PĀNUI

Newsletter for the Northern Coromandel

www.colvillejunction.co.nz





Another successful day of fun, creativity, and connection for Colville locals who attended the *Colville Creative Pop Up* mosaic workshop with teacher Natasha Norton. Read more, *page 7.*

Community Connections Collaboration

Kia ora community, Another delightful issue of the Pānui for you to enjoy. Plenty of workshops and events coming up this month, many of them focused on adding practical and useful tools to your kete. March 22nd-24th saw the Autumn Equinox passing us by, meaning we are well and truly heading into the colder months of the year. Time to start gathering firewood and preparing for Winter's arrival! I sincerely hope you enjoy this lovely issue. All the best, Brooke, Pānui Editor

ΡΑΝΟΙ ΝΟΤΙCE

If you'd like to be part of the reminder list for all contributions, then email us at <u>panui@colvillejunction.co.nz</u>

Colville Convertion Community Connections Collaboration

Guidelines for contributions

Send us your community news, notices, events, advertisements, job openings, stories, jokes, tips, and artwork. They may not always be used, and they may be edited for clarity and space. *Please send in Word or Open Office (not PDFs), or post/drop contributions into CJ.*

Last day for contributions for May issue is: <u>4pm, Tuesday 16th of April, 2024</u>

For an electronic colour copy email: <u>panui@colvillejunction.co.nz</u> with *'subscription'* in the subject line. For a mail copy: email/phone us. Subscription cost for mailed copies is 2 \$25.00 per annum.

Contact Information

Phone: 07 8666 920 Email: info@colvillejunction.co.nz www.colvillejunction.co.nz Hours: Tues, Wed, Fri 10am - 3pm Closed for lunch 12 - 12:30pm **Closed Mon & Thurs** Manager - Larisa Webb manager@colvillejunction.co.nz 021 258 8037 Manager's Assistant Anne Mountjoy assistant@colvillejunction.co.nz **Financial Administrator** Nicole McCaulev finance@colvillejunction.co.nz **Colville Harbour Care Nursery** Manager - Sassy Acorn nursery@colvillejunction.co.nz 028 436 0193 CHC Nursery Development Manager Riyah Snow - nurserydevelopment@ colvillejunction.co.nz Youth Group Danielle Van Resseghem & Nathan McCauley youthgroup@colvillejunction.co.nz Pānui Editor Brooke Dennehy Lakin panui@colvillejunction.co.nz Youth Community Development Coordinator - Maria Dove vouth@colvillejunction.co.nz Moehau ki te Moana Coordinator & Community Worker - Cassidy Connor cass@colvillejunction.co.nz MktM Coordinator -Vanessa Edelsten vanessa@colvilleiunction.co.nz **Creative Pop-Up Coordinators** Teuane Tibbo & Peridot Mawson creative@colvillejunction.co.nz **Colville Tiny Library** Librarian—Tony Wasley 021 023 01876



We have another full month ahead! The Colville Creative Pop-Up goes

from strength to strength. This month's Craftenoon Tea, on Thursday April 4th, features guest artist Beth Pearsall

teaching handmade wood prints. There is just one spot available in this, so book in quick if you're keen! There is also an Applique workshop with experienced artist Baerbel Schulze on Wednesday the 17th & Thursday the 18th of April. This is full, but you're welcome to go on the waitlist in case a place becomes



available. Then on May 16th we have Coromandel artist Pete Sephton teaching screen printing. If you're interested in any of these, contact Teuane on 021 0809 6085 or email crafternoon@colvillejunction.co.nz. We also have a food resilience workshop on Wednesday April 17th (for more information

see page 4). On Wednesday May 1st we have a workshop on working as a contractor with Pamela Grealey from the Coromandel Workers Council (see page 7).

We had a lovely relaxed *Children's Day* at Waitete Bay last month. A huge thank you to all who came to make this a great afternoon. A special thanks goes to our youth group coordinator, Dani van Resseghem, for organizing this – the blow-up kayaks were a particular highlight! And thank you to Spike for personing the BBQ.

