

# THE LOOP

  
Keeping you in it

BUSINESS FEATURE

## Active Osteopathy



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Have your say

It's AGM  
Time!

Join us



## PRESIDENT'S REPORT

# Thank you, Pukekohe



You didn't have to be a petrol head to enjoy the fun, but it probably helped. What an afternoon. An estimated 5,000 people came to King Street for the Final Rumble Parade in September. Many people I spoke to, thought this was the best community event they had been to in years.

There was a huge range of automobiles from vintage hot rods to the latest European super cars, big trucks to minis. There was something for everyone. The atmosphere was buzzing and all ages had a great time.

It was so good to see families loitering afterwards. Many enjoyed a closer look at the cars or the rock 'n' roll dancers and other entertainment.

The driver signing was very popular. Locals were treated to the full contingent - something that hasn't happened outside of Australia.

We went back to a local restaurant for dinner and the many supporters were obvious. Hospitality owners I spoke with all reported a great weekend of business.

**"The atmosphere was buzzing and all ages had a great time. It was so good to see families loitering afterwards"**

I am so proud of the work put in by our staff. Shawna and her team have built excellent relationships with the key stakeholders including Supercars,

Auckland Council and Tātaki Auckland Unlimited. All of them were well pleased with the weekend in Pukekohe and the obvious benefits to the local community.

A massive thank you to our major sponsors of the Shop to Win promotion, Franklins Bar & Eatery and Wecks ITM, and to Tātaki Auckland Unlimited for throwing in some exciting extras. We have a very excited local who won flights, accommodation and tickets for two to the Boost Mobile Gold Coast 500 in October.

Action on the track was just as memorable. In an end befitting of the venue, homegrown hero, Shane van Gisbergen beat Cam Waters to win the coveted Jason Richards Memorial Trophy.

From Friday to Sunday, the most common feedback I heard was - why is this ending?

We will have to save that conversation for another day. Suffice to say, we will pull out all the stops to maximise any future events.

Thanks Pukekohe, you did us proud.

**Rupert Ross, PBA President**

### Administration



**Manager**  
Shawna Coleman



**Promotions  
Co-ordinator**  
Chenay Douglas



**Administration  
Co-ordinator**  
Kate Morgan

### Committee



**Rupert Ross**  
President  
Vibra Train Pukekohe  
09 238 1951



**Eugene Hamilton**  
Franklin's Bar & Eatery  
09 238 4680



**Maree Trow**  
Stirling Sports  
Pukekohe  
09 238 7689



**Philippa O'Mara**  
Treasurer  
Engine Room  
Chartered Accountants  
09 238 5939



**Francesca Abernethy**  
David Mills Ltd  
09 238 6352



**Mark Woodward**  
Blue Ox Babe BBQ  
09 238 1079



**Melissa van den Brink**  
Vice President  
Smith & Sons Renovations &  
Extensions Franklin  
0800 002 760



**Brandon Botting**  
ITM Pukekohe  
09 238 3678



**Alan Cole**  
Franklin Local Board  
Representative  
021 923 719

**09 910 0137**  
**pukekohe.org.nz**  
**info@pukekohe.org.nz**

**Follow us on  
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@pukekoheba**

Disclaimer: Whilst every effort has been made to provide valuable, useful information in this publication, the Business Association accepts no responsibility or any form of liability from reliance upon or use of its contents. Any suggestions should be considered carefully within your own particular circumstances, as they are intended as general information only.

GIVE IT A WHIRL

# BodyBlast



Looking to rock your fitness goals?  
BodyBlast are here to support & motivate you!

When Body Blast Owners, Cherie and Kate offered Shawna the chance to experience their 6-week challenge, she jumped at the chance! "Exercise has never really been my thing, but their small group PT style sessions made me feel so comfortable and welcome." Fast forward 6 weeks, (and quite a few lost kgs later) Shawna is officially hooked!

