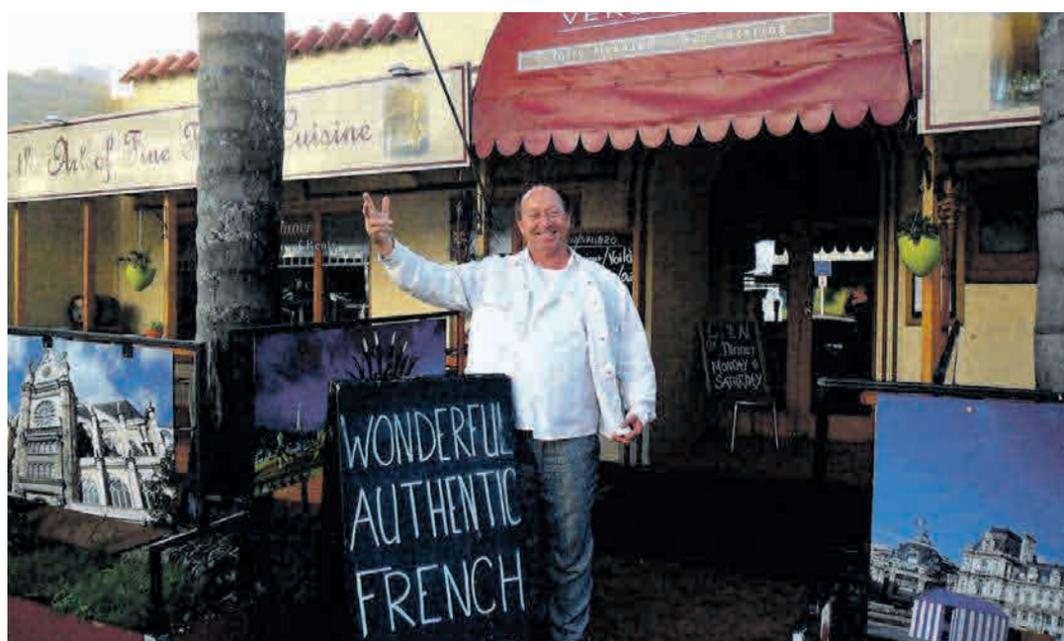
Tauranga struggled through to the 1880s where the population dropped to a little over 1,000 people, but the arrival of George Vesey Stewart from Ireland in 1882 brought

new hope to the town. Tauranga was made a borough and Mr Stewart became the first Mayor.

From the 1910s, as dairying developed in neighbouring districts, the population of the region grew significantly. Further growth came in the later twentieth century thanks to horticulture, in particular kiwifruit, in surrounding districts.

Over the 1900s water supply and electricity were introduced and the town began to prosper. In 1950 Tauranga was chosen as an export port for the Bay of Plenty creating many jobs and increasing the population drastically.

In 1976 Tauranga was one of a number of medium-sized urban areas, with a population of 48,000 – smaller than Napier or Invercargill. In 1996 Tauranga's population was 82,092, and by 2013 it had reached 114,789, making it New Zealand's sixth-largest city.



Tauranga libraries is promoting digital storytelling and has created a digital library of arts, cultural and heritage resources. Through a software system called Kete, meaning basket, community groups and individuals are able to upload their real life stories and images to the web for future generations to enjoy.

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### Heritage and Art Trails

Downtown Tauranga is easy to explore on foot, and there's plenty to see and do in and around town. A 3km walk takes you around a selection of heritage sites, starting from the i-Site on Willow St in the CBD. There are several information panels along the trail.

The walk takes you around many of the most important historical features of the city, including the Elms Mission House, Mission Cemetery, the Monmouth Redoubt, and the Awanui waka. The full walk can be downloaded and printed from the website [www.taurangaheritagewalk.co.nz](http://www.taurangaheritagewalk.co.nz).

Another walk designed to get inspired is the Arts Trail, which starts at the Tauranga waterfront. The historic Cargo Shed located on Dive Crescent offers a vibrant and varied

place of upmarket creativity, open seven days from 10.00am to 4.00 pm.

Stroll a little further towards the city and be delighted by the sculptures of Hairy Maclary and Friends. The statues will be unveiled this month on the waterfront, next to the playground. The project is a storybook scene of permanent bronze sculptures of Hairy Maclary and his friends Scarface Claw, Slinky Malinki, Hercules Morse, Muffin McLay, Bottomley Potts, Schnitzel von Krumm, Bitzer Maloney and Zachary Quack. The much-loved book characters were created by Dame Lynley Dodd, a Tauranga resident for more than 20 years, and one of New Zealand's best-selling international authors who has sold millions of books worldwide.

Walk down Wharf Street, and you will find the Tauranga Art Gallery and Creative Tauranga. The Tauranga Art Gallery is one of New Zealand's newest and most respected regional public galleries. Since opening in 2007, it has consistently delivered high quality exhibitions within its contemporary gallery space. Visitor programmes include floor talks, guided tours, seminars, plus musical and theatre performances. Entry is free, although donations are appreciated.

Just across the street is the Creative Tauranga gallery, where the depth and diversity of our region's arts and culture



Other creative hubs in Tauranga include The Incubator at the Historic Village, Zeus Gallery and Gallery 59 just outside the city centre, and Zohar at Mount Maungai, plus several other small galleries and online art outlets.

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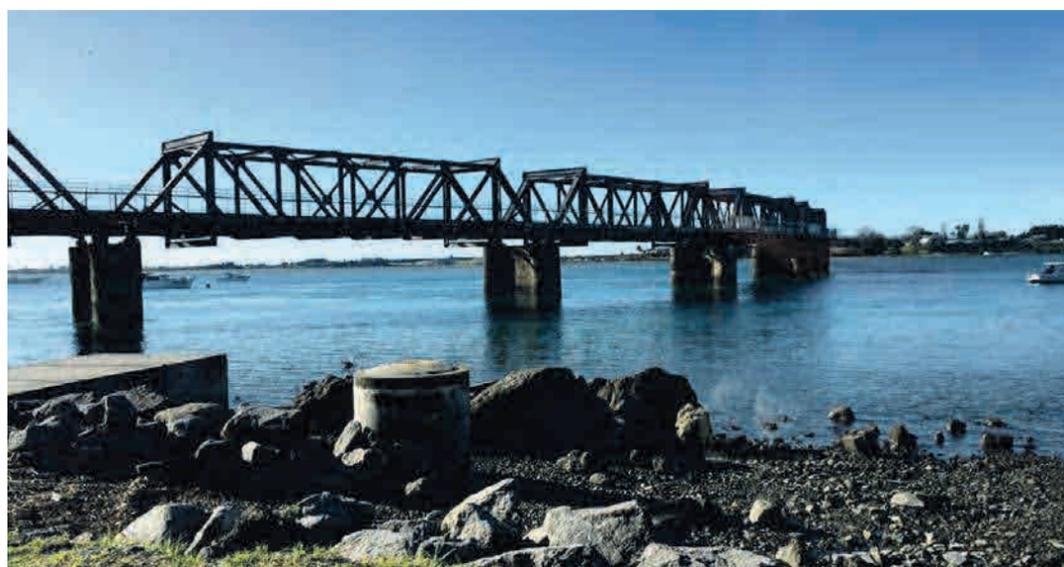
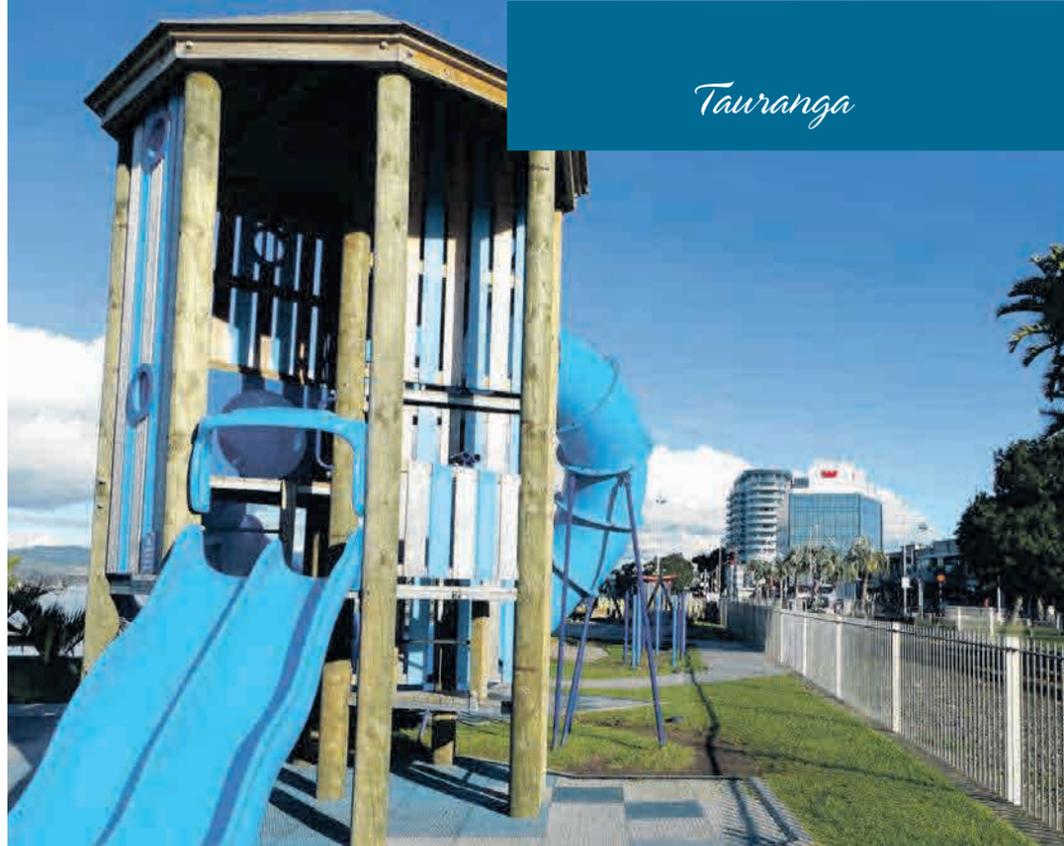
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come to life. From emerging to established local artists, Creative Tauranga supports and promotes their work.