In this months Pānui we have more information about keeping your kids safe online as part of the Colville SafeKids campaign (see page 5). We are grateful to CAPS Hauraki, who are working in partnership with us on this. We are delighted



to still be working with the Budget Advisory Service, who will be up again in April for free budgeting support (probably on Tuesday 16 April – please contact us for more information). This is free for anyone who wants some budget advice. *Pinnacle Health* will also be providing free guidance on mental wellbeing every fortnight at Colville Junction on a

Wednesday from 27th March until mid June (see page 6).

So much to look forward to! I hope you all stay well as the weather starts to cool down. I'm down in Te Matau-a-Māui Hawke's Bay as I write this and the trees are already in their Autumn finery here.

Larisa Webb, Colville Junction



FOOD RESILIENCE WORKSHOP

Facilitator: Robina McCurdy

Wednesday April 17th 9am-4:30pm

This workshop aims to empower local communities with the tools to become fully responsible for their own food production.

Limited spaces. Registration is essential.

Contact: Cass at communityworker@colvillejunction.co.nz 07 866 6920 **Cost:** Koha **Location:** Colville Cafe







WORKSHOP ACTIVITIES INCLUDE:

- Building co-operation amongst local food systems players
- Creating local seasonal calendars
- Establishing a bioregional food resource inventory
- Strategising food security action plans and generate local food economies



Colville SafeKids Campaign

Reducing Risks Online

Online - Phones, Computers, Games and the Internet.



The internet provides outstanding opportunities for learning, communication and having fun. There are some things you can

do to help minimise the risk of 'grooming' and sexual abuse online.

- Stay connected with your child's online life. Ask what they are doing online, who they enjoy talking to etc. Most abusers online will try to isolate children from protective adults in their life.
- Get them to show you their favourite game/activity. They are more likely to tell you if something is going wrong if they feel like you understand the environment a little.





- Don't take technology off them if they tell you something that is going wrong online. (Instead, praise them for coming to you!) Many children and young people will keep secrets about what is happening online if they are worried adults will overreact or restrict access to technology.
- Find out about grooming online from *Netsafe*'s website and learn how to protect yourself from grooming online.
- Encourage children and young people to protect their personal information online and talk with them about their digital foot-print. (You can cover topics like choosing an online name, what counts as personal information, sexting, etc).
- If your child is under 5 years old, find out more about online safety for young children through *Hector`s World* which can be found easily on YouTube. See image below.



Take Time for Yourself!

Learn Mental Wellbeing Techniques

Fortnightly from Weds 27 March until mid June - 2-2:50pm at Colville Junction

Take time for yourself at Colville Junction with a free session provided by Pinnacle.

It's for everyone! Simply gain new skills for your kete.

Discover essential life tools and elevate your well-being through breath-work, stress reduction skills, sleeping tips and relaxation tools.





An awesome opportunity for our community, provided by *Pinnacle's Primary Mental Health Team.* An open group with a casual approach, and a focus on learning and using techniques to improve mental health wellbeing. Not your "normal" therapy group, there is no need to share anything if you do not feel comfortable

doing so. These groups are an opportunity to add some more tools to your kete. They can help in your daily life emotions. The sessions are **fortnightly until mid June on Wednesdays: (10/4 - 24/4 - 8/5 - 22/5 - 5/6 - 19/6) at 2pm. For 50 minutes**. You can join once, twice or every time! For more information or to register, send an email to *cass@colvillejunction.co.nz* or phone *Colville Junction* on 07 866 6920 or just drop into the Junction.





Thanks to *Creative New Zealand* for funding this, we had so much fun! Also big thanks to everyone that provided tiles and pottery for us to use, including *Driving Creek Pottery, Moehau Clay Club*, Wilma Pucci and of course, Natasha Norton.





HOW TO PAY YOUR TAXES As a contractor?

Join us for a workshop to learn how to fill you taxes as an independent contractor with our expert Pamela Grealey. Register now at assistant@colvillejunction.co.nz! Or just turn up!

WEDNESDAY 1ST MAY 24, 1-2:30PM AT THE JUNCTION



Celebrating Community Champions: Briar, Emily & Stephanie

The heartbeat of any community lies in the dedication and tireless efforts of its members. In Colville, we are fortunate to have individuals like Briar, Emily, and Stephanie who embody the spirit of selflessness and community service.

Briar (and Anna) van Dort's creative vision and initiative have enriched Colville through working with *Colville Junction* to create the *Colville Creative Pop-Up.* This initiative, including the rent, has significantly benefited the Co-op, making it a thriving centre for creativity and collaboration.

Emily MacLeod stands as a beacon of dedication, having devoted years to the Co-op as a volunteer financial administrator. Her unwavering commitment and foresight have steered us away from financial crises, ensuring a healthy and sustainable financial future for the Co-op and its store.

Stephanie McKee's leadership in member engagement and communication has been invaluable. Her efforts in updating memberships and crafting newsletters have kept the community informed and engaged. Although stepping back for other pursuits, her impact remains deeply felt. She will likely send at least 2 more newsletters, but will not be participating in *COM* meetings.

We welcome back Jane McAllister at the *COM* table. She has offered



help (amongst other things) with financial organisation.

We also welcome a third director, Pamela Grealey, alongside Jan Autumn and Tony Wasley at the store. We celebrate the continuity of dedicated leadership guiding our Co-op forward.

Remember that any Co-op member can read the minutes of the *COM* meetings at the shop office. The *COM* meets on the **2nd Tuesday each month at 4pm at the Colville café**.

Let's continue to support these community champions and cherish the vibrant spirit they bring to Colville. Together, we sustain our way of living in our very special little community.

- Your dedicated COM members: Joanna, Anne, Cecelia, Elizabeth and Steve.

COLVILLE STORE



Hello everyone, Hasn't this been a wonderful summer? We have had a great



time in the shop, welcoming back the visitors, enjoying the shop's new look with tweaks to interior layout, flower baskets out front, and Caitlin's gorgeous new mural, and LOVING the new air con provided for us by the Co-op - they deserve a huge thanks for looking after us so well!

Also deserving of thanks are a few of our best supporters. Janie Bassett from the *Post Office* helps us by bringing in newspapers and occasionally other goods. It is a huge help, Janie, thank you! Jan and Tony, our Directors, go above and beyond, by being happy to bring stock from Whitianga and Thames, which helps us keep our prices down. And Kelvin, thanks heaps for doing that rubbish run for us in the spring...we haven't forgotten!



Things here are always changing. Pete McLeod, after 18 years as our handyman, has decided to



retire. We wish him the very best and thank him for his years of service. You will be missed Pete!

As the slow season begins we are starting a campaign to increase sales during the winter months, and in this, you, our customers, are very important to us. We have a plan for a new supplier that we believe will allow for lower prices and a more extensive range. What would you like to see on our shelves? We would love more local fruit and vege - but up here at the end of the supply chain it is often hard to get the freshness we would like. Can you help with locally grown produce?

And a final thought...do you have a shop account that sometimes slips past the 'due by' date? We can't replace the stock until our customers have paid for what they put on account, so help us out please by keeping payments up to date. Greatly appreciated!

- Emily, Colville Store







Ngākau Mahaki- Kind Ngākau Manaaki- Inclusive Ngākau Iti- Respectful

Ā Mātou Kōrero, Our Story

It's been a quiet week at Colville School due to the arrival of Chicken Pox and other viruses! This has affected many of our whānau and staff. We really appreciate all the absence messages via the *Hero* app, it makes keeping track of the daily attendance straightforward for everyone. Thank you! Please let us know if you need support to access the *Hero* app. Very soon the children and teachers will be sharing their learning through this app and we don't want

anyone to miss out on these treasures.



A clever and creative cartoon created by Lockie, entitled, "The Chicken Poooox".

Our overarching focus for learning in 2024 is...



PHOTO: Sylvie, Gala, and Josephine show their writing skills

Colville Critters

Awa group read an article about Indira Neville, a Graphic Artist featured in Spinoff. Indira used to be the Principal at a school on Barrier Island and created cartoons in her newsletter to bring attention school problems to in a humorous way. We have been inspired Colville create to Critters for our school. Enjoy! - Susie Sumner, Principal



Update from The Colville Project

We welcome Amajjika Kumara to the team. Amajjika will be supporting *TCP* in the *Marketing and Funding role*. This is a timely appointment as we seek to develop rela-

tionships with a wider range of stakeholders and supporters in



2024. Here is an intro from Amajjika:



"I have spent a lot of time visiting NZ over the last 17 years, but the last 9 months as a Thames resident

has shown me that the veneer between the "have" and "have nots" is extremely thin and very close to the surface. I asked a lot of questions of my new friends and the, "Well, that's just the way it is," doesn't really cut it for me. We are all activists in our own way through the choices we make. My conscious choice is to work for meaningful and ground breaking initiatives based in goodness, altruism and strong ethical values. I couldn't think of a better project than The Colville Project. I am honoured and excited to be a part of it. My deep thanks goes to the TCP Board for choosing me."

Naumai, Amajjika, we are excited to have you on the team, and look forward to working together.



Rick Lambourne (*TCP Technical Support*) has been exploring the land in order to unlock the maximum site potential. This has been crucial in drafting our *Site Development Plan,* which informs our Concept Planning and preparation for the resource consent process. Thanks Rick!

The wider team has been engaged with a range of groups and organisations, including representatives from Ngāti Tama-te-Rā,

stakeholders in the housing sector, and the Coromandel Colville Community Board.



If you would like to donate, affirm or make new offers of support, or get involved, please contact Katie: *admin@thecolvilleproject.nz*

- Ngā mihi, The Colville Project Team

COLVILLE BAY PRE-SCHOOL Charity Inc.



Te koohungahunga o te Uumangawhaa o Ngaa Waka



Ka whaangai, ka tupu, ka puaawai To nurture, to grow, to blossom

Another day exploring, adventuring and story-creating with the tamariki of *Colville Bay Preschool* leading the way...

Following our children's interests; in this case a fascination with pirates, we find many way to foster emergent literacy skills through map-making and storytelling, dramatic play, and a love of learning as we create opportunities for investigation, exploration and connection to the elements of our natural environment.



We have spaces available for children ages 6mth- 6yrs old.

Open Tuesday to Friday 8:45am to 3pm. Transport available for 3-6 year

olds from Coromandel to Colville - return three days/ week.



20 hours Free ECE for 3 + year olds and WINZ subsidies available.

Our Licensed Early Learning Centre is a registered Charity?

If you would like to make a donation

the details are: Kiwibank: Colville Bay Preschool Inc: 38-9005-0803508-02 reference 'donation'.



If you are a Qualified ECE Teacher or a Kaiako in training and would like to join our reliever pool, please get in touch.

Colville Bay Preschool, 2391 Colville Bay Road Ph: 022 645 3272 Email: seniorteacher@colvillebaypreschool.co.nz www.colvillebaypreschool.co.nz





Kia ora koutou,

Autumn is now upon us, with glorious days to soak up the warmth of the sun and the evenings are getting a little cooler. Thank you to those that have donated wood last season, Please contact Nicole If you



have firewood spare that you would like to donate to help keep the Clinic toasty and

warm over the cooler months. Any donations are greatly appreciated.

We would like to remind everyone of the wonderful health practitioners who visit the *Health Centre* to offer their services to the community.