We decided to get in on the action and try BodyBlast's 'Strong' class. This is one of six classes on offer and as the name suggests, is all about lifting weights to make you stronger.

After a run through of the class, everyone was split into pairs and assigned their first station to begin the workout, which consisted of three sweat-inducing combo sets.

Between the music pumping, our trainer, Karen motivating everyone, and some good banter, the 45-minute workout flew by!

BodyBlast don't just specialise in challenges, they also offer a "membership" structure which can be adapted to your individual situation. For example, some clients are on a three class pass while others have an unlimited pass or a concession card. Kate and Cherie tend to chat to people and plan what will best work for their goals.

BodyBlast's clients are all welcoming and open to new faces. You'll work hard but also have a lot of fun, so you'll definitely look forward to going in for a session. An additional bonus of BodyBlast is that they teach healthy lifestyle choices to help clients lose weight in a safe and sustainable way.



Contact the BodyBlast team and give their Strong class a go for yourself!

**BodyBlast**  
1 Paerata Road, Pukekohe  
027 222 0222  
bodyblast.co.nz

## Police Report

With Community Constable Keven Greasley



Over the last few weeks, we have managed to arrest a number of individuals who have been extremely active in the Pukekohe area.

Some being local, others from out of the area. In all of these cases, early and correct reporting via 111, 105 or online report, along with store CCTV footage and town cameras have been vital.

In addition to this, we are hot on the tail of other offenders so please continue to report any incidents and suspicious behaviour as your report could be the final jigsaw piece we need.

I encourage all stores to keep a suspicious behaviour book and record times, dates and brief circumstances. This will ensure easier and more precise recall when providing information to us.

Vehicle crime is still a big issue, please continue to be vigilant in removing valuables from your vehicle. I have recently provided car crime prevention advice to the PBA, if you have not received this email, please request from the Pukekohe Business Association.

### Support Available from PBA

A reminder that the PBA offer six different subsidies for our Members, including a Security/CCTV subsidy of \$500 + GST. We encourage you to take advantage of these subsidies, for more info contact us - info@pukekohe.org.nz

Our PBA Security WhatsApp group is having some great success and traction in identifying offenders and communicating these incidents to the wider business community.

If you would like to join this group, please download WhatsApp to your phone and then txt the PBA on 021 930 137 to join.



**Pukekohe** Business Association  
09 910 0137  
pukekohe.org.nz  
info@pukekohe.org.nz

## NEW MEMBERS



### THE BEDROOM STORE

The Bedroom Store in one of NZ's leading bed and mattress stores.

105 King Street, Pukekohe  
09 238 3642  
www.thebedroomstore.co.nz

### TOYWORLD

Toyworld has the biggest range of toys, games and puzzles.

14/28 Subway Road, The Zone, Pukekohe  
09 947 9107  
www.toyworld.co.nz

### E POWER LTD

E Power is a supplier of quality electric bikes.

7B Paerata Road, Pukekohe  
021 679 949  
www.epower.net.nz

### CONNECTING TOGETHER

Connecting Together is a community service run by an Occupational Therapist; to provide care, intervention, therapy and guidance to children and families.

Suite 4, Unit 15/73 King Street, Pukekohe  
021 0291 5235  
www.connecting-together.co.nz

# NEWS FROM THE PBA

This month, we invite you to attend our AGM where we will be discussing our 2023/2024 annual plan and budget along with an update to our constitution. We also provide a recap of Pukekohe's Final Rumble Parade & Park Up and our Shop to Win promotion. Read on for more.

## PUKEKOHE'S FINAL RUMBLE RECAP

Our Final Rumble Parade and Park Up event went off with a bang! There were over 150 vintage, classic and special interest vehicles on the night, cruising up and down King Street before parking up for the evening.

The Cardboard Car Rally kept the kids busy and had an awesome turn out with lots of amazing cardboard car creations.

We had a successful drivers signing, with all 25 drivers turning up to meet their fans and sign Supercars merch.

