



Today humanity faces
a stark choice:
save the planet and ditch
capitalism, or
save capitalism and
ditch the planet.

-Fawzi Ibrahim

EVENTS CALENDAR

Whats on in **JULY** guide

REGULAR Events

Tues 10 - 12 **Yoga** at the Colville Hall
First & Third Tues of every month 11am **Clay time** at the Colville cafe
Every Tues **Sewing Group** in the room behind the Colville Cafe from 10am
Every Thurs **Enliven** at CSSC
Every Thurs **Candlelit YOGA** at the Colville War Memorial Hall 5.30 - 6.45pm
Every 3rd Sat of every month Colville Harbour Care **Working Bee** and BBQ at the nursery.

JULY Events

Thurs 12 **IRD** coming to CILT. 07 866 8358
Sat- 14 -17 **NYUNG NAY Retreat.** Mahamudra Centre.
Tues 17 **CSSC AGM 2pm** followed by monthly Trustee meeting 3pm.
Sun 22 Panui cut off date.

AUGUST Events

Sat 4th **Sing into Spring!** 11am - 4pm At Karuna Falls.

Bryan: 021 799 056

Joanna: 021 739 398

www.gardentools.nz



LIFETIME GUARANTEES

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

PĀNUI

JULY 2018

Newsletter



PHONE: 07 866 6920 cssc@colville.org.nz

HOURS: 9am - 3pm MON, WED, FRI.

10am - 3pm TUES.

2311 Colville Rd, Colville.

panui@colville.org.nz www.cssc.net.nz

Kia ora,
Still busy, sometimes hot and sunny Hasn't been *that* cold. Hope all are well and happy. We are past the shortest day, but every day is precious so never wish the time away.

p.s. A very BIG THANKYOU to the kind, careful person (they know who they are!) who selected and wrapped up, in little recycled paper packets, a load of seeds, available for all from CSSC.

Guidelines for Panui Contributors

Deadline for contributions to the **AUGUST** issue is: **SUNDAY 22 JULY**. 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 \$25 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 JULY at 3pm. AGM @ 2pm.**

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, ANZ 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, Department of Conservation, World Wildlife Foundation, Ministry for the Environment, Rural Communities Trust.

**FARM SHOP
COLVILLE VILLAGE**



**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.kairaumati-polledherefords.com



Like us on
f Facebook

OPEN ALL JULY

It's great to be back and see everyone again.

WINTER IS DEFINITELY HERE

Time for soups, slow roasted meats and of course our amazing 100% pure Hereford Beef Burgers, toasted sandwiches and all your regular favourites



Upcoming at Mahamudra Centre

Colville, Coromandel Open July (and all winter) for accommodation, shopping, meditation, pujas, and retreats

14-17 July Nyung Ney Retreat on the holy day of Chokhor Duchon with Roy Fraser

25 - 30 Sept. Drawing the Mandala of Tara with Andy Weber

Free public talk on the 25th, options to come for the whole retreat or weekend package

5 - 7 Oct. Mindfulness as a Way of Life with Hedwig Bakker

19 - 28 October Medicine Buddha Empowerment and Retreat with Geshe Thupten Wanchen

Special activities available every weekend starting in August
 yoga centre tours
 massage special classes and
 meditation demonstrations



Save the dates for 2019

8 Sept - 4 Dec

Vajrasattva Retreat

Empowerment with Geshe Thupten Wangchen

Rereat Leader Bhikshuni Lozang Yonten

Options for 1-month packages

www.mahamudra.org.nz 07 866 6851

 Affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT)



PROMOTING HOLISTIC CONSERVATION

KAITIAKITANGA WAY

Greetings to you all.

I Thought I might reply to a few letters as it seems to me no one else wants to. First of all, don't believe everything you read. I thought Reihana would have known it would be a waste of time to talk to anyone that is poisoning, they just don't care. What did surprise me, was she failed to mention the deceit and misrepresentation that went down, in my opinion this is more toxic than the toxins they push.

When it comes to conservation people need to be honest and get everyone on side, eg former 1080 poison worker Laurie Collins commenting on D.O.C.s lies and deception and all the dead birds he had to cover up (Fishing and Outdoors June 2018).