Discover the awe-inspiring renaissance murals in Owen Dippie's Larger than Life project when walking around Tauranga. Painted with spray cans and depicting masterpieces, the project shows the incredible talent of Owen (OD) who has only just recently moved from Tauranga to Auckland.

### Good times ahead for Tauranga

With a population of around 115,000, the City of Tauranga is the economic hub of the Bay of Plenty region, supporting a wide range of manufacturing, tourism, agriculture and horticultural industries. Tauranga is one of New Zealand's main centres for business, international trade, culture, fashion and horticultural science.



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Tauranga's CBD is alive with a revitalisation of the central business district well underway. An exciting new development is the Wharf St dining precinct, which is set to be launched on July 25, encompassing the street area between The Strand and Willow St.

The dining precinct will be opened as a 'shared space' environment where pedestrians and traffic share the space, but traffic access will be reduced to a narrower, one-way route to The Strand. It will have themed entranceways at both ends of the street, overhead lanterns, wharf themed seating at some of the restaurants and eateries, community seating areas and a



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staged area for live performances, exhibitions and art and cultural offerings.

Mainstreet chairman Glenn Tuck said the dining precinct should create something pretty special in the city centre for both businesses and the public.

"Our focus is fairly and squarely on attracting more people into the city centre and giving them unique reasons to stay longer. This initiative allows us to support our hospitality sector and in turn our city centre by creating something unique for Downtown Tauranga," he says.

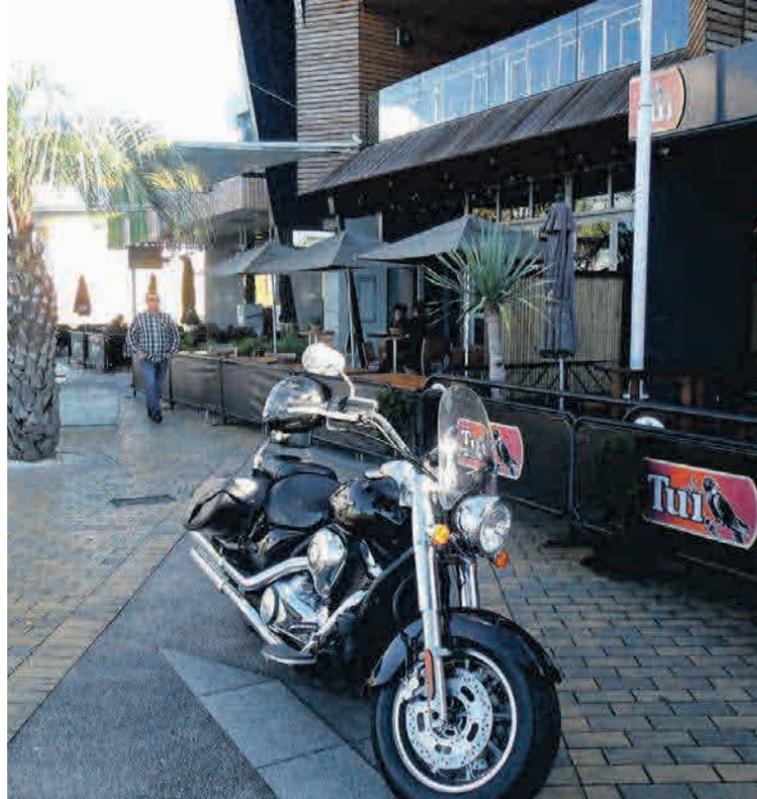
Other economic drivers already in the works include a new university campus for Tauranga that, within two decades, would have capacity for 1,500 students and have generated benefits of over \$188 million.

The new campus will be developed by the University of Waikato on behalf of the Bay of Plenty Tertiary Education Partnership to provide a purpose-built space for leading academics, researchers, postgraduate and undergraduate students. It will also cater for industry and community collaborations, and commercialisation activities. The campus which is expected to open in 2020.

Things are looking up for our city's future, and business confidence and consumer spending is already starting to reflect this.

"Tauranga is a great place to live, work and play," says brand strategist Sally Cooke, whose marketing agency Tuskany is responsible for the communications, marketing and management of Downtown Tauranga.

"We have a great climate, beautiful beaches and outdoor spaces, a fast growing region and more and more innovative leading-edge businesses choosing to set up and develop here in the Bay," she says.



A city is often defined by its people and a city is defined by its centre. Sally explains that the city centre, as the heart of our region, is working hard to attract more initiatives to ensure its growth and that revitalisation aligns with the exciting developments we are seeing across the region.

"I like owning and operating a business in the city centre. I like feeling that I am positioned in the very heart of the region. There's an energy to a city centre that those working in it can feed off," she says.

"It's encouraging to see more and more passionately people are stepping up and working hard to build a better city centre."

Sally admits that there are challenges, as with any city centre, but she explains that there are also some exciting initiatives and developments.

"With right strategic focus and vision, Downtown Tauranga is a great city and has immense potential," she says.



**"I've done more exciting things in the last year, than I did in the previous 70!"**

**Ryman resident, Alister Leckie (aka Al Pharrell Williams)**

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## GREERTON

Known as the op-shop capital of the Bay and as a somewhat quirky village, Greerton is actually one of Tauranga's oldest established suburbs. Greerton is characterised by a high percentage of long term residents, many of whom identify strongly with the school, the commercial area and community facilities.

The area was developed by European settlers in the late 1870s, little more than a decade after the Battle of Gate Pa. The racecourse was established on swampland in 1887. The Battle of Gate Pa in 1864 led by Colonel Greer was a major influence in the history and establishment of early Greerton, as soldiers were gifted farm land in the area. Prior to this, Greerton had been a place of much activity for local iwi and hapu as the land linked the Pukehinahina and Te Ranga pa site.