Our community rallied together and gave Supercars a memorable send off. We want to say a huge thank you to the community who turned out in force to watch, and be a part of the Final Rumble Parade. A thank you also to the businesses that stayed open in support of the event! Check out our Facebook page for all the photos and videos captured on the night @pukekoheba.



## SHOP WINDOW DISPLAY

Thank you to all the businesses who got in the spirit and dressed their windows with Supercar themed bunting and balloons. It made a real impact on the night and gave an air of festivity.



## BOOST MOBILE GOLD COAST 500 PACKAGE WINNER

The Boost Mobile Gold Coast 500 Shop to Win promo was a great success! Congratulations to the lucky winner, Charissa T who shopped at Bakers Delight!

A big thank you to our major sponsors, Franklins Bar and Eatery and Wecks ITM Pukekohe for supporting this promo and to Auckland Unlimited for throwing in some exciting extras!

Thank you to everyone who helped promote this giveaway via your social channels.



## You're invited to the PBA AGM!

This will be held on Wednesday, 26th of October, from 5.30 pm at The Engine Room Chartered Accountants, 217 King Street, Pukekohe.

At this AGM we will be advising our members of what we have achieved over the past financial year and what we are looking to implement in the next.

Remember, this is your opportunity to tell us what you would like to see happen within the Pukekohe business community, so your attendance is strongly encouraged.

If you are interested in joining the Pukekohe Business Association committee, please contact the office for more information as there are vacancies to fill.

Please email [info@pukekohe.org.nz](mailto:info@pukekohe.org.nz) to RSVP by Wednesday, 19th October.

Please see the relevant AGM documents on the following pages.

## SCHOOL HOLIDAYS IN THE SQUARE - OCTOBER

We have an exciting couple of days planned for the upcoming October school holidays.

**Thursday 13th Oct** - Come and check out the Horizontal Bungee Run, Fly on the Wall Inflatable, Vertical Bungee Trampolines, giant bubble blowing and face painting.

**Friday 14th Oct** - We have a mobile petting farm, amusement rides, giant bubbles and face painting.

A reminder that this event is 100% free! So bring the kids along to the Town Square between 10am - 2pm on the above days for some end of school holiday fun.

Keep an eye on our Facebook & Instagram page for updates @pukekoheba



## SHOP TO WIN PROMO - BUSINESS WINNER

Our Shop to Win a trip to the Boost Mobile Gold Coast 500 promo had over 1100 entries! The business that received the highest number of entries was LIQUORLAND! They've won a \$200 hospitality voucher of their choice.

## NEW COVID RESPONSE

Following the Government announcement, New Zealand's COVID-19 Protection Framework (traffic lights) has ended. With case numbers low, it is safe to remove most COVID-19 rules from 13 September 2022. For more info check out [www.covid19.govt.nz](http://www.covid19.govt.nz)



## BUSINESS FEATURE

# Active Osteopathy

### Move Better - Feel Better - Live Better

Supporting people back to health, fitness and pain-free living is what drives Active Osteopathy. It is their dream to be the leading allied health provider in the Franklin area.

Active Osteopathy first opened in 2014 and has since grown to a team of eight practitioners, with their biggest growth experienced over the last two years. "Through this time, we have been fortunate to grow a talented team of practitioners and expand our range of services to complement all aspects of health and wellness" says Owner, Cushla Geck.

"From Osteopathy to Acupuncture to Therapeutic Massage, we can work with a broad range of injury and pain management. We routinely see many different musculoskeletal disorders, from joint problems and headaches to pregnancy pain and unsettled babies."

Active Osteopathy's approach is different. It brings together the combined knowledge of a wide variety of skills under one roof. Their practitioners work closely together to create a seamless treatment plan, to ensure the solution is right for their patients.

Cushla believes that "In these modern times, where you lose sight of what is important and can be caught up in the business of life and money, it can take us away from our health and those we love"

**"If we don't have our health, we can't do all of the things that make us happy and achieve our goals"**

Every patient is treated as an individual, with their own unique history. The team adapt the treatment to their patient, and if necessary, schedule longer appointments.