Christina Wu -Coromandel Community Acupuncture - 021 113 4768 Rachael Benmayor - Councillor 027 875 1867 Ness Mack - Natural As Health, Herbalist, Naturopath & Shiatsu Therapist - 021 0228 5266 Kate Stockford is a Homeopath with over 10 years experience who has worked closely with Di Hayes and is interested in holding a clinic here in Colville. If you would be interested in booking an appointment with Kate, please contact her directly on 027 875 1867.

These are just some of the

amazing practitioners who are offering their specialised services to the Colville community, using the facilities provided by the *Colville Community Health Trust* so you don't have to travel out of town to get specialised treatments. Please contact them directly to book. If you are, or you know of a health practitioner who would like to come and offer their services to the Colville community, please get in touch with Nicole: *colvilletrustmanger@gmail.com* - *Colville Community Health Trust*

Community Info: Waste Oil Disposal

If you have waste oil to dispose of, Artem, the Manager of *Full Drum Waste Oil Collectors* comes around every couple of weeks and can bring drums for people to decant waste oil

into if they need. *Artem (manager):* 022 408 2353





Coastal põhutukawa

Back in December, our field team were hard at work putting out 50 of NZAutotraps AT220 traps to target



possums that seem the to be decimating the coastal pohutukawa north of Waikawau bay. It's tragic to see the ghostly patches of silvery dead trees along the coast. One reason trees can be killed by possum browsing could be that when some trees become stressed, their leaves become even more sugary and attractive to possums, attracting more browsing and can result in whole trees dying while a neighbour is largely unaffected (this phenomena has been shown in Australia).

Last month we went back to service the traps and see how well they've done in the two months since they were all deployed. We're pleased to report that 215 possum kills were recorded so far. Thanks to WRC for this important funding.

To celebrate the beginning of *Seaweek*, we teamed up with the *Coromandel Dolphins*, a group of local



swimmers who gather regularly to swim the coastline. Together, we taught some of our local children how to effectively use fins and snorkel.

It will be up to the keen eye of local divers and swimmers to identify the invasive seaweed Caulerpa when it reaches our local beaches. Caulerpa has been found in the sea around Waiheke Island, Mercury Island and Great Barrier Island, and just like the predators that prey on our native bird species, it will have a negative effect on marine life.

Talking about invasive weeds, *MEG* is going to get back to doing a regular '*Ginger Bash*' in Coromandel, so join us on the **6th of April at Driving Creek** to revisit a ginger site

that was previously done a couple of years ago. For more information, go to www.meg.org.nz



Ngā mihi nui - Genevieve Morley

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COROMANDEL TOWN FRIDAY MARKET

From 8.30-1pm outside Hike & Bike every Friday

With gazebos and tables of local homegrown and handmade wares, you are sure to find some treasures while enjoying the unique community spirit of the *Coromandel Market*.



From now until the end of April the market will be held each Friday morning with additional special occasion Saturday markets on Waitangi weekend, Matariki, Easter, and 2 weeks before Christmas.

- Coro Market Team

Free First Aid Course



Monday 22nd April 8.15am-5pm @ Colville Hall.

Run by *TCDC* to support Community Emergency Response.

We are running these courses FREE with a priority for those who are part of any *Community Response Group* but really anyone who is likely to help out during a Civil Defence emergency is welcome.

Email Kathleen, and she will send you the link to register.

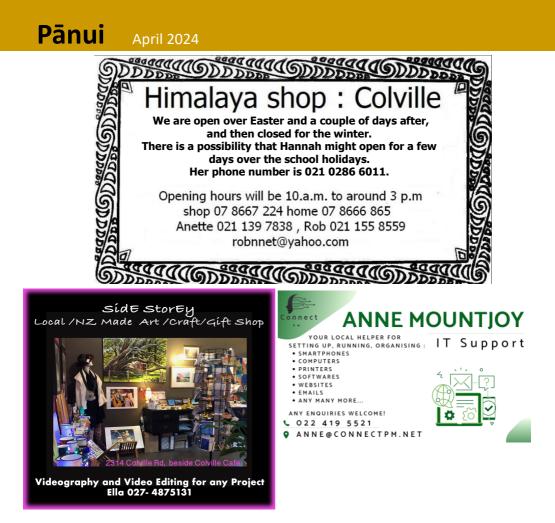
kathleen.makiri@tcdc.govt.nz "An awesome course with never seen

before resources."

Is 2024 the year to prioritize your *Health & Wellbeing?*

You're completely unique and *Shaefit* has a plan that is right for your body, right now. Whether they be weight loss, improved sleep, or overall better health. As a qualified Health Coach, I will support you on your journey.

Contact me today for more information on how to get started. **Sue Whitebread:** 021 195 4243 or Suehealthcoach001@gmail.com {As recommended by Dr Kate Armstrong}





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Looking for a Midwife?

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Sheryl Wright

Moehau Midwives Phone 022 500 1310 moehau.midwives@gmail.com www.birth.net.nz





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Coro Refuse & Recycling Centre

Goldmine Shop

Wednesday & Friday 9.30am - 3pm Saturday & Sunday 9.30am - 4pm

525 Hauraki Rd, Coromandel 07 866 7616

Handling rubbish, including recyclable items, illegally dumped at the gates of our Refuse Transfer Station (RTS) outside of hours incurs a cost for all our district ratepayers that contributes to driving up the annual rates



1299 Port Charles Road, Coromandel 07 866 6614



Info@kiwiretreat.co.nz www.kiwiretreat.com

Accommodation open 7 days

Café & Bar is open from 10am to 5pm, Wednesday to Sunday

Closed Mondays & Tuesdays

Restaurant open with bookings only



Colville Junction would like to express our immense gratitude to all our funders!





WHAT'S ON IN NORTHERN COROMANDEL?

Mon, Wed, Fri, Sat Free bus running from Coro to Thames 4 days a week Tuesdays Yoga with Kate @ Colville Hall 10am. Enliven (Social Programme for Older People) @ Papa Aroha 10am - 2pm Thursdays Colville Creative Pop Up @ Colville Café 9am-3pm Thursdays **Fridays** Coromandel Town Friday market, 8:30 until 1pm (pg15)

Thurs 4th	Woodprints with Beth Crafternoon Tea @ Colville Cafe, 10am-3pm (page 3)
Sat 6th	MEG's Ginger Bash @ Driving Creek (pg14)
Wed 10th, 24th	Learn Mental Wellbeing Techniques, 2-2.50pm @ Colville Junction (pg6)
16th-17th	Applique with Baerbel @ Colville Café, 10am-3pm (page 3)
Wed 17th	Food Resilience Workshop, 9am-4.30pm @ Colville Café (pg4)
Mon 22nd	Free First Aid Course @ Colville Hall (pg15)

Wed 1st	How to pay your taxes as a contractor, 1-2.30pm @ the Junction (pg7)
Wed 8th, 22nd	Learn Mental Wellbeing Techniques, 2-2.50pm @ Colville Junction (pg6)
Thurs 16th	Screen printing @ Colville Café, 10am-3pm (page 3)

IMPORTANT NUMBERS

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Suicide Crisis Helpline
National Poison Centre
Colville School
Fire ambulance, police emergencies needing immediate assistance
Police for reporting incidents not requiring immediate response
CRIME STOPPERS for reporting crime (anonymous)
for medical advice or information 24/7
National Sexual Harm Helpline (Text 4334)
Sexual Harm - Child/Tamariki at risk
Lifeline (Whatever the issue, here to listen)
Depression Helpline: free text 4202
Outline (all-ages rainbow mental health organisation support line)
Youthline (free counselling services for young people)
Colville Community Health Centre
Colville General Store
Colville Bay Pre-school
Coro pharmacy M - F 8.30am - 5pm; Sat 9am - 1pm

ALCOHOLIC DRUG HELPLINE: Free & Confidential 9am to 10pm everyday 0800 787797 Open friendly meeting. Anonymity assured, please phone 021 314 467