Steady growth of Tauranga resulted in Greerton being included within the then Tauranga Borough/City in 1963. The development of Greerton saw it become a self-contained suburb, located on a main arterial road and adjacent to SH29 with a bustling and convenient commercial centre.

A range of community facilities and services are available in Greerton today, including a library, swimming pools, sports grounds, the

Department of Conservation office, a police station, churches, social services and a range of shops and businesses. The Windermere Polytechnic campus also backs on to the suburb.

When walking around the village, you will see a mix of people of all ages and a number of interesting characters. The village, built on the community atmosphere, is a hub not only for the people who live in Greerton, but also for people who live in The Lakes, Welcome Bay, and Gate Pa south. The community is creative, colourful and culturally diverse and there are plenty of events and activities organised during the year to keep them entertained.

In winter, trees, bollards, signs and other things in Greerton Village get yarn bombed by the guerrilla knitters, and the annual Cherry Blossom Festival is a celebration of all things spring. The village shows its spirit again at Easter with their own Jazz festival celebrations, and the Waitangi Day Family Festival plus the Christmas Variety Show are long-time favourites, too.

"The community engagement and cohesiveness we have here in Greerton is something you don't often find in the suburbs," says David Hart, Manager of Greerton Village Mainstreet.

"Greerton got absorbed into Tauranga over the years but it has managed to hold onto its village identity, and Greerton is also a pedestrian friendly village," David says.

"If you're not from here, you park your car and walk around. If you are from here, you don't bother with a car at all."



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## BETHLEHEM

The once semi-rural area of Bethlehem on the northern fringe of Tauranga City has transformed over the years into a modern and much sought-after suburb. Due to its warm climate, the fertile land Bethlehem has been trialled since the first settlers came for dairy farming and growing exotic crops. The first shop was built in Bethlehem in the 1930's and in 1956, the Community Hall was built.

Today, Bethlehem has a bustling and growing centre with good shopping and dining options. It's the northern gateway into Tauranga and features

churches, a winery, restaurants, cafes, schools, and a large shopping and business centre.

Bethlehem is also the setting for some of Tauranga's most exclusive retirement villages, including Bethlehem Country Club and Bethlehem Shores, Sanderson Group's luxury lifestyle villages, and Bob Owens Retirement Village on Carmichael Road.

Mills Reef Winery, located at 143 Moffat Road, is a Tauranga landmark and has frequently been acclaimed as one of the most stylish and attractive winery buildings and wineries in New Zealand. Set on 20 acres of beautifully landscaped grounds, the complex boasts full wine-making and bottling facilities, two underground barrel cellars, an aged wine cellar, spacious wine tasting areas and an award-winning restaurant.

All eyes at the moment are on the \$15 million redevelopment of Bethlehem Town Centre

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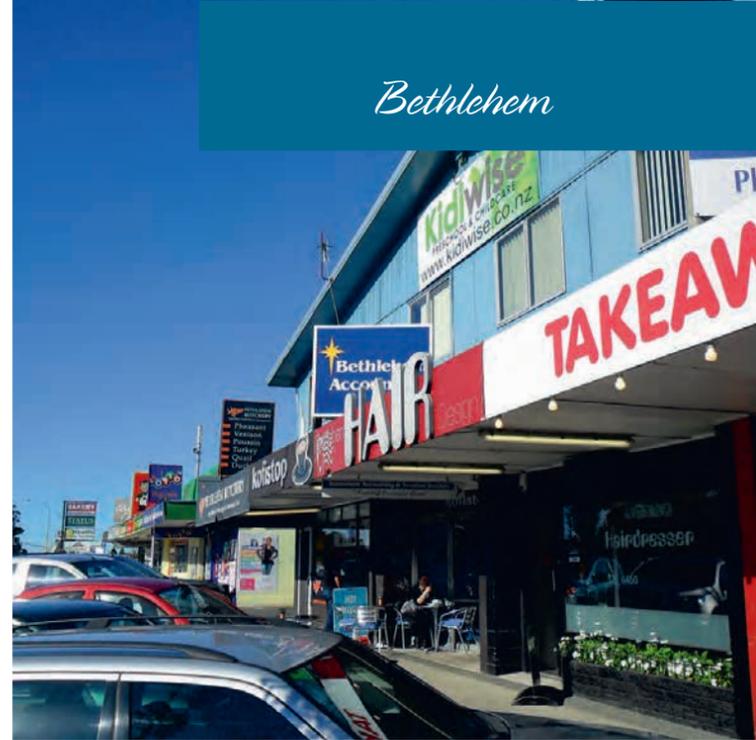
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Bethlehem

which is a retail development that will bring even more growth to the area. The redevelopment will add 2000sqm, bringing the centre's total footprint to more than 20,000sqm. A new Kmart building will take up 5000sqm, created by redeveloping empty space and extending into the carpark area adjoining the building housing furniture retailer Smith City.

During the redevelopment, it is expected to have between 30-50 tradespeople on site each day, increasing to 80 at peak times. The new Kmart store will have 70-80 new staff made up of a combination of fulltime, part-time and casual positions. The new store is expected to open early next year.

At Christmas time, the Bethlehem post office is arguably the busiest post office in New Zealand. People love to send friends and loved ones Christmas cards with the Bethlehem postal stamp.



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## OMOKOROA

Omokoroa is a peninsula off SH 2 bordered by the Tauranga Harbour. You will find it half way between Tauranga and Katikati, each at about a 20 minute drive away. The population of Omokoroa is about 2500, and increasing.

Being situated on the Tauranga harbour it has a wharf and boat ramp to encourage boating, fishing and other aquatic pursuits. There is also a seven day a week regular ferry service to Matakana Island and the area has retail outlets and light industry.

“Omokoroa is the jewel in the Western Bay crown offering a village atmosphere and a fantastic lifestyle,” says Don Cameron, chairman of the Omokoroa Community Board.

“It is a great place to live with its parks, reserves and extensive walkways,” says Don, who is passionate about the peninsula.

Don has lived in Omokoroa permanently for almost 7 years, but he says he has had an association with the community for more than 50 years. He explains that the community has many volunteer groups who protect the environment, culture and history of the area. Omokoroa has a mix of urban and rural properties, and Don says that the people are very friendly and helpful.

Sporting activities and social gatherings are important to the local community. There’s a golf club, bowling club, soccer and tennis



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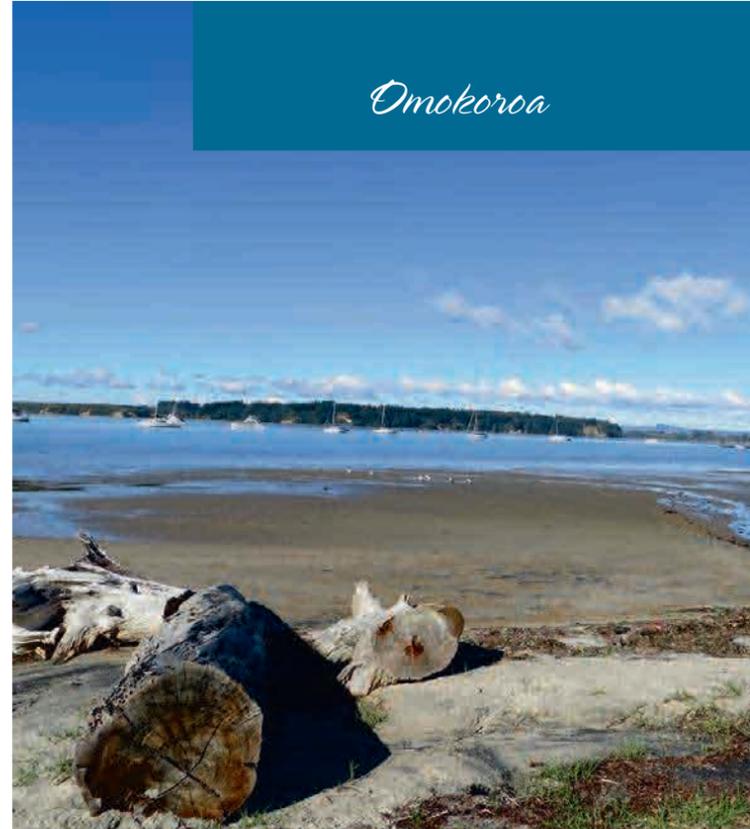


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clubs, and many other activities for residents to enjoy but due to its location, water sports take centre stage.

The Omokoroa Boat Club is well established, being founded in the 1950's by a small group of like-minded people who held their first meeting in a small smoko shed on The Esplanade. The club plays a prominent part in the local community in a number of ways.

They have a busy social programme and organise all sorts of events throughout the year such as jam sessions, rugby evenings, fashion workshops, quiz nights, pool competitions and darts tournaments.

Occupying a unique position over the water, the club has become the focal point of the Peninsula. It's popular as a venue for meetings, breakfasts, lunches, meals and celebrations, plus a place for newcomers to Omokoroa to meet and make new friends.



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## WHERE TO STAY

There's no lack of accommodation providers in the Bay, ranging from family-friendly holiday parks to exclusive resorts and quality motels. In the summer months, and around the time of big events like the AIMS Games and the Easter Jazz Festival, it's not uncommon to find most of them fully booked.

There are more than 30 motels in Tauranga and Mount Maunganui, including campsites that offer motel-style self-contained units. The Bay is big on boutique accommodation, offering high standard amenities and comfort combined with character and flair. Boutique

accommodation is typically small and intimate and can be found in the city, on the coast, or in the countryside.

Another accommodation option that the Bay has plenty of is holiday homes, ranging from cute cottages to contemporary beachside houses. Equipped with kitchen and laundry, holiday houses are a great option for family holidays.

For those with less to spend on accommodation, there are plenty of backpacker and budget accommodation options available around town to help your money go a bit further. Add in the abundant offering of serviced apartments, bed & breakfast providers, and 30+ holiday parks in the region, and you'll see there are plenty of options.

Statistics New Zealand's Accommodation Survey revealed that guest nights in February this year had dropped slightly compared with

February the previous year - from 114,873 to 111,089. The survey records the number of guests staying in hotels, motels, backpacker accommodation, and holiday parks in New Zealand each month.

Tourism Bay of Plenty head of marketing Kristin Dunne told the Bay of Plenty Times that the numbers were affected by the lack of accommodation available compared with other parts of New Zealand.

"Our spend figures for the same period were up so it is a surprise that accommodation figures are down," she said.

"There are two issues with this monitor. The first is that the Bay of Plenty doesn't have as much commercial accommodation as other regions," she said.

"Only hotels, backpackers, motels and holiday parks are measured, which we have in our area - but we also have apartments, book-a-bach rentals and bed and breakfasts.

Also important to keep in mind is that about 75 per cent of the visitors who come to the Bay stay with friends and family and don't book commercial accommodation.

There are currently four hotels in the city, including Oceanside Twin Towers at the Mount, and the plans to build a brand new hotel in Tauranga's central city are still on the table, although investment was initially hard to find since the idea was launched in July 2013. Kristin Dunne told the Bay of Plenty Times at the start of this year that the hotel is on top of their wish list.

"We would love to see next year an internationally branded, 250+ room hotel, and further funding to continue our successful marketing campaigns internationally and domestically. A large hotel gives us the opportunity to compete in the conference market and host large groups and events in the Bay," she said.





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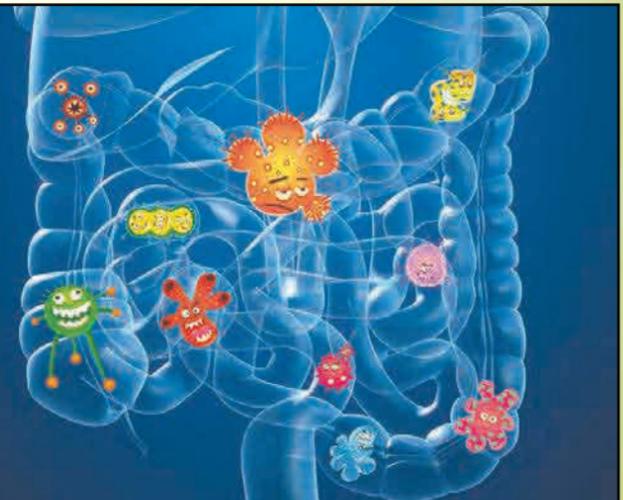
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Victor has worked and owned clinics in Australia, USA, Katikati, Waihi and the Bay of Plenty where he currently resides. He is honoured to have been selected to travel with NZ Metro team to the Safaricon 7's in 2014 to Kenya and the Carlton 7's in Sri Lanka as the only overseas physiotherapist for both international and NZ players.

Victor has experience working with special needs children and is currently involved with school rugby. He's become the preferred therapist to many rugby players both junior and senior and is always keen to help more!

Victor prefers manual physiotherapy techniques complemented with acupuncture where required. Physiotherapy has changed a great deal over the years with a movement away from machines and Victor embraces updating his already wide skillset in order to keep up with current manual therapy practice.

His mission is getting your body moving the way it was intended - ultimately giving you greater freedom in life.

Let's find out a bit more about Victor:

## What is the most common advice you give to people?

- Not to go too hard at the beginning and to pace yourself.
- Don't lift too heavy weight and go for quality not quantity.
- Set realistic goals for yourself
- Have fun and learn to laugh at your mistakes

## What do you know now that you wish you knew 10 years ago?

- That the price of housing at the Mount would increase so much

## Biggest challenge in your occupation?

- Negative and unmotivated clients.

## Which aspect of your occupation do you enjoy the most?

- Helping people achieve their goals.

## How do you relax?

- I love to surf or kick back with a good book, spend time with friends and walking up the Mount. I love tennis,

running and getting amongst the outdoors with my wife and kids. I have a positive attitude and always look for the good in life – this is a relaxing mindset.

## Three things you aspire to do/experience:

1. Take my family to Aitutaki, Cook Islands
2. Live and work in the United Kingdom
3. Pay off my Mount house

## Most exciting thing you have ever done:

- Watched my three children being delivered.

## Any final words?

I'm really looking forward to meeting a lot of new faces at Advance and helping Bay locals go from pain through to performance – whatever that looks like for them!



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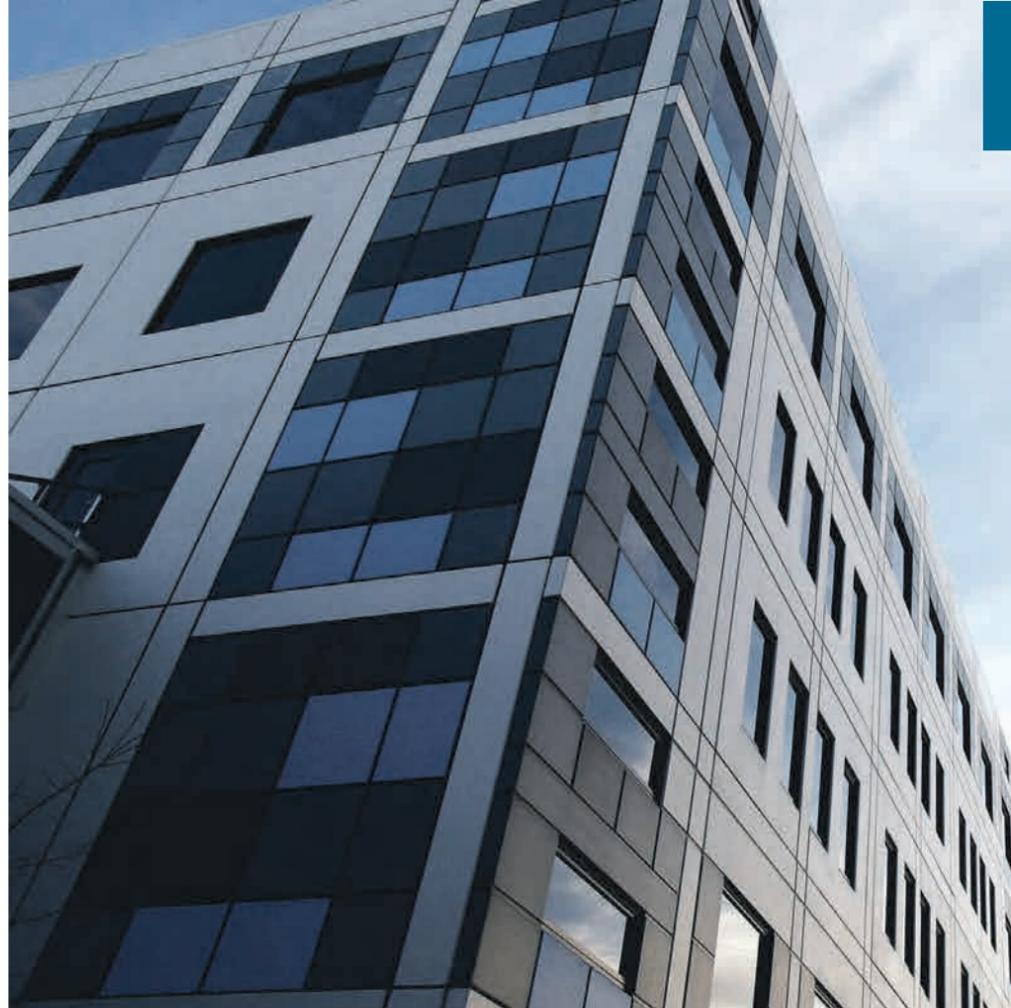
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# HEALTH SERVICE PROVIDERS

The Bay of Plenty District Health Board (BOPDHB) is one of 20 District Health Boards in New Zealand, and one of five DHBs in the Midland region. They are charged with the responsibility of delivering health services for the people of the wider Bay of Plenty, from Waihi Beach in the North West to Whangaparaoa on the East Cape and inland to the Urewera, Kaimai and Mamaku ranges.

The DHB's activities range from delivering health and disability services through its public provider arm at hospitals in Tauranga and Whakatane, community health and mental health services, through to support functions such as the clinical directorate, corporate services, and information management services, as well as planning health service development, funding and purchasing both public and non-government organisation health services for the region, and Maori health.

Our population has the second fastest growth rate of all New Zealand's DHBs. The total population growth in the planning period 2006 to 2026 is forecast to be 23.5%, higher



than that for New Zealand as a whole. The majority of the growth is expected to be in the Western Bay of Plenty region, particularly in Tauranga city.

As we have a fast-growing population and also a relatively large population of older people, health service providers are well represented in the Bay.

Specialist care has become more available in our region in recent years, which includes the landmark Kathleen Kilgour Centre on 20th Avenue, adjacent to Tauranga Hospital, which was constructed to meet a growing need for radio therapy in the Bay of Plenty.

The centre officially opened in December 2014, and it sets a new standard for radiation treatment in New Zealand with its innovative design, cutting edge technology, and personalised patient care.

Since the privately-owned Bethlehem Birthing Centre opened in October last year, local women have the choice to give birth naturally in a non-clinical setting. The centre is publicly funded for women who are eligible for maternity care in New Zealand. This means it's free for eligible women who actively choose to have a natural birth with their Lead Maternity Carer (LMC).

Non-eligible women can give birth here for a fee, and mothers who have given birth at Tauranga Hospital, and who are not under specialised care, can transfer to Bethlehem Birthing Centre, subject to room availability, for two nights post-natal care at no cost.

Another example of specialised care in Tauranga is Waipuna Hospice. The hospice provides specialist medical services, nursing care and support to people living with an illness for which cure is no longer an option. Waipuna Hospice has to raise \$2.5 million each year to meet the shortfall in operating costs, which is why they work hard on fundraising and rely on community support.

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## HOSPITALS

There are currently three hospitals in Tauranga. Tauranga Hospital on Cameron, Grace Hospital on Cheyne Road in Oropi, which is Tauranga's private specialist surgical hospital, and Althorp Private Hospital in Pyes Pa which specialises in aged care.

Tauranga Hospital is the region's public hospital run by the district health board (DHB). On March 6, 2014, Tauranga Hospital celebrated 100 years of being open. The hospital has come a long way since 1914, when it opened with a live-in staff of four, a cow for milk supply, and a horse for transport.

Today, the hospital offers many medical and clinical support services, including rehabilitation, speech therapy, stroke and cardiac support, district nursing and drug and alcohol programmes.

Tauranga Hospital has 349 beds. Approximately 224 beds are available for medical and surgical patients, including critical care and coronary care, with a further 58 for children and older people, and 17 used for medical day stay. Twenty four beds are designated for mental health patients and 10 for mental health care for older people. There are 43 beds available for maternity, including 12 for the special care baby unit.

Grace Hospital was opened in 2007, and incorporates 6 modern operating theatres, a procedure room, High Dependency Unit, 50 inpatient beds and a separate day-stay facility



named Oropi Centre. Surgery across the main specialty groups is carried out at Grace; orthopaedics, urology, general, ENT, plastics, gynaecology. There are currently more than 60 consultant surgeons and anaesthetists that work at the Grace facility, and 190 staff employed by Norfolk Southern Cross.

Surgeons working at Grace Hospital have access to the latest surgical technologies including the Da Vinci Robot, a technological breakthrough for use in laparoscopic surgeries.

A specialised day stay facility with additional consulting rooms and staff training space at Grace Hospital, opened late last year. With the new facility, Grace Hospital follows a global trend for hospitals to provide more theatres and require fewer beds.

The ground floor of the Oropi Centre has two dedicated procedure rooms, one for endoscopy and the other for minor surgical procedures. Surgeries performed in the day stay theatre include minor ear, nose and throat procedures, along with orthopaedic,

gynaecological, general and plastic surgery. The state-of-the art endoscopy room is set up to meet new standards for patient care, and the recovery areas are private and spacious, which addresses patients' needs for comfort.

At Althorp Hospital, situated next to Althorp Retirement Village on Grantsston Drive in Pyes Pa, the inpatient service offers respite care, palliative care, rehabilitation and long term aged residential care at hospital, dementia and psychogeriatric levels.



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# SPECIALIST MEDICAL SERVICES

The many specialist medical professionals in the Bay of Plenty provide a range of services such as naturopathy, osteopathy, nutritional advice, cosmetic surgery, acupuncture, dental care and skin cancer screening and treatment.

Pathlab is a New Zealand owned and operated pathology service delivering medical testing in the Bay of Plenty and Waikato regions, helping over 4,500 patients a day. The services they offer include commercial medical testing, employee well-being programmes, travel immigration and insurance tests, patient-requested testing, clinical trials and research studies.

A new multi-disciplinary clinic, known as 850 Cameron or Virtuoso, opened opposite Tauranga Hospital last year, with a team of medical experts who are redefining how surgery is performed, applying ground-breaking techniques and advanced technology.

The clinic specialises in minimally invasive techniques and state-of-the-art procedures, and offers a unique mix of specialist services including dental, urology, gynaecology, colorectal, general surgery, and research.

The region's DHB manages several specialised units including a diabetes service based at Tauranga and Whakatane Hospitals. These health professionals provide specialist medical, nursing and dietetic assessment, treatment and care and promote self-management of diabetes. This service, which looks after adult, adolescent and pregnant diabetes patients, cares for more than

10,000 diabetes patients, including many Maori people diagnosed with high blood sugar.

For cosmetic and reconstructive surgery, locals do not have to travel over the Kaimais either. There are options available, with two leading New Zealand cosmetic and reconstructive plastic surgeons, Adam Bialostocki and Tristan de Chalain, running clinics in Tauranga.

Cosmetic surgery is usually concerned with aesthetic improvements and a personal desire to in some way change or enhance facial or bodily features. In most cases these types of surgery are undertaken at Grace Hospital in Tauranga, where Adam Bialostocki and his team work alongside a highly trained team of theatre and anaesthetic staff in this modern and progressive health facility. Tristan de Chalain is an Auckland-based surgeon who also consults at Promed House on 9th Avenue.

Our region also has a large amount of local health support groups that exist to support and assist people and their families with a variety of needs and illnesses. Well-known examples are Breast Cancer Support Services, Alzheimers Tauranga, CCS Disability Action, and the Hammer Clinic.

Tauranga also has a strong support network for youth at risk, with services such as YMCA, Youth Horizons, Tough Love Tauranga, Get Smart and Te Tuinga Whanau stepping in because of their dedication to building a brighter future for our community.



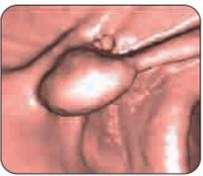
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Women aged 40 - 45, or over 69	No	Bay Radiology Screening Mammogram	Approx \$138 +\$121 if extra views required	Call <b>Bay Radiology</b>
<b>With Symptoms</b> (Pain, Lump or Discharge) Any Age	Yes	DHB (District Health Board) Funded	<b>FREE</b>	Call your GP to be referred
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Women without symptoms, but who have risk factors such as a family history of Breast Cancer, can obtain a mammogram through self-referral to Bay Radiology or may wish to consult their GP first (in which case the mammogram may be funded by the DHB or paid for privately depending on the circumstances).

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## EARLY CHILDHOOD EDUCATION

Some people have reservations about the importance of early childhood education, but research by the Ministry of Education and several other sources shows that children who are involved in quality early childhood education (ECE) benefit in many ways, and that these benefits extend to their family/whanau and the wider community.

Children learn lots of new skills by participating in ECE, building on the skills they learn at home. Early learning helps children to be confident and curious about the world, they make friends, share and take turns, and learn to co-operate, listen to others, and communicate their own ideas. It also helps them prepare for going to school.

New Zealand has many types of early childhood services to choose from. Each type has its own way of working with children and their parents. Some offer all day education and care, some only part day. Some are led by registered teachers and others, like play centres, are run by parents. There are also services in which people provide

education and care for young children in their home.

In choosing a service that is best suited, you need to think about what is important to you and what will be best for you and your child. It's important to choose an early childhood education service or kohanga reo that supports your child so that they can be safe, nurtured and join in and learn alongside other children.

The cost for early childhood education will depend on the provider, but the government subsidises all children who attend ECE. It means that if your child is 3, 4 or 5 and goes to an ECE service or kohanga reo that offers 20 Hours ECE, the cost can be fully subsidised for up to 6 hours a day and up to 20 hours a week.

Although subsidy is often available, some providers require a bond, which is reimbursed when your child leaves, a non-refundable application, waiting list or booking fee, and late fees if you are late picking up your child which is usually \$1 a minute.

To make the right decision for you and your child, it pays to do a bit of research. A recommendation by word of mouth is usually best, so you could ask other parents what their experience has been like. You can also contact your nearest Ministry special education team – the Bay of Plenty district office is based at Level 3, Regional House, 1 Elizabeth Street, phone number 07 571 7800 - or a community support organisations for advice.

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## PRIMARY SCHOOLS

Starting school is an exciting time for children as well as parents. It's the beginning of a whole new phase of learning and development. Most children in New Zealand start school on, or shortly after, their fifth birthday although school is not compulsory until they are six. Most children are ready and excited about starting school when they turn five.

You can help your child prepare for school by taking them to their new school before they start. Many primary schools organise visits before your child's first day. It will be helpful if your child can do up their shoes, go to the toilet independently and wash their hands. Although not essential, it will also be helpful before starting school if your child has learned some basic knowledge such as the names of colours, the letters of the alphabet, the numbers 1-9, and know how to write their name. Once their teacher has assessed what your child can do, they will develop a learning programme.

While most students in New Zealand attend state-funded schools, parents/caregivers and students have a choice of schooling options. State schools are usually co-educational at primary and intermediate level. Special education schools are state schools that provide education for students with special education needs, although the curriculum is the same as at other state schools.

Independent or private schools are governed by their own independent boards, but must meet certain standards in order to be registered. Designated character schools are state schools that teach the New Zealand curriculum, but have been allowed to develop their own set of aims, purposes and objectives to reflect their own particular values.

Kura kaupapa Maori are state schools where teaching is in the Maori language (te reo Maori) and learning is based on Maori culture and values. The curriculum is the same as at other state schools.

Parents and caregivers can apply to enrol their children at any state school of their choice. However, if a school has too many children wishing to enrol, the school may operate an enrolment scheme to prevent overcrowding. An enrolment scheme must contain a home zone with clearly defined boundaries. Students who live within the home zone have an absolute right to enrol at the school. Students living outside the zone can still apply to enrol, but if there are more applicants than available places, a ballot will be held to determine who can enrol.

Most New Zealand schools are well equipped with computers and technology. They have lots of room for outdoor play and sport. Schools usually have their own playing fields and often swimming pools. Cultural activities are well catered for, too.

Pupils in New Zealand also get many opportunities for activities out of school hours such as sports, drama, and music, and get opportunities to participate in educational trips, exploring New Zealand's flora and fauna, art galleries and museums, and outdoor recreation pursuits.



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## TERTIARY STUDY BEYOND THE LECTURE HALLS

When conjuring up an image of what it's like to study at a tertiary institution, most people picture a large lecture hall with students being educated by a typically impressive albeit slightly intimidating professor who stands at the lectern and espouses their expertise on a particular topic. Such tertiary teaching can be incredibly valuable. But it does not suit every student. And it does not suit every discipline.

Increasingly, tertiary institutions are recognising the need to step outside of the

lecture hall and find ways to deliver more practical, hands-on learning. The aim is to ensure students are work-ready and industry savvy by the time they graduate.

SAE Creative Media Institute is one such institution that bases its entire teaching strategy on personalised, practical learning. They run degrees and diplomas in Audio Engineering and Filmmaking. There are no large lecture halls at SAE; rather students learn in situ – in top-of-the-range studios with equipment that parallels industry standards. The teaching staff are creative industry specialists. Most teach part time at SAE alongside their freelance career in the industry.

So, if it's not about sitting in large lecture halls, what does a typical week in the life of an SAE student look like? Let's take a look from the point of view of a real life student...

### A WEEK IN THE LIFE OF AN SAE STUDENT STUDYING THE DIPLOMA IN AUDIO ENGINEERING, 2015

#### MONDAY

Today the class is in the studios with our lecturer running a practical session before we get let loose in the studio on our own. These hands-on tutorials are great at putting the theory into practice.

#### TUESDAY

Overnight studio sessions are a good time to get work done. Tonight a classmate and I are recording drums for an up-and-coming indie band I met at a show last week... we might be a bit jaded in the morning but we've got the recording studio to ourselves all night, can't wait!

#### WEDNESDAY

Mixed my first live band today! Our class was in charge of running sound at SAE's In The Mix social event at the live music venue down the road, there were some awesome bands playing and I was on the mixing desk for one of them.

Pretty nerve-racking stuff being in charge of their sound, but a great buzz afterwards.

#### THURSDAY

My study group are working in the computer lab common room before class - we've got an exam in a month and we want to make sure we're on top of it! Today we're brushing up on the history of recorded music. Hard work, but great to be studying a topic I'm really interested in.

#### FRIDAY

Recently we've been learning about audio for film and TV, and today our lecturer is teaching us about the process of creating sound effects as a Foley artist. I've been looking forward to this module as I'm keen to collaborate with some of the film students on campus to start building a soundtrack portfolio. I love that we get to mix it up with students from other disciplines and see how they work too!

#### SATURDAY

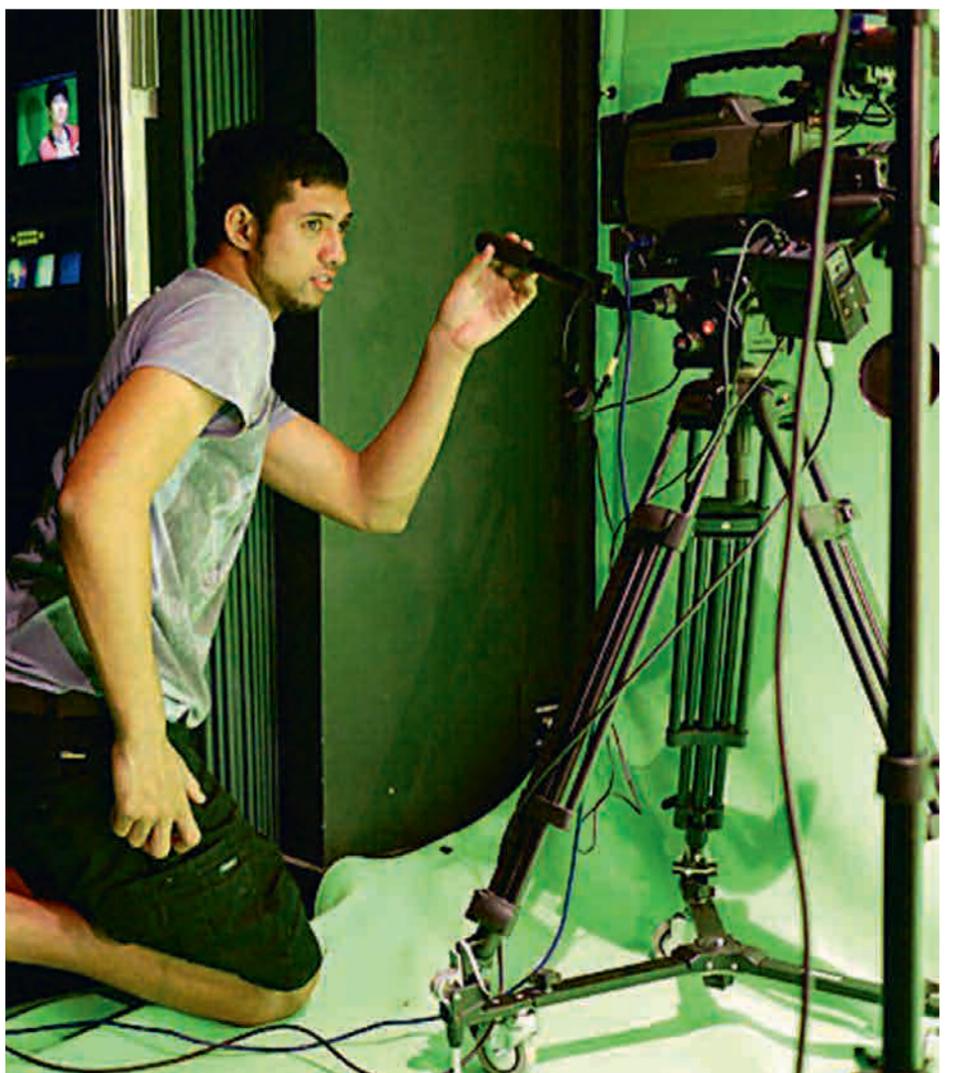
Today I'm in the studios tracking vocals for my recording project. The studios open on Saturdays too, great for students like me who are also working part time as it means we can work on our projects whenever it suits. The studio supervisor had some great tips for getting a good vocal sound, very inspiring having experienced pros on hand to help us out!

Studying a tertiary qualification in such a practical, hands-on manner is not for everyone. But for those who learn by doing, institutions like SAE are the way to go. Classes are small and students get tons of one-on-one attention. There are multiple intakes all year around and classes full up fast.

And for the SAE graduate, there is of course the added bonus of being part of a huge global network. While SAE has just one campus in New Zealand – based in Parnell, Auckland –

there are over 50 campuses worldwide across 27 countries. That means you can walk into a studio in San Francisco for example and say "I'm a SAE grad" and they know what that means. In the truly connected world of the creative industries, such global recognition of the SAE brand is a huge advantage.

So, for those considering tertiary study and thinking through what that might mean, don't always turn to what you've seen on films like *The Social Network* or *Good Will Hunting*. If an internationally recognised, practically focused Diploma or Degree is what you are after, there are other ways to study beyond the traditional lecture halls.



## SECONDARY AND TERTIARY LEARNING

Children in New Zealand generally attend primary school until they are 12. If it's a full primary school, they stay there from five to 12 years old. If it's a contributing primary school they will move onto to an intermediate school for their last two primary school years, from 11-12 years old.

From there on, they move on to a secondary institute, known as secondary schools, high schools, or colleges when they turn 13. That is when they are encouraged to partake in the National Certificate of Educational Achievement programme (NCEA), which is undertaken in three levels over the last three years of schooling (Years 11-13).

The New Zealand tertiary sector covers private training establishments, institutes of technology and polytechnics, wananga, universities and workplace training. They all deliver a variety of educational options, often in flexible ways to also meet the needs of adult learners. NZQA acts as a quality assurance body and approves all qualifications for the above institutions, apart from universities.

Choosing the right path after high school is not an easy task. On one hand, the decisions made when leaving secondary school are not the end of the journey. On the other hand, there's no point burning

up years and wasting money on something you might not stick with. Do your best to explore widely and keep a range of options in mind until you are sure.

Even if you know what you want to study, it still pays to 'shop around' for the right education provider. There are eight universities, 20 polytechnics and institutes of technology, three wananga, more than 700 private training establishments, and nearly 40 Industry Training Organisations in New Zealand.



Tertiary education comes at a cost. Applying for scholarships is one possibility. If you decide to do workplace training, your course fees may be subsidised. You might also be eligible for a student loan or allowance. To look at funding options for your study or training, have a look at the StudyLink website.

In a few years' time, Tauranga is likely to have its own university campus. It is expected to attract more young people in our region to venture into tertiary education. The campus is proposed by

the Bay of Plenty Tertiary Education Partnership, made up of four tertiary institutions - Bay of Plenty Polytechnic, Te Whare Wananga o Awanuiarangi, Waiariki Institute of Technology and the University of Waikato.

The campus, expected to open in 2020, will offer programmes that relate to regional activity, including marine, ICT and logistics. Further courses will be developed over time to support areas of economic and industry need in the Bay.



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# RETIREMENT

The Bay of Plenty is, and always has been, a popular place to retire. Thanks to our mild climate, excellent amenities, and the stunning seaside location, it is a great place to live in the golden years.

For those who want to live by the sea in their retirement years, the Mount and Papamoa are popular choices, but Matua and Omokoroa score high with retirees as well. Bethlehem is another popular choice, because of the beautiful surroundings, its central location, and the safe and upmarket options available for retirement living.

Retirement this day and age offers much more than a choice between sitting at home or go on an expensive cruise. In the right place, it's easy to stay active and engaged with others and to spend time well. In fact, older people in New Zealand report themselves to be happier than any other age group in the country. This contentment comes from family, friends and having time to pursue their interests.

Many older New Zealanders enrol as students in community or university courses, or take up volunteering where it's needed most in our community. A popular option for advanced learning is the University of the Third Age, an international organisation which provides learning opportunities for older people through lectures, study groups and online courses.

Although you no longer have to worry about going to work every day, you can still find many ways to keep yourself busy and entertained. Many people think that once they retire, they will



be bored because they are used to working every day. However, there are many different activities that you can get involved in once you are retired.

Participation in leisure and recreation activities creates a high level of wellbeing among the older generation, according to a study by Age Concern. It found that the 10 most popular sport and recreation activities enjoyed by older people were walking, gardening, swimming, equipment-

based exercise, bowls, fishing, golf, dance, yoga and cycling – 82 per cent participated in at least one sport or recreational activity every week.

New Zealand doesn't actually have an official retirement age. Nevertheless, for many people 65 years old is the target. It's the age when most superannuation plans begin to pay out your savings, including Government funded NZ Superannuation (Super).