"Everyone is different, and that's what makes our "job" so exciting and rewarding" says Cushla.

Active Osteopathy is also an ACC registered clinic and can lodge an ACC claim without the need to see your GP prior.

**Book in with Active Osteo today!**

**Professional House  
12-18 Seddon Street, Pukekohe  
09 238 8522  
activeosteopathy.co.nz**

## Interview with Cushla Geck

### WHAT DO YOU DO AT ACTIVE OSTEO?

I am the owner of Active Osteo and Franklin Massage Therapy and oversee all aspects of the business. I have a team of eight wonderful staff who support me to provide Osteopathy, Acupuncture & Therapeutic Massage.

### WHAT IS THE BEST PART OF YOUR JOB?

My patients. I'm very fortunate in my job to meet a wide range of people from all walks of life. It's a privilege that they trust us with their health and wellness. They're the reason I love coming to work each day.

### HOW LONG HAS ACTIVE OSTEO BEEN IN BUSINESS?

I started in Pukekohe in 2014. I had moved to the Franklin area the year prior and no longer wished to commute to the city, so took the opportunity to start a local clinic.

### WHAT WOULD WE FIND YOU DOING OUTSIDE OF WORK?

I enjoy getting outside with my young family. Together, we enjoy going on walking adventures, playing with our puppy and gardening. I have also taken up bee-keeping this year and I'm enjoying my new hobby.

### WHAT IS SOMETHING PEOPLE MAY NOT KNOW ABOUT YOU OR YOUR BUSINESS?

I love learning new things. My patient's teach me the most about life. I love the conversations I'm able to have with them everyday.

### ANYTHING YOU WOULD LIKE TO ADD?

Thank you to the Franklin community for all the support over the last eight years. I am so grateful that I get work with wonderful people on a daily basis.

# Pukekohe Business Association Inc

## Annual General Meeting Notice and Agenda



5.30 pm, Wednesday, 26<sup>th</sup> October 2022. The Engine Room, 217 King Street, Pukekohe

Please note that the meeting will start promptly at 5.30 pm. Further information on the Business Improvement (BID) Area Map, Member Details Form, Nomination Form, and Constitution can be found on our website, [www.pukekohe.org.nz](http://www.pukekohe.org.nz), or from the Pukekohe Business Association office, 217 King Street, Pukekohe.

### Agenda

1. Welcome
2. Apologies
3. Confirmation of minutes from 24th November 2021 Annual General Meeting
4. President's Report
5. Manager's Report
  - Move to accept the manager's report which includes the Draft Business Plan and Budget for 2023/2024.
6. Treasurer's Report and Annual Financial Statements
7. Proposed budget for 2023/2024
  - Move to approve the following financial year 2023/2024 draft budget which includes a BID targeted rate grant amount of \$500,000.00. Further, ask the Franklin Local Board to recommend to the Governing Body the amount of \$500,000.00 be included in the Auckland Council draft 2023-2024 annual budget consultation process.
8. Approval of the 2022 Pukekohe Business Association BID Constitution
  - **Special Resolution:** That the Pukekohe Business Association's existing constitution (rules) document dated **2012** be replaced with the proposed new constitution (rules) dated **2022**, presented at the Annual General Meeting of the Pukekohe Business Association on Wednesday 26<sup>th</sup> October 2022, and that such alterations be effected by replacing the existing constitution document dated **2012**, with the proposed Pukekohe Business Association constitution dated **2022**. A copy of the proposed new constitution dated **2022** will be available on our website, [www.pukekohe.org.nz/members/agm2022](http://www.pukekohe.org.nz/members/agm2022)
  - **Reason:** Amendments of the current constitution (rules) of the Pukekohe Business Association are required to ensure those rules pertaining to the BID programme and BID targeted rate grant are not inconsistent with the Auckland Council Business Improvement District (BID) Policy
9. Appointment of Auditor
10. Election of Executive Committee
  - Please read the information below for the nomination procedure.
  - Nominations close with Shawna Coleman at 5 pm on Wednesday 19th October 2022
11. Election of officers (chairperson and treasurer) "As per AGM resolution 9 (2017) the election of officers will be decided by the newly elected committee at their first committee meeting".
12. General Business

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### A person must be a Full member of the Association to vote and stand for election to the Executive Committee

The qualification to be a **Full Member** is detailed under Rule 5 of the constitution.