As for possums out at daytime, I have seen some very densely populated places and read reports. If they come out in daytime they've probably eaten marijuana, or been disturbed or poisoned, perhaps those poisoners have discovered a new phenomenon as Possums are nocturnal.

The buffer done by real volunteers across the peninsula is in with over 200 possums being caught and two hot spots of major reinfestation being identified and targeted, it was a shame to see rubbish dumped off the roadside and poison left behind in stations from whoever last poisoned along the Waikawau road, this can create poison shy animals and is poor practice.

Waiaro Sanctuary has the full support of the Community Board and over 90% of the landowners so far to create a multi trap buffer zone across the peninsula, to provide a predator free corridor for our flora and fauna and prevent re infestation, thus reduce the need for ongoing poisoning, otherwise the ground will become saturated with the insidious stuff. This project is supported by all except maybe some poisoners and DOC who gave me a poor reason why at the last meeting, Landowners can't be employed on their own land.

Yours Sincerely Kelvin Mouritsen

Waiaro Sanctuary

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



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



COLVILLE SOCIAL SERVICE COLLECTIVE SUPPORTING THE FAR NORTHERN

COROMANDEL COMMUNITIES



Colville Kai Box Pre-cooked home delivered meals

We have received funding support from Rural Women New Zealand to provide this service to a few people in the Colville area. The service will provide pre cooked frozen meals delivered every 2 weeks by Rural Delivery.

The service is not limited to seniors, anyone having difficulty preparing regular healthy meals is welcome to use the service. Meals cost \$12 per meal delivered. If you're interested or have any questions please contact Roy at CSSC Monday to Wednesday.

Ph, 866 6920, after hours 021 059 9663 or email cdw2@colville.org.nz.

Seniors Fishing Group

A small boat is available for seniors who wish to go fishing. Contact Roy (as above) and you will be connected with an available skipper to arrange a suitable time and place.

THE COLVILLE FAMILY REUNION
 7 JULY 18
 FROM 3PM
 LIVE MUSIC @
THE THIRSTY DOG
 469 K RD, NEWTON
TICKETS \$20
 AT THE DOOR LIMITED DOOR SALES
 OR ONLINE @
www.thecolvilleproject.nz



Pack in Pack out!



The 5 Department of Conservation campgrounds will no longer be processing CAMPERS WASTE on sight. From this summer they will be operating a Pack in, Pack out policy on rubbish and recycling. They will still offer composting and worm farms for food waste, as well as educational sessions on waste reduction and management to support the change.
 Frederick Church, DOC



COLVILLE HARBOUR CARE
Te Ūmangawhā o Ngā Waka

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

Trees for biodiversity and water quality.

July is a busy month for CHC as we continue our fencing and planting in partnership with local landowners. Planting trees next to rivers on the riparian strip will provide shade, keeping the water temperature more stable. A lot of our native freshwater fish are sensitive to temperature changes and can only live in cool, shaded water. Cooler water also holds more oxygen which is better for the fish, insects and aquatic plants. Plants on the side of rivers stabilise the banks. This is great for minimising erosion and improving water quality. The **Whitebait Connection will be coming to Colville this month** to run instream training in species identification and environmental monitoring. This will be open for anyone interested. **Please contact Beth to register your interest.**

5 facts about Tikapa Moana- the Hauraki Gulf

- It has an area of 4000km² with more than 50 islands
- 50 species of seabirds live here for all or part of the year
- Nearly a third of the world's marine mammal species live in or visit the Marine Park
- Since the 1920's the Hauraki Gulf has lost over 500km² of mussel reef
- The mussel reefs used to filter all the water in the gulf in 1 day! Now it would take 2 years for the mussels to filter the gulf.

HAURAKI GULF MAP



CHC Working Bees: 3rd Saturday each month.

Next community weed-busting working bee: **10am Sat 21st July. Site to be announced.** Watch the **notice board at the Colville Store.** Get reminders by email or text.

