

MAY 2018 Newsletter



PHONE: 07 866 6920

HOURS: 9am - 3pm

cssc@colville.org.nz

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 JUNE ISSUE is: SUNDAY 20th MAY

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 22 MAY 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.



YOUTH GROUP NEWS



Youth Group is finished for this term. Programme for Term 2 Will be coming out next month. WATCH THIS SPACE.

A BIG THANKYOU to all the parent volunteers and the awesome

Colville Youth Sailing Acadamy team. Also a MASSIVE THANKYOU

to Justin Ward and fire service for their assistance washing down boats after
sailing each week.

Cheers Elizabeth & team



COLVILLE SOCIAL SERVICE COLLECTIVE SUPPORTING THE FAR NORTHERN

COROMANDEL COMMUNITIES

SENIOR NET

Senior net is now changed to monthly rather than 2 weekly. Next dates will be April 18th and May 16th. Those of you who have joined Senior Net are able to attend the Coromandel group who meet every Monday at Coromandel School.

Contact Loes at alaoesbv@colville.org.nz

PROMOTING YOUR CREATIVE WORK

This workshop will arm you with what you need to promote your projects well while making the most of your precious time and resources. You'll write your own promotional plan and learn all about different promotional tools in this hands-on workshop.

This interactive workshop covers what you need to get started and/or to contemplate the possibilities.

- Decide how, where and when to promote.
- Work out who your target audience is
- Get all of your media working together (website, social media, press releases, posters, etc)

WHEN

Tuesday 8 May 2018 9.30am-3.00pm

WHERE

Colville Café 2314 Coville Road Colville Village

COST \$30

Includes lunch and a workbook

REGISTRATIONS ESSENTIAL

To register online go to www.creativewaikato.co.nz/creatives/workshops and click Register Now



If registering online is not an option please email hello@creativewaikato.co.nz or call 0508 427 892





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

Job Opportunities

Fencing Contractor: We are looking for experienced fencers to work with us. Ultimately, we want to grow our fencing work into a training opportunity for local people. If you are interested in learning how to build fences please contact Beth (see details below)

Tree planting team: We are seeking 2-3 people to plant native trees

this winter. To apply for these positions or for more information please contact Beth (see details below).



Working Bees

We've been tackling ginger surrounding a wetland on Wharf Rd. Ginger is a real problem. It's extremely shade tolerant, long lived and fast growing. It stops regeneration of natives by forming dense mats of tubers that prevent anything from growing through.



It's time to fill up pots and sow Manuka and Kanuka for planting next winter.

Next community working bee: 10am Sat 19 May at CHC nursery.

Get reminders by email or text. Contact Beth or follow us on facebook (@Colville Harbour Care)

Trail Camera Captures Visitors to Trap

Cameras set up at several trap sites around Colville

Bay are helping us get a better picture of what is out there. At a single site over three days we recorded 5 possums, 2 pigs (left), a feral cat (visited 4 times and ate a possum killed in a "Good Nature" trap), 3 rabbits, a Hawk (right) and a family of quail! This information helps us develop effective pest management plans, which is a vital





part of protecting our native birds and helping native plants to regenerate. Healthy forest in the catchment means good water quality. Good water quality means a healthier harbour.

Help Create the World's Biggest Bird Feeder & Save Colville's Godwits!

Colville Bay is an internationally significant flocking site for Godwits (pictured below) and many of our Godwits might starve over our winter. For most of our godwits, feeding in China's Yalu Jiang National Nature Reserve is vital for survival. Due to the coldest winter in 49 years, much of the clam population, one of the most important food sources in the reserve, has died-off. Some of Colville's birds have arrived there already and others are on their way. It's a 10,000-km non-stop flight in which they will lose nearly half their body weight. When they arrive, they will need a good feed! The reduced food supply means there will be a lot of competition. Our birds are going to be hungry this year. Please join the international effort to help them survive by creating what will be possibly the largest ever supplementary feeding effort.