### Election of members to the Executive Committee

The procedure for nominations as detailed in Rule 15 of the constitution is as follows:

- **Nomination of candidates for election**
  - Shall be made in writing, signed by two Full Members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of the nomination); and
  - Shall be delivered to the Secretary of the Association (Shawna Coleman) not less than seven days before the date fixed for the AGM (5 pm on Wednesday 19th October 2022)
- **Nominations can be sent to:**
  - Pukekohe Business Association, PO Box 1240, Pukekohe 2340, delivered to reception, Pukekohe Business Association, 217 King Street, Pukekohe, or emailed to [info@pukekohe.org.nz](mailto:info@pukekohe.org.nz).

Please RSVP your attendance to [info@pukekohe.org.nz](mailto:info@pukekohe.org.nz) or by calling 09 910 0137 by 5 pm, Wednesday 19th October 2022.

# Nomination Form

PO Box 1240, Pukekohe  
217 King Street, Pukekohe 2340

For nomination to stand for election to the Executive Committee of the Pukekohe Business Association Incorporated, at the Annual General Meeting (Wednesday 26th October 2022).

## DECLARATION

I (individual's name)

Declare that I wish to stand for election to the Pukekohe Business Association Incorporated Executive Committee and consent to the nomination

Signature:

Member Business:

Address:

## FIRST NOMINATION

Name:

Signature:

Member Business:

Address:

## SECOND NOMINATION

Name:

Signature:

Member Business:

Address:

To be considered for election please return this nomination form to Shawna Coleman, at Pukekohe Business Association, 217 King Street, email to [info@pukekohe.org.nz](mailto:info@pukekohe.org.nz), or post to PO Box 1240, Pukekohe 2340.

**The nomination form must be received no later than 5pm Wednesday 19th of October 2022.**

# Membership Registration

PO Box 1240, Pukekohe  
217 King Street, Pukekohe 2340

## COMPANY DETAILS

Company Name	<input type="text"/>		
Trading As	<input type="text"/>		
Type of Business	<input type="text"/>		
Website	<input type="text"/>	Facebook	<input type="text"/>
Opening Hours	<input type="text"/>	Date/Year Established	<input type="text"/>
Phone	<input type="text"/>	Mobile	<input type="text"/>
Fax	<input type="text"/>	Email	<input type="text"/>
Street Address	<input type="text"/>		
Postal Address	<input type="text"/>		

## KEY CONTACTS

Name	<input type="text"/>	Mobile	<input type="text"/>
Position	<input type="text"/>	Email	<input type="text"/>

(Please note that this person holds the vote on behalf of the business and must be the signatory)

Name	<input type="text"/>	Mobile	<input type="text"/>
Position	<input type="text"/>	Email	<input type="text"/>

(Please note that this person has no voting rights for your business)

## PROPERTY OWNER / PROPERTY MANAGER

Name	<input type="text"/>	Email	<input type="text"/>
Phone	<input type="text"/>	Mobile	<input type="text"/>
Postal Address	<input type="text"/>		

We would like our company details to be on the [pukekohe.org.nz](http://pukekohe.org.nz) website and also in the Pukekohe Business Guide. Yes  No

We agree to the above information being passed on to the NZ Police. Yes  No

We agree to being sent information from the Pukekohe Business Association electronically. Yes  No

We agree to being sent information from the Auckland City Council in relation to the Business Improvement District. Yes  No

Signed  Name  Date