Contact Beth or follow us on Facebook (@Colville Harbour Care)

Contact: Beth at CSSC (Weds-Fri)

p- 07 866 6920 e- chccoordinator@colville.org.nz



Sad News For Our Port Charles Kiwi

Have you heard the unanswered calls of female kiwi calling from the bush clad ridge behind Little Sandy recently? As you may already be aware, we had 3 kiwi killed by dogs there recently, the most recent found just after Queens Birthday weekend. The first 2 birds were from successful breeding pairs & were fitted with transmitters. Due to these transmitters, the meagre remains of both birds were found after the Easter break & recent DNA test results have confirmed how they died. We now wonder how many unmonitored kiwi, including the most recent victim, have met with the same demise in that densely populated piece of bush? Port Charles has been described as the epicentre of the Coromandel Brown Kiwi population. Is this the beginning of the end? We must do something to stop this from happening again! If you have any information regarding this tragedy please contact us at info@meg.org.nz

Winter Lecture Series

The next MEG Winter Lecture, 'Living the Life Aquatic' with Paul Champion, will be held at the Pepper Tree Restaurant on Sunday 1st July from 7pm. Paul is Program Leader - Freshwater Biosecurity & Principal Scientist - Freshwater Ecology at NIWA, based in Hamilton. He will briefly discuss the state & trends of our freshwaters, but will then focus on things botanical. Paul will discuss the different strategies that plants have evolved to survive in water, give a quick overview of the native freshwater plants & look at the threats affecting these uniquely adapted plants & some potential ways to conserve them.

MEG Kiwi Sanctuary May 2018

Predator & pest catch data from our Kiwi Sanctuary for May 2018.

Species	May 2018	Total to Date
Feral Cat	1	35
Hedgehog	1	251
Mouse	-	16
Possum	-	8
Rabbit	-	66
Rat	134	11,764
Stoat	10	1,604
Weasel	9	769

So, if a female rat can breed up to 5 times per year & produce up to 14 pups in each litter... No, let's not even think about it! Have a great month everyone.

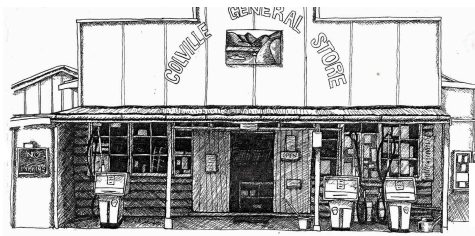
From the team at Moehau Environment Group

info@meg.org.nz

www.meg.org.nz

2314 Colville
Road RD 4,
Coromandel

colvillestore@colville.org.nz



Phone 07 866 6805

Opening hours 8.30am-5.00pm 7 days a week.

Kia ora koutou,

Hope you are all enjoying the mild winter start. Don't forget to call into the store for those warm smiles. The shop is looking extremely well stocked for this time of the year. Check out the new range of magazines, handy gardening tools and many gifts for those special occasions and people.



SING IN THE SPRING!

Free acapella singing workshop.



11am - 4pm, Saturday August 4th at Karuna Falls Community House.

Fun vocal warmups and easy harmony songs from world music repertoire taught by ear. Bring a plate for a shared lunch. Singing in harmony is fun and good for your endorphin levels!

Contact Steph if you are interested in attending:



scmckee@gmail.com or text 021-517749

Steph has been involved with choral and acapella singing for many years and is looking to get a regular group happening at Karuna and Colville.

August - December. Need basses, tenors, altos and sopranos!



Sincere condolences and thoughts go out to the whānau and friends of

Shannon Earle Makowharemahihi

Aged 37 who sadly passed away recently

Moe mai, moe mai, haere atu rā. (Rest in peace) (sleep, sleep, farewell)

SINCERE

CONDOLENCES GO OUT TO FAMILY & FRIENDS OF

HEATHER DABROWSKY

who recently passed away

Born 13 June 1954 : Died 17 June 2018

Lived a great life, loved by all.



COLVILLE HARBOUR CARE
Te Umangawhā o Ngā Waka

What can you do for our ocean?

Go plastic free for this July!

Colville Harbour Care World Oceans Day movie night was a resounding success! Forty people packed into the Colville Cafe to witness the effects humanity is having on the ocean. It is very sad!