To find out more and donate: visit www.miranda-shorebird.org.nz



Contact: p- 07 866 6920

Beth at CSSC (Weds-Fri) e- chccoordinator@colville.org.nz



COLVILLE SOCIAL SERVICE COLLECTIVE SUPPORTING THE FAR NORTHERN COROMANDEL COMMUNITIES

COLVILLE EASTER FESTIVAL 18

BIG thanks from the festival organisers to all the people that helped leading up to and during the weekend.

The whole event ran smoothly due to the quality of the help we received - very cool.

Attendance was wonderful, basically full house on all 3 nights.

Workshops were successful, all well organised and attended.

Thanks to Carla, Nici, Briar, Janet, Kay, Brenda, Simon and Steve for giving their time to run such.

Feedback from the visiting acts almost to a one, was they'd loved to come back, enjoyed the hospitality shown to them by the whole Colville community, all the dancing, yells and cheers, they had a ball.

Fundrasing has begun for festival 19, raffle of handmade wool products by Lynda Green in store now. More Steve Carson fine art prints coming soon. A couple of events at Cafe planned through winter.

The fundraising helps us immensely with being able to afford better and better acts. Other funding from funding bodies is never a given.

Once again, thanks everyone for helping, attending and participating in such a positive way.

Wonderful acts on the Colville Sings the 60s night - we did ourselves proud.

Cheers,

The festival Team.

p.s. more sculptures next year would be good.





COLVILLE SOCIAL SERVICE COLLECTIVE SUPPORTING THE FAR NORTHERN COROMANDEL COMMUNITIES

Colville And Beyond - Community Meeting



Colville And Beyond wants to gather with our local businesses, self-employed, and interested community members.

Do you want to - learn more about Colville And Beyond, promote yourself/ your business, events, walkways/cycle-ways, share your idea...

The Colville And Beyond Community Meeting will:

- Share what Colville And Beyond do and what has been achieved since the initial community meetings
- Hear your feedback and ideas on projects past and going forward
- Tell you about the upcoming opportunities and how you can be involved

Wine and nibbles provided following the discussion. **Come along!** - Please RSVP for catering purposes, e: colvilleandbeyond@gmail.com, p: 07 866 6920



Commemoration: Coromandel 200

Coromandel mooring off of 13 18 Peter Prichard from the Corc approached Colville about be commemoration. The comm

Figure 1: HMSS Coromandel 1821

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

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 involved in this commemoration. The commemoration would take place June 2020.

The commemoration could look like whatever our community wants it to... a plaque on the foreshore, an event, a play re-enacting the event, a sculpture, stories of history...

Want to be involved? Do you have ideas? Have history to share?



Looking for a Justice of the Peace

Currently we have one wonderful JP in the northern Coromandel Peninsula. CSSC would like to support the process to have more JP's in our community, for easier access to a JP in our rural communities.

Do you live in Papa Aroha, Waitete, Colville, Port Charles, Port Jackson coast, Tuateawa? Interested in what is involved in becoming a JP? Have a chat –Anna 07 866 6920, cdw1@colville.org.nz or pop in to CSSC on a Tuesday or Wednesday

Community Worker

Winter Health and Wellbeing continues:

In the last Panui we started to discuss the significance of exercise, food, water, sleep and how personal levels of activity are related to our health and well-being.

We advocated for everyone to do at least 20 minutes of physical activity, whether its one continuous activity or adding all the things up for the day.

For those of you who took this advice and have been active and doing daily activity at least 3 days each week, you may be ready to take this to the next level.

What may that be....well...to keep things simple, extending your combined activities towards 40 minutes each day or repeating the activity up to 5 days a week. This may be as simple as doing your walk or whatever you enjoy doing, either twice as long as when we started at the beginning of April, or simply repeating the activity twice a day.

The type of exercise we are suggesting is long, slow, low intensity activity such as walking. Doing some strength exercise or activity against some kind of resistance (like pedalling a bike as a leg exercise, paddling a kayak as an arm exercise, rowing a small boat for a full body work out, or simply pulling a rope, digging using a shovel or spade, chopping wood) has an important role to play in muscle tone, strength and how your bone strength and density react to this muscle condition.

To keep your muscles in good condition and your bones strong to reduce the occurrence of problems like osteoporosis, lifting something moderately heavy is advisable.

As we are having an open discussion, please note everyone's ability to lift or move something moderately heavy poses certain risk, so as we did with the commencement of simple exercise of walking for example, we can do the same here with resistance exercise.

What we recommend is lifting something once (1 x time) every three (3) days, within three (3) days, so that your muscles will be constantly stimulated by this lifting or resistance exercise and create a base level of muscle condition.

To start with lets suggest the activity be placing an object like a bucket of water (to give you an idea of a safe starting point, 5 x litres of water is approximately 5kg or half a bucket of water) at your feet while you are standing. Leave the bucket on the ground, stand up straight and pause for a moment to prepare your self for this lifting movement.

When you are focussed, bend from your hips as you reach down with your hands for the bucket, like you are almost going to sit-down and as your hands reach down for the bucket handle (or your object of choice), grasp the bucket handle with both hands and stand up tall as you were a moment ago.

Stay relaxed throughout the movement, breath in through your nose and out through your mouth. Breathing through your nose is recommended as often as possible, this may sound unusual but many of us breath through our open mouth, but the changes to the pressure of the air entering your lungs improves when you breath in through your nose.

This is a very simple activity but stimulates many parts of your body. Lifting an object from the ground as we have described activates your brain and nervous system, cardiovascular system and muscular system to work together and tells your muscles they are needed, so they will respond to this activity.

After 10-12 weeks your muscles will actually show visible changes in strength and possibly appearance (tone).

The activity does not need to be done fast, or be overly heavy, as a controlled, deliberate movement is safer and more natural for us to do repeatedly.

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 Phone 6 70 8666619 Fax 07 8666619

Phone 07 8666618. Fax 07 8666619

'ues & 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 1xt number for the clinic is 4335

Hi folks

The Flu vaccine and the Zostavax (for Shingles) are both available and free for those over 65 or with eligible medical conditions. Make sure you get an appointment soon with one of the nurses if you are keen to have them, as its good to have had them before the winter bugs begin.

It's the time of year where some days we 'feel' winter is definitely on its way. The log fire helps us keep the clinic warm, on cooler days. If you have any dry firewood available that you are willing to donate, we would love to hear from you.

Recently we sent a reminder to those of you who have signed up to Manage My Health and <u>not</u> activated it. We asked you to activate it using the code you should have received by email. If you don't have that email, do contact reception and they can give you your individual activation code.

Still on using technology, we have had notification that Smarthealth is no longer going to be used by the Waikato DHB. For our patients who used Smarthealth, it has linked them into appointments with Waikato specialists and meant that a trip to Hamilton has not been needed. It has saved lots of time and dollars for fuel. It has also provided an after hours on call medical service. People signed up to Smarthealth should have received a text telling them this is no longer available.

A reminder text was sent to all patients who owed us money at the beginning of April. It was hoped that payments will come in to help our end of year balance sheet. Remember we can also offer for people to make regular direct debit payments, which helps cover unexpected fees at the clinic. A big thanks to those of you who have paid.

Till next time, keep warm, The team at Colville Community Health Centre.



We have reseived some comments already which may spark your interest in joining the proposed "Flying Book Club' Previousl to order books and the cost of freight to Coromandel was inconvenient in past years. We are interested in' talking books' only 3 weeks loan is not long eneough, very interested but need more info. We think the best solution is to issue a card in the name of' the Colville Flying Book Club', members can use their individual card to order books remotely and eavh person will be responsible for paying any incurred late fees, the Library will set up a 6 week loan periodwith no renewals, and we will have books couriered to CSSC. An account for courier fees and any other charges incurred, will be sent to the Flying Book Club on a mothly basis.

Contact Spike Mountjoy: 022 419 5524 Spike mo@gmail.com or Peter Selwyn: 07 8666 920 communityworker @colville .org.nz

FARM SHOP COLVILLE VILLAGE



We will be CLOSED

for the month of MAY. Re opening THURSDAY JUNE 1ST See you then!

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.kairaumatipolledherefords.com







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By appointment

Email: info@relaxcoro.co.nz

Ph 021 268 6198



UNDER NEW MANAGEMENT!!!

Welcoming Peter & Jeanette

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

Café & Bar Opening hours:

Monday - Closed Tuesday to Saturday n - 3pm Dinner 5pm - 9pm Lunch 10am - 3pm (Bookings advised for Dinner) Sunday: 10am - 5pm

1299 Port Charles Road, Port CharlesCoromandel

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



Colville Bay Pre-School

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

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



D & KHOME IMPROVEMENT HANDYMAN Ph. David 866 7788

email: davidkim@colville.org.nz





CONGRATULATIONS!

To Anne, Spike & Emile
On the birth of a beautiful girl
Josephine Jeanne Mauri Mountjoy
Born in Hamilton on 28.3.2018

Bryan: 021 799 056 wwww.gardentools.nz THE GARDEN TOOL STORE

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

COROMANDE HOME GROWN COMMUNITY MARKET

CLOSED for the Winter

re - opening



One pop up fruit and vegie stall will be at the Market space for a while longer..........

COLVILLE MARKET

Queens Birthday Weekend

SAT JUNE 2nd

Stalls \$ 10 each

Call Hall secretary

Lena 866 6687

Northern Coromandel rubbish days for MAY

Tues 1st MAY



Tues 8th MAY



Tues 15th MAY



Tues 22nd MAY



Tues 29th MAY



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

Cot 9 Come 11 am 5 20

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 unecessary items. **LET GO!**

525 Hauraki Rd, Coromandel. 07 866 7616



Hours - 8.30 - 5pm 7 days a week

Easter came and went with a large influx of visitors to the area. The weather was glorious and the festival was huge success.

After many, many attempts, we finally had a farewell do for Rachael. After nearly 6 years, Rachael had become an integral part of the store. As well as being missed for her hard work she is very much missed for her friendly face, sense of humour and a large dose of cheekiness. If you're missing Rachael at the store, get your self a pet and call into the FVC Coromandel branch on Tuesdays, Wednesdays or Thursdays. We all wish you a fabulous time in your new job Rachael. Thank you for all you had done for the store

With winter just around the corner, be sure to let us know what you would like to see in the store and we'll do our best to be stocked with winter goodies and essentials.



"Clay Time"

Anybody interested in clay work?

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

1st MAY at 12 noon

Cheers, Tewhanoa.



Hello everyone,

We at CCHT have been busy fundraising, for both the Health Trust and for The Colville Project as part of our collaboration with the Colville Social Services Collective. Recently our focus has been on The Colville Project's upcoming land purchase. On Easter weekend we had a table of goodies at the Community Market held at the Hereford n' a Pickle. Thank you to everyone who stopped by to offer support. We are also grateful to everyone who donates goodies for our raffles at the Clinic - the latest includes local honey, cosy leg warmers and a woven blanket...just what the doctor ordered to get you through winter.

We are planning a fundraising dinner and dance at the Colville Cafe on 19 May, with Charlie Searancke providing the music. Write it in your calendars now, and keep an eye out for posters going up to remind you closer to the date. A big thank you to Charlie for offering his time and talent. Another great contribution has been made by Coromandel sculptor Uli Christoffersen, who has donated a gorgeous bronze sculpture to the effort, and we extend heartfelt thanks to her. And thank you as well to our own local farming producers who have given a generous donation from the Lamb Chop Competition held in April.

The Colville Project website (www.thecolvilleproject.nz) and Facebook page are both 'live' now, and offer lots of information on the project plans, progress, and how to donate. To get frequent updates, visit the Facebook page and 'like' and 'follow' . A donation of any size will help. You can donate via the website, or by 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

Our cadets enjoyed another great term of sailing, in spite of the inclement weather. A big thanks again to everyone who helps make it happen! The Academy is looking for a volunteer to help with some ongoing paper work. If you are semi-organised and have a few hours to spare please get in touch. We are also launching a fundraising campaign to purchase two shipping containers for our new base and boat storage. Look out for raffles and firewood sales: contact Spike - 022 419 5524 or spike.mo@gmail.com ... and keep safe on the water!



WANT TO GO TO COROMANDEL OR EVEN WHITIANGA ON FRIDAY?

CILT has been running a community van to Whitianga on the first Friday of the month and will be extending the service to incorporate Colville. The drivers are volunteers who are helping our communities connect.

There will be trial Friday run to Coromandel & Whitianga to see if it suits the Colville community.

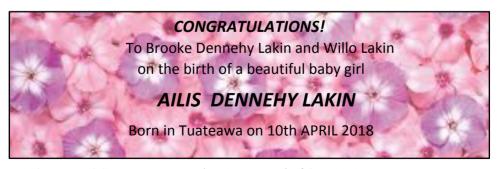
There has to be a minimum of 4 passengers to operate the service.

Depart Coromandel	08:20am	Colville store	09:00am
Depart Colville Store	09:00am	Coromandel	9:40am
Depart Coromandel	10:00am	Whitianga	10:50am
Depart Whitianga	2.30pm	Coromandel	3:20pm
Depart Coromandel	3.30pm	Colville Store	4:15pm
Depart Colville	4.20pm	Coromandel	5.00pm
OR OR	4.20pm	Coromandel	5.00pm
,	4.20pm 1.30pm	Coromandel Coromandel	5.00pm 2:20pm
OR	·		·

Stop off in Coromandel or go through to Whitianga to do some shopping, see the dentist have lunch or watch a 1pm movie. Choice is yours.

Bookings are taken at CILT 866 8358 CILT Hours Mon-Thur 09:00-03:00 or email resourcecentre@cilt.org.nz

The Coromandel Community Services Trust van operates on a koha basis. A suggested koha of \$6 for a Coromandel return trip (\$4 one way) and \$12 from Coromandel to Whitianga return would be appreciated to cover the running costs of the van. Volunteer drivers can pick up along the way and the van has wheelchair capacity. Also every Thursday the Community van drives from Coromandel 09:00 to Thames. (Depart 2:00pm Pack n Save) You can access this service in Coromandel and if there is enough northern interest CILT will look into feasibility of extending the community van on a more regular basis.



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







The BiG CURRY NIGHT & LIVE AUCTION

Friday May 11 Colville Café Doors open 5PM

Live Auction 6:30PM

Vegetarian Feast BYO

Items for auction include local art, a massage, meal and drink for two at Driving Creek Café, goodies from Colville's Himalayan Shop, a weekend at Mahamudra Centre, and more!

Relax and Recharge Weekend

19-20 May

Massage - Yoga - Meditation - Vegetarian Meals

Ven Robina Courtin returns in June! Riding the Waves of Life's Ups and Downs. Weekend and week-long retreat options.

More programmes and details: 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 866 6851

2183 Colville Road

Anja Tactor died peacefully at Mahamudra Centre on April 6, 2018 at the age of 69. Family and friends celebrated Anja's life on a warm, sunny afternoon with a gentle and inspirational ash scattering ceremony held on Waiheke Island.

People were created to be loved.

Things were created to be used.

The reason why the world is in chaos is

because things are being loved and

people are being used.

His Holiness the Dalai Lama.

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 Thursday Candlelit **YOGA** at the Colville War Memorial Hall 5.30 - 6.45pm.

Every 3rd Sat of every month Working Bee and BBQ Colville Harbour Care nursery

MAY Events

Tues 1st At Midday Clay Time at the Colville Cafe

Tues 1st - Colville Bay Pre school term 2 begins.

Tues 1st - Colville And Beyond Community Meeting. Colville Cafe 4pm - 5:30pm (pg5)

Thurs 3rd - Candlelit YOGA at the Colville War Memorial Hall. 5.30 - 6.45pm.

Tues 8th - Workshop: How to Promote Your Creative Work 9:30am-3pm Colville Cafe. (pg 2)

Fri 11th - Curry Night and Auction at Colville Cafe.

Wed 16th Senior net at CSSC.

Sat 19th Working B Colville Harbour Care 10a.m CHC Nursery, Wharf Rd.

JUNE Events

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