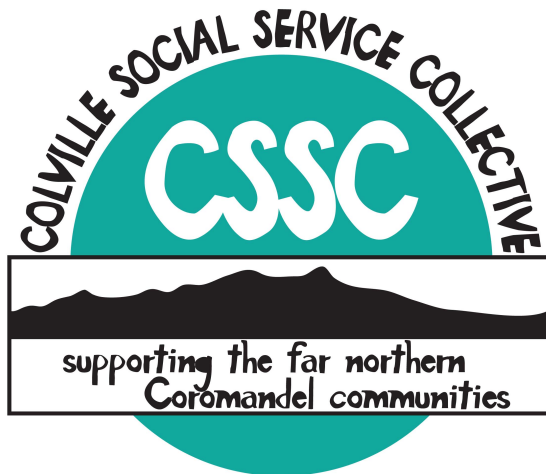


PĀNUI

APRIL 2018

Newsletter



PHONE: 07 866 6920

cssc@colville.org.nz

HOURS: 9am - 3pm

MON, WED, FRI.

Kia ora,

Heres hoping the ongoing state of the planet and its inhabitants is not becoming too overwhelming. Thank goodness the sun and moon continue to rise and set and sense of humour is still alive and kicking!

Guidelines for Panui Contributors

Deadline for contributions to the **MAY** issue is: **SUNDAY 15th APRIL**

Email your news, notices, advertisements, jokes, recipes, dreams, handy hints.
Send images as jpeg, pdf, word, pages & open office document, or post, phone or drop into CSSC.
Contributions welcome, though not always used. CSSC may edit contributions.
For our advertising rates, see our website: cssc@colville.org.nz

Getting the Panui if you live outside the free delivery area:

For an electronic copy: email us with '*subscription*' in the subject line.

For a mailed copy: email/phone us. Subscription cost is \$20 per annum.

Contact us on 07 866 6920 Email - panui@colville.org.nz

Disclaimer: *The opinions expressed in this publication are not necessarily those of CSSC.*

Next CSSC monthly Trustee meeting: *Tuesday 17 APRIL. at 3pm.*

Colville Social Service Collective (CSSC) would like to gratefully acknowledge the following funding organisations: NZ Lottery Grants Board, COGS, Creative New Zealand, Trust Waikato, Ministry of Social Development, The Tindall Foundation, Len Reynolds Trust, A.N.Z Staff Foundation, Coromandel Bizarre Trust, Child Youth and Family, Ministry for Culture & Heritage, Waikato Regional Council, Sky City Hamilton, Dept of Internal Affairs, Thames Coromandel District Council.

The Coromandel-Colville Community Board will be holding their monthly Board meeting at the Colville Hall on Tuesday, 10 April 2018 - 10am.

A Public Forum session is always held at the beginning of the Board meeting which is an opportunity for members of the public to raise any matter they wish to raise with the Community Board.

The Coromandel-Colville Community Board members are:

Peter Pritchard - Chair Tony Brljevich - Councillor & Deputy Mayor

Jan Autumn - Deputy Chair Keith Stephenson - Board member

John Walker - Board Member

The community are welcome to come along and listen to the meeting.

HIMALAYA SHOP

Hello,

Hope you all had a good Easter and thank you very much for your support. We are leaving soon, hope you all have a good winter.

Cheers Rob & Anette.

Shop ph 866 7224

Anette 021 139 7838

Home ph 07 866 6865



COLVILLE SOCIAL SERVICE COLLECTIVE SUPPORTING THE FAR NORTHERN COROMANDEL COMMUNITIES

The Colville Project: Working Together with Community

The Colville Project is progressing well and we are now looking beyond the land purchase to the development of Stage 1, the Wellbeing & Education Centre. Over the next few months we will also be investigating further aspects of the development of the Stages 2, 3, & 4. To assist the Management Team in developing these stages we will be appointing Advisory and Consultation Groups within a wide range of disciplines from site development to effluent disposal to interior design. We have prioritized which areas we will be investigating first, and will be appointing advisory groups in these areas first.

Advisory Groups will work closely with the Management Team on an agreed focus, and will be made up of people with skills, expertise and experience in that specific area of focus. Advisory groups will then make recommendations to the Management Team. The Management Team will then work with Consultation Groups to gauge their response to the proposed actions. Consultation Groups will be made up of people who have an interest in or may be affected by the specific area of focus.