The previous day children from Colville School thought about the impacts we are having on Colville Bay and what we could do about the impacts we are having on Colville Bay and what we can do about fixing it. Here are some of their ideas:

- "Ask our community to not use plastic bags."
- "Make picking up rubbish off the beach part of our daily routine."
- "Don't get synthetic clothes, get cotton or non-synthetic."
- "Get an electric car."

If you want to take the plastic free July challenge, you can register at <http://www.plasticfreejuly.org> they have some great tips on going plastic free and info about items to particularly avoid.

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



PLASTIC FREE JULY



2019 Advertising

Colville And Beyond – 2019 Advertising
2019 updates are already here!

Colville And Beyond is updating a range of promotional materials to be released in September. The promotional materials show the brilliant variety of goods and services available in the northern Coromandel Peninsula. Please get in touch with any updates before July 22nd.

For payment details, questions and enquiries please contact Anna at CSSC, email cdw1@colville.org.nz, ph. 021 110 7799, 07 866 6920, pop in on Tues or Wed.



Option	Quarterly Newsletter	Directory & Website Listing	Logo printed in Directory	DL Card advertising*	Website Advert	Directory Advert**	Price (GST exclusive)
A	Y	Y					Free
B	Y	Y	Y				\$30.00
C	Y	Y	Y	Y			\$100.00
D	Y	Y	Y		Y		\$100.00
E	Y	Y	Y	Y	Y		\$150.00
F	Y	Y	Y	Y	Y	Y	\$200.00
G						Y	\$150.00

*DL cards are distributed locally through a range of Coromandel town & northern Coromandel Peninsula based retail and accommodation outlets, and are placed at the Coromandel Information Centre.

** Coloured, back page – 4 ONLY distributed to all northern Coromandel Peninsula residents and local retail and accommodation outlets.



Colville and Beyond (CAB)- disclaimer

CAB are aware of confusion arising from reference to 'Colville and Beyond' in an article in the June Pānui. (*Rongo Whenua : Does Colville and Beyond have a Poison-Free Future?*). CAB wish to inform that this was not a CAB article.

Education and Training Space – what are your recommendations?

Do you have recommendations for good / enjoyable spaces to train/ learn/ work. Lighting, layout, facilities, equipment, IT, computer access...

If you are interested in participating in a brainstorming session on the Education and Training Centre please contact Anna:

cdw1@colville.org.nz, 07 866 6920, or at CSSC Tues & Wed.

The **Colville Music Club** thanks everyone for participating in the last raffles & fundraiser we had.

John Raybarts won the **UMU** voucher, (many thanks to **UMU**). Jason McKenzie won that gorgeous set of orange mugs!

The 2 bottles of wine were won by Kaye Farnham.



SEWING GROUP

Meeting every Tuesday from 10 am behind the Colville Cafe for sewing - making rags to bags as fundraising for the Colville Youth Sailing Academy, your own projects etc.

Fabrics and machines provided. Please bring your own thread, scissors etc. and koha for room. Any questions call Jane: 021 048 4584.

Northern Coromandel rubbish days for JULY

Tues 3 JULY 

Tues 10 JULY 

Tues 17 JULY 

Tues 24 JULY 

Tues 31 JULY 

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

525 Hauraki Rd, Coromandel. **07 866 7616**

Coro Refuse & Recycling Centre, & Goldmine shop.

Hours: Mon, Wed, Fri, closed
Tues & Thurs: 11am - 4.30pm
Sat & Sun: 11am - 5.30pm
Public hols: 11am - 5.30pm

SEAGULL CENTRE 

If you venture to, or can get through to Thames, this is another option for finding a bargain, just that little something you've been looking for.....

SAVE THE PLANET!