New Zealand Superannuation is a fortnightly payment for people aged 65 and over. To qualify, you must have lived in New Zealand for at least 10 years since you turned 20. Five of those years must be since you turned 50. Time spent overseas in certain countries and for certain reasons may be counted. More details can be found on sorted.org.nz or on the Ministry of Social Development's website.

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## RETIREMENT VILLAGES

There's no lack of choice for people who want to move into a retirement village in Tauranga, Mount Maunganui, Papamoa or elsewhere in the Western Bay of Plenty. There are plenty of options, from small to relatively modest to large, spacious and luxurious. What most of the retirement villages have in common is a high standard of service and accommodation, a close community and plenty of social activity.

Making a decision about which retirement village to choose is important, as it will have long-term personal and financial consequences. Buying into a retirement village is different from buying a house. Legal and financial issues can be complicated, and villages are managed in different ways.

A good way to start, after considering the options and shortlisting your favourites, is to visit different villages and find out about the lifestyles they offer. Is it something that will suit you in the long run, and will you be able to continue to live there comfortably if your health or mobility declines?

It is also very important to carefully read the disclosure statement and occupation right

agreement for the village. The Retirement Villages Act 2003 protects people entering into and living in retirement villages. It introduces a Code of Residents' Rights and Code of Practice as well as dispute resolution. Detailed information about this can be found online.

There are usually significant costs when you enter and leave a village or transfer within it, as well as ongoing expenses while you live there. You need to figure out what the charges cover and exactly how much they will be. To make sure there are no nasty surprises, it pays to get independent financial advice from a financial planner or accountant with experience in retirement villages.

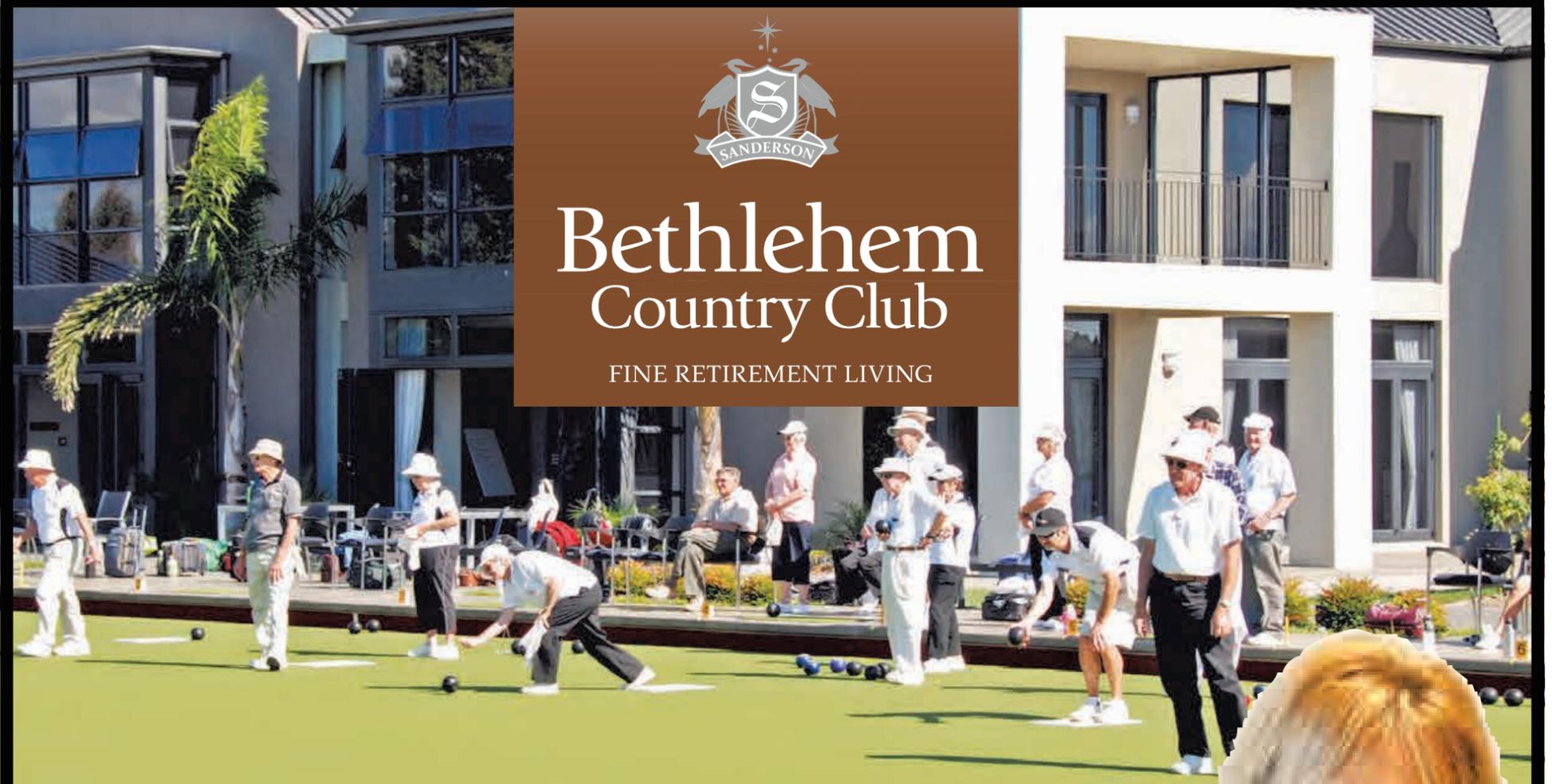
About three quarters of New Zealand's retirement villages offer licences to occupy. A licence to occupy gives you the right to live in the unit, but it doesn't mean you own the unit. This usually means that you can't borrow against the value of your unit, though some villages may offer this option. Some villages offer a lease for life on a unit or property in the village, which remains in place until you die or leave the village. There are also villages that offer rental units.

The most important thing to consider is if you will be happy there, and that you will live in comfort because everything is tailored to how you prefer it. The best way to find out if a village is right for you is to talk to the residents. Who else would know what life is like where they live, and that way you can also figure out how great your potential new neighbours are like.



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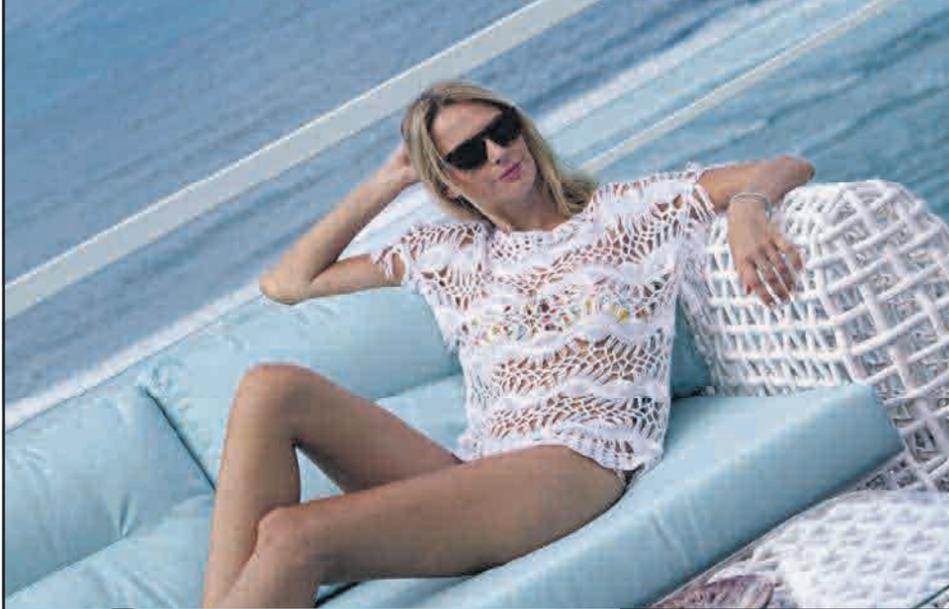
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