Many of you indicated during the consultation phase that you have an interest in a particular area. We may be contacting you over the next few months asking if you are still interested and able to offer your time and commitment to be part of either an Advisory or Consultation Group.

If you did not put your name down as interested in a particular area but feel you have some expertise which may be helpful in an advisory capacity, please contact Roy Fraser at cdw2@colville.org.nz with your area of expertise, an email contact address and a brief description of how you achieved and applied your expertise.

Thank you for your support in making the future better, brighter and sustainable for the northern Coromandel.

Childrens Day 2018, Karuna Community.

International Children's day was celebrated at Karuna, Waikawau Bay on 4th March. It was a lovely day with lots of children (and their parents/adult friends) from all around the Northern Coromandel.

The Activities included:

In the morning: Water sliding, horse riding, swimming in the river, feeding eels, playing lots of different games.

At lunch time: Eating yummy Nachos, popcorn, quiches, fruit and cake.

The afternoon: Marimba playing and Found Fashion and ended with a parade.

It was a relaxed and fun day enjoyed by all.

Note: The high tide was just at the time families were arriving along the road, where the salt water floods. Some people turned back not wanting to damage their cars by driving through salt water.

Pleased to report that on Monday the road workers filled in that dip- so next time lets hope it wont prevent anyone from coming!

POSITION AVAILABLE

Community Development Worker- Colville Social Service

Collective enables a range of services and opportunities to ensure the continued wellbeing/hauora of the northern Coromandel Peninsula communities. This part-time position is based in Colville and involves supporting targeted community development projects. If you have experience in project management and a passion for working to support your community, we would love to hear from you.

For further information & a job description,

e- cssccordinator@colville.org.nz or visit <http://www.cssc.net.nz>

Applications close Monday 9 April 2018, at 12pm.



COLVILLE HARBOUR CARE
Te Ūmangawhā o Ngā Waka

“The communities of Colville working together to create a healthy harbour now and into the future”.

Colville Bay Landowner Workshop – a review

On the 23rd of March, twenty locals heard from visiting farmers about fencing and planting waterways and wetlands on their farms. It was a great opportunity to get answers on how fences could cope in a flood plain, the benefit to farm productivity, and get an idea of the costs involved.

What working with Colville Harbour Care can look like for Landowners:

- Landowners working as partners to identify key sites for fencing and planting
- Landowners co-developing any fencing & planting plans for their land
- Landowners receiving financial support from CHC through:
 - a portion of fencing and planting costs (including materials & labour)
 - help negotiating funding support from other parties (e.g. WRC) if wanted
- Landowners as key partners in working to build a healthy harbour

If you missed the meeting and would like more information please contact Beth (see below)

If you want to work with Colville Harbour Care on your land please contact Beth (see contact details below).

Expanding rat trapping around Colville Bay

A huge thank you to Terry Whitehouse for building us 150 trap boxes! The new traps will be out around wetlands and bird breeding sites by the end of March. Our first 42 traps, in the field since late November, have killed 41 rats and 18 mice. Our aim is to have traps all the way along the coast from Colville to the northern side of Whangaahēi/Big Bay. This will give our birds, lizards and other native animals a better chance of surviving and thriving in Colville.



5000 seedlings arrive at nursery



The nursery is growing and we now have 3 wicking beds set up to irrigate our trees. We would like to thank Nga Rakau nursery for helping us sprout and grow seeds eco-sourced by volunteers last autumn. They have arrived at the nursery and we are busy filling up pots of soil and transplanting the seedlings. Thank you to all our wonderful volunteers, the group from Enliven and Colville School for coming and getting your hands dirty! If you would like to help us collect seed or gather your own there is a brochure you can pick up from the Colville Store or CSSC. If you want to know more contact Beth (see contact details below)

Remuremu on Colville Foreshore

Remuremu (*Selliera radicans*) is one species of plant found in the sea meadow on Colville foreshore. Sea meadows are really important feeding grounds for shore birds and habitat for crabs and insects that are food for young fish.

Working bees 3rd Saturday of every month

If you would like email or text reminders about working bees please contact Beth



Contact:

p- 07 866 6920

Beth at CSSC (Weds-Fri)

e- chccoordinator@colville.org.nz



NEW COORDINATOR FOR COLVILLE SOCIAL SERVICE COLLECTIVE

CSSC
Honours
Janet
Palmer

Janet Palmer has been the CSSC Coordinator and Community Developer for CSSC for the past six years. This period has seen massive growth and development for us as an organisation, especially in terms of growing our strategic vision and capacity for delivering positive outcomes with, and for our communities here in the northern Coromandel Peninsula. Janet has been pivotal in making this a success. She has shown tireless dedication, strong leadership, diligence for getting things done, and has maintained a positive attitude throughout. As Chair, I have worked closely with Janet over much of this time, and have come to respect her deeply both as a leader and as a human being. The CSSC Trustees thank Janet enormously for her considerable contribution, and are pleased to have her remain with us as a Trustee. Janet will be working alongside the new CSSC Coordinator in April during the induction period.

Thank you Janet.

Nāku noa. nā Bronwvn

The CSSC Trustees would like to welcome Larissa Webb, who has been appointed as CSSC's new CSSC Coordinator and Community Developer. Larissa introduces herself below.

CSSC
Welcomes
Larissa
Webb

Kia ora Koutou katoa,

I feel honoured to join the Colville Social Service Collective from 6 April – in the Coordinator & Community Developer position that Janet Palmer has held. Hers will be very big shoes to fill I suspect! It has been wonderful seeing the work the collective has done in Colville and the contributions by so many in the area to make it all it is today.

I first came to Colville when I was eight years old to live at Karuna Falls. This was the best decision my mum ever made! I left the area for high-school, along with most of my cohort from Colville school, and missed it terribly. Over the years I've returned regularly. However, as school was succeeded by further studies and then work, I never returned to live in Colville – until now.

I have spent most of my working life in policy and advisory positions with the Ministry of Education, Department of Transport in Australia and with two Australian charities. I hope the knowledge and experience I have gained can be of benefit to our community.

*Ngā mihi nui ki a koutou
Nā Larissa Webb*



COLVILLE SOCIAL SERVICE COLLECTIVE SUPPORTING THE FAR
NORTHERN COROMANDEL COMMUNITIES

Colville And Beyond



Colville And Beyond Community Meeting

Colville Cafe - Tuesday 1st May 4pm - 5:30pm

Colville And Beyond want to gather with our local businesses, self employed, and interested community members. The Colville And Beyond group will share; what has been achieved since the initial community meetings, hear your feedback and ideas on projects past and going forward, upcoming opportunities, and how you can be involved. Wine and nibbles will be available following the discussion.

Come along! - please let us know you are coming for catering purposes
email: colvilleandbeyond@gmail.com, or phone 07 866 6920.

Coromandel 200

A commemoration of the arrival of the HMSS Coromandel mooring off Colville Harbour on June 13 1820.

Peter Prichard from the Coromandel-Colville Board has approached Colville about being part of this commemoration. The commemoration would take place June 2020.

Colvilles involvement will look like whatever our community wants it to...

What are your ideas? Have history to share?

Get in touch : Anna – 021 110 7799, cdw1@colville.org.nz

ARTillery Workshop - How to Promote Your Creative Work

Colville Cafe - Tuesday 08 May 9:30am



Creative Waikato are bringing this workshop to Colville! Learn how to promote effectively and write your own promotional plan in this hands-on workshop.

Sign up at CSSC or email cdw1@colville.org.nz

Colville And Beyond Trails

Colville And Beyond is currently looking into developing an online app for the Colville And Beyond Trails Pack. A big thanks to the talented Luke McCauley for putting together the app for an initial trial.

Show Me Shorts Film Festival - CALL FOR ENTRIES

Show Me Shorts International Short Film Festival are calling for entries.

Deadline for entries: 01 July 2018

Films can be any genre, but must be 2-20mins & made in the last two years.

Check out showmeshorts.co.nz to enter

Community Worker

Winter Health and Wellbeing :

As the days begin to shorten and our routines change with winter coming, this Panui was timely to offer some hints and helpful suggestions on shifting our focus from holiday-maker's and summer visitors to ourselves and our families.

Exercise and energy levels; its important for us all, from the children, teenagers and young adults to parents and seniors to have daily exercise and to focus on eating balanced diets to energise us throughout the day.

20 minutes of physical activity is the minimum everyone can aim to do, whether its one continuous activity or adding all the things up for the day. At least 3-5 days of your week should include this type of simple exercise.

Starting your day with a short walk or some activity before breakfast will kick start your metabolism and prepare your body for the first meal of the day, breakfast.

In the morning your body actually needs protein for growth as well as fats and carbohydrate for energy so have a balanced breakfast including foods like eggs, bacon, sausages, fish, baked beans, peanut butter, milk type drinks, protein shakes or food supplements to get that protein in as well as your cereals etc.

Snacking through the day and having a reasonably good lunch will fuel whatever activity you do through the day, the quantities of each snack and your lunch needs to be relative in quantity to how busy and active you are. Keep it balanced, eating carbohydrates for breakfast lunch and dinner only, will cause problems, so always try and have a variety of things.

Water is essential for cooling your body and hydrating, 'sipping' a little water throughout the day is better than trying to catch up by guzzling large amounts when you are 'dying of thirst'.

Evening meals need to replace the vitamins and minerals including protein and energy used during the day, your body will do its magic and refill, replenish and repair your body while you sleep.

Sleep is critical and often overlooked as the key to health and well-being. Get as much as you can, Tv and gaming can be entertaining but relaxing before sleep and getting a long, deep sleep will allow your body to burn most of the fat you burn anytime during the day. Minimise caffeine and if you can follow some of the suggestions in this small article, try and go 'natural' and eliminate caffeine particularly if you cant sleep at night.

As the winter drops the temperature both at day time and during the nights, being active during the day by simple walking, doing regular activities around the home will help your body stay healthy and cope with the temperature changes and help to avoid sickness.

If you would like more support on finding simple activity ideas and how to manage your food/ life style balance, come into CSSC and ask for our help...its what we do for our Colville Community



Colville Community Health Centre



2299 Colville Rd, RD 4, Coromandel 3584

Phone 07 8666618. Fax 07 8666619

Tues & Thurs 9.00am – 5.00pm / Wed **10.00am** - 5pm Fri 9.00 am – 4.

4th April **10.00am** - 1pm - Dr Clinic at Port Charles

For after hours service phone the clinic number 07 866-6618.

The On call person will be paged by the after hours service.

If it's an emergency, dial 111

There is no answerphone service during the hours we are open,

Please listen to the message carefully.

Our txt number for the clinic is 4335

Hi folks

As we face the cooler climes and enjoy the rich shades of Autumn, Flu vaccinations have risen up our 'to do list'. These will be available after Easter. The Flu vaccinations are free for those over 65years or for those who have eligible medical conditions.

Also for the first time this year we are offering Zostavax which is the vaccine for Shingles. This is available for people 65 years and older. Even if you have had Shingles you are eligible for this vaccine and it can be given at the same time as the flu vaccine. Please contact the clinic if you would like to receive one or both of these vaccinations.

As you know we are quite 'time pressured' at the clinic. One of the things that affects this is sometimes people book in for a blood test, but also bring a list of other things they need attending to. We are asking our patients to please book a regular appointment if you want to have your blood test and address other things whilst you are at the clinic. We are hoping this will help with our time keeping.

We are encouraging our enrolled patients will sign up to Manage My Health (MMH). This gives you access to your medical file online. You can access test results once they have been read by the team here. You can also order prescriptions, book appointments and record your own comments or monitoring results.

If our patients join MMH, it helps us by reducing the amount of steps we have to complete to get information to you. Patients using MMH can free up our Dr, Nurses and reception team to be getting on with other stuff.

Our reception team have been asked to urge all people with an email address who visit the Colville Community Health Clinic to join Manage My Health.

This is our last week with Tom our Medical Intern. He has been great. Just advising that Dr Kate is taking a bit of study leave over the month of April. We will have Dr Sue Greig in for some days over this time. Dr Sue is known to many of you and we encourage you to see her rather than wait for Dr Kate who is booked up well in advance due to her training schedule.

That's all for now,
The team at Colville Community Health Centre

Thames Library - Colville "Flying Book Club" rural delivery service.



We are trying to start a new Thames Library - Colville Flying Book Club for our rural readers wanting access the National Library services, from the comfort of their favourite reading spots here in the Northern Coromandel!

If that idea tickles your fancy... Contact: Spike Mountjoy 022 419 5524

spike.mo@gmail.com

or Peter Selwyn 07 8666920 communityworker@colville.org.nz

**FARM SHOP
COLVILLE
VILLAGE**



**OPEN ALL APRIL BEFORE OUR BREAK IN
MAY**

We have had an amazing summer with a fab team and want to thank everyone for an awesome season. We will be closing for a break in May but open right up till the end of this month.

So pop in for some coffee and cake, fresh sammie or a hot Hereford burger and chips. And don't forget our amazing 100% pure Hereford Beef cuts you can take home.

100% HEREFORD BEEF BURGERS * HOT CHIPS * COFFEE * BAKING * PICKLES 'N' JAMS * LOCAL ART * REAL FRUIT ICECREAM * MEAT

2318 Colville Road, RD4 COROMANDEL 3584
herefordnapickle@gmail.com Cathy Ward 07 866 6937
www.kairumatipolledherefords.com



Like us on
f Facebook

Relax & Revive Coromandel

www.relaxcoro.co.nz

Certified Massage Therapist

Relaxation Massage

Jan is working from the tranquil surrounds of the Tangiaro Kiwi Retreat, Port Charles

By appointment

Email: info@relaxcoro.co.nz

Ph 021 268 6198



Tangiaro

Kiwi Retreat

UNDER NEW MANAGEMENT!!!

Welcoming Peter & Jeanette

**Meals * Gourmet Burgers * Pizza * Coffee * Muffins
Craft Beer**

Café & Bar Opening hours:

Monday - Closed

Tuesday to Saturday

Lunch 10am - 3pm Dinner 5pm - 9pm

(Bookings advised for Dinner)

Sunday: 10am - 5pm

1299 Port Charles Road,
Port Charles/Coromandel

Phone: 07 866 6614
www.kiwiretreat.co.nz



Colville Bay Pre-School

Colville Bay Pre-School Term 1, ends on **Friday 13th April.**

TERM 2 STARTS on **TUESDAY 1st MAY**

We are open on Tuesday, Wednesday, Thursday and Fridays
from 9.00 to 3.00

New enrolments welcome!

20 free hours ECE and WINZ subsidies available.

Phone 07 8668 319 or email colvillebay.elc@xtra.co.nz

We are having our **A.G.M** on **11 APRIL 3.15** at the centre **ALL WELCOME**

Wanted: Relieving Staff for Colville Bay Pre-School

An energetic person with a positive attitude to fill in when staff are absent.
Preferably local.

Please email colvillebay.elc@xtra.co.nz for further information

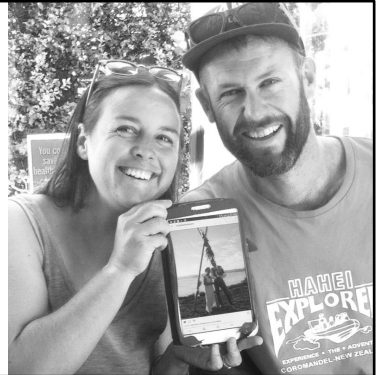


We congratulate and wish all the best for a
very happy future together

to **Claire Cannon and Tim Bright**

who were married on March 10th 2018

overlooking Cooks Beach and out over the ocean



Bryan: 021 799 056

www.gardentools.nz



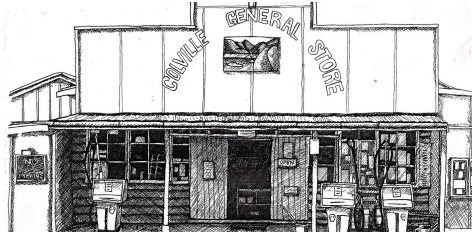
Joanna: 021 739 398

LIFETIME GUARANTEES

ALCOHOLIC DRUG HELPLINE

FREE and CONFIDENTIAL 9am to 10pm everyday **0800 787 797**

Open friendly meeting. Anonymity assured. Please phone 021 314 467



Phone 07 866 6805
Fax 07 866 6849

2314 Colville Road RD 4, Coromandel colvillestore@colville.org.nz

Easter Bunny is on the way and to our customers we'd like to say **Happy Easter** and a fun festival to all - May everyone be safe and have a ball, with lots of bubbles - and no troubles -

Don't forget , **NO ALCOHOL SALES** Friday 30th March or Sunday 1st April.

Easter hours -

Thursday March 29th 8.30am - 6pm, Good Friday March 30th 8.30 - 7pm

Saturday 31st March 8.30 - 7pm Sunday April 1st 8.30 - 6pm

Monday April 2nd 8.30 - 6pm

*Northern Coromandel
rubbish days for*

APRIL

WED 4th APRIL



Tues 10th April



Tues 17th April



Tues 24th April



Please put your kerbside collections out by 9am.
We only collect glass left in official Council crates.

**Coro dump &
GOLDMINE SHOP**

hours:

Mon, Wed, Fri, Closed

Tues & Thurs: 11am - 4.30

Sat & Sun: 11am - 5.30

Public hols: 11am - 5.30

*Go and have a browse: recycling / upcycling can be
FUN and satisfying ! You never know what you will
find.*

*Lift that weight off your shoulders free yourself
from unnecessary items. **LET GO!***

525 Hauraki Rd, Coromandel.

07 866 7616



The Colville Community Kitchen/Colville Cafe



(It is 'use it or lose it' time!)

Want to be involved? Want to support this community asset so it continues to be available? It's easier than you think... (hint...you don't have to run a cafe!)



You can book the space to...

- hold meetings, host a workshop
- create a fab new product to trial in the shop
- supply the shop with baking or pies
- open a tutorial centre
- gather your friends for a crafternoon
- host a quiz or a Ted Talks night
- or anything else you dream up.



You can also consider making a donation to help out. For more information: colvillecooperativesociety@gmail.com



D & K
HOME IMPROVEMENT
HANDYMAN
Ph. David 866 7788



email: davidkim@colville.org.nz

"Clay Time"

Anybody interested in clay work?

We meet at the *Colville Cafe* first **Tuesday** every month,

3 APRIL at 12 noon

Cheers, Tewhanoa.



COLVILLE

COMMUNITY HEALTH TRUST

Greetings from all of us at the Colville Community Health Trust (CCHT)
The Trust is pleased to welcome Emily Macleod to the team as our new Trust Coordinator. Emily has been a resident of Colville for 12 years, working in administration and putting in many volunteer hours with various community projects. She will be working closely with the Colville Community Health Trust and the Colville Social Services Collective as a support person in their joint endeavour, The Colville Project.

The Colville Project is working towards building a community centre offering a wide range of medical, social, wellbeing and educational services and resources. Fundraising has been focused primarily on the building itself, but now the Project has an opportunity to buy the perfect piece of land on which to build. We have until July to make this happen, so your help is needed. A donation of any size will help. You can internet bank to Kiwibank Account 38 9007 0484491-06 The Colville Project; or drop in to to see us at our small office in the Medical Centre building, 2299 Colville Road.
Email address: colvilletrustmanager@gmail.com

And as always, check out the goodies being raffled at the Health Centre.

COROMANDEL

HOME GROWN
COMMUNITY MARKET

OPEN 8.30 - 1PM EVERY FRIDAY
Beside the BNZ Bank

For stall info contact Michelle 022 653 0690

Herbal remedies

Fresh Produce
Seedlings

Art and Crafts



Homebaking
Handmade Gifts
Cakes and Slices

Free Range Eggs

Chutney and Pickles

Fresh Bread

DAVE DOBBYN
A SLICE OF HEAVEN 40 YEARS OF HITS

DAVE ONSTAGE AT 8PM

MON 2 APRIL
THAMES
WAR MEMORIAL CIVIC CENTRE

TICKETS FROM GRAHAMSTOWN BAR & DINER OR WWW.NZTIX.CO.NZ

Upper Coromandel Landcare Association UCLA Conservation report

It is with sadness that we report the results of our korero with MEG and with the District Health Board via OIA concerning MEG's commitment to the use of residual poisons in our environment. MEG is now poisoning with the blessing and massive funding from Waikato Regional Council.

As we always state, no one opposes the positive work MEG achieves with trapping and education. We who represent thousands of hectares of farm and wild land spoke to the MEG coordinator to no avail. Poison 1080, diphacinone and other toxins are part and parcel of MEG's arsenal. Via the OIA procedure we discovered discrepancies in the MEG 1080 application including the fact that the poison used was not "new" 1080 stored in the locked DOC Coromandel facility as declared in their application but it was "excess" 1080 stored in the town of Whitianga. DOC wrote on 8 February "The 1080 supplied to MEG was from the left over bait from the Papakai Operation. This bait was picked up by MEG on the 29/10/18 by a courier.

This bait was stored at the Whitianga Work shop

Excess 1080 is supposed to be disposed of at the end of any so-called "operation" but DOC obviously did not dispose of excess but merely couriered 200 kg of 1080 and 7500 Feratox pellets for use over 3000ha to Port Charles. UCLA does not oppose the use of Feratox, it is what Connovation call the "most humane form of pest control". See

<http://www.connovation.co.nz/vdb/document/96>

It is a "unique encapsulated cyanide pellet" that does not leave poisonous residues.

We noted that the entrance to Tangiaro was not signposted warning people of 1080 poison in that sanctuary. MEG's application states clearly they will signpost "key access points". We noted that serious questions to the Waikato District Health Board's Community and Clinical Support office were sidestepped.

It is a very sad day in our community when the threat of tainted wild life normally hunted for kai is brought into our community, not via government agencies but through so-called "volunteer" locals who use our rate money (in the hundreds of thousands) to poison our wilderness. UCLA members trap and hunt to conserve the beauty of our whenua. Today we call on any readers who belong to MEG to ask their organization to end their promotion of residual poisons and pesticides.

Reihana Robinson spokesperson UCLA

A poster for the Colville Easter Festival. The poster features a central graphic with the text "COLVILLE" in large, bold, black letters, and "EASTER FESTIVAL" below it in a similar style. Above "COLVILLE" are the numbers "30, 31, 2, 4" and "P.M." in a stylized font. Below "EASTER FESTIVAL" is the phrase "all welcome" in a smaller, lowercase font. At the bottom of the graphic is the website address "www.colvilleartsfestival.co.nz". The background of the graphic is a collage of various circular patterns, including what looks like a clock face and a wheel. To the right of the graphic, the text "From Friday 30th March 2018 to Monday 2nd April" is written in a bold, black, sans-serif font.

Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO) Lifeline: 0800 543 354

Depression Helpline: 0800 111 757 free text 4202

Outline: 0800 688 5463 Youthline: 0800 376 633



We welcome back Roy Fraser as our incoming Director while Ven. Nangsel (Bernice) is away on sabbatical for the next year. Sarah is also gone this month on retreat, so the centre will be closed to visitors for the month of April.



In May we'll resume daily morning meditation and guests can stay at the centre. We have a special relax and recharge weekend with meditation, massage, and yoga. We're also planning a dinner and live auction fundraiser...details to come. If you have something you'd like to donate to help support the cause, please contact Sarah at spc@mahamudra.org.nz or call the centre. Of course we're all excited about Ven. Robina Courtin returning in June too – it's not too late to join in! Check our webpage for details and updates: www.mahamudra.org.nz

We encourage members of the local community to come to our courses and retreats, so offer them to you on a donation basis to make them accessible to all.

Pre-registration is still essential – contact us at retreat@mahamudra.org.nz or ph 07 866 6851 **2183 Colville Road**

Back Room Gallery

Local Artist Co-op Colville

We're looking forward to the Easter festival in Colville. The gallery will be open extended hours till 6:00pm during the festival, and our artists will be doing free live demonstrations making their lovely art. We'll also be featuring art by our talented local youth, so remember to look for us behind the Colville Cafe and stop in! The gallery will be closing for the season after Easter, so it's your last chance to see it until we hopefully re-open the end of this year for next summer. For updates, you can find us on Facebook @BackRoomGallery





EVENTS CALENDAR

Whats on in **MARCH** guide

REGULAR Events

Tuesdays 10-12 **Yoga** at the Colville Hall
First Tuesday every month midday **Clay time** at the Colville cafe
Every 2nd Wed **Senior net** at CSSC
Every 3rd Sat of every month **Working Bee** and BBQ Colville Harbour Care nursery

APRIL Events

Friday 30th March - Monday 2nd of April **Arts Festival**
Tues 3rd At Midday **Clay Time** at the Colville Cafe
Wed 4th **Senior Net** at CSSC
Thurs 5th **Free driver refresher course** for senior citizens. Coromandel.
Mon 9th **Youth Group Sailing.** Otautu Bay 3-5
Wed 11th **Colville Bay Preschool A.G.M.** 3.15.
Friday 13th **Colville Bay Preschool** term finishes.
Wed 18th **Senior Net** at CSSC

MAY Events

Tues 1st - **Colville Bay Pre school** term 2 begins.
Tues 2nd - **Colville And Beyond Community Meeting.** Colville Cafe 4pm - 5:30pm (pg5)
Tues 8th - **Artillery Workshop:** How to Promote Your Creative Work 9:30am Colville Cafe.
(pg5)
Fri 11th - **Curry Night** and **Auction** at Colville Cafe.

Show me short films deadline July 1

If you would like a listing on the Panui events calendar, email the Panui Editor:
panui@colville.org.nz