Lunch Special
Steak & Beer
\$22,50
 250g Sirloin served with Salad & Fries
PLUS
 A glass of Tangiario Craft Beer
 (Dutch Pilsner or English Brown Ale)
Available:
 Tuesday - Sunday 10am - 5pm
Phone: 07 866 6614

Opening hours:
 Tuesday to Saturday: 10am - 7pm
 Sunday: 10am - 5pm
 (Bookings advised for Dinner)
ACCOMMODATION - OPEN 7 DAYS
 Ph: 07 866 6614 kiwiretreat.co.nz
 1299 Port Charles Road, Coromandel



COLVILLE COMMUNITY HEALTH CENTRE
 2299 Colville Rd, RD 4, Coromandel 3584



Phone 07 8666618. Fax 07 8666619 Our txt number for the clinic is 4335
 Mon Tues & Thurs 9.00am – 5.00pm / Wed 10.00am - 5pm Fri 9.00 am – 4.00 pm

4th July only 10.00am - 1pm - Dr Clinic at Port Charles

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

Please listen to the message carefully.

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

There is no answerphone service during the hours we are open

Remember - If it's an emergency, dial 111

Greetings to all

In this edition we'd like to remind you that we operate as the local A&E clinic. Emergencies do occur and this can create havoc with our appointment schedule, often making it out of 'our control'.

Urgent care is always accepted and people need to be aware of this. If you have an urgent need, do come to the clinic or ring us. You will always be seen by a nurse or medical student and the GP will be involved as required.

Generally early morning appointments are the best if you cannot wait around. Often later in the day, the appointments are running later.

Remember we do welcome feedback.

Its flu time so here are some Viral "flu" Natural options.

Brigers Nosode Prevention

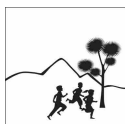
Aconite – for fever

AGE - for nasal/chest congestion Probiotics, Andro NK

For all of these options, acute dosages can be taken as needed, in conjunction with at least a nurse consult. You could also see Ness Mack – local Medical Herbalist and Naturopath or for more information you could contact the qualified Homeopath at Lincoln Mall Pharmacy in Auckland.

Finally we have a new 6th year trainee Intern - Cameron Kendall who is our first student from Otago Medical school. We hope he enjoys his time with us.

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



Colville Bay Pre-School

colvillebay.elc@xtra.co.nz

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

New enrolments welcome!

20 free hours ECE and WINZ subsidies available.

Phone 07 8668 319 or email (above)

WANTED :

Relieving staff for Colville Bay Pre-school

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

"Clay Time"

Anybody interested in clay work?

We meet at the Colville Cafe on the first and third Tuesday of every month.

3 & 17 JULY at 11am

Cheers, Te Whanoa.



D & K

HOME IMPROVEMENT

HANDYMAN

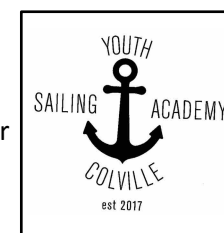
Ph. David 07 866 7788

email: davidkim@colville.org.nz



COLVILLE SAILING YOUTH ACADEMY

This month, on Saturday 7 July, we are off on our mid-winter adventure! Weather permitting, we will sail out of Otautu, Colville Bay and around the Coast. After some exporing we'll go ashore to light a fire and have afternoon tea. Bring warm clothes! Leaving from Otautu at 1pm. Pick up from Otautu at 4pm. If the weather is poor, we will postpone to 21st July. Contact Spike for more information on 022 419 5524.



ALCOHOLIC DRUG HELPLINE
 FREE and CONFIDENTIAL 9am to 10pm everyday **0800 787 797**
 Open friendly meeting. Anonymity assured. Please phone 021 314 467

HEALTH AND WELL-BEING

Winter health and well-being continues:

In April we advocated for everyone to do at least 20 minutes of physical activity a minimum of three days a week - either as continuous activity or across the day. For those of you who took this advice you may be ready to take this to the next level!

What may that be? Well, to keep things simple, consider extending your combined activities towards 40 minutes each day or repeating the activity up to 5 days a week. The type of exercise we are suggesting is slow, low intensity exercise such as walking. You may like to explore some of our wonderful walks on the Northern Coromandel - as shown in the Colville and Beyond Trails packs. Doing some kind of strength or resistance exercise is also good like pedalling a bike as a leg exercise, kayaking as an arm exercise, digging or chopping wood. Just do take care not to hurt yourself.

If you would like more support on finding simple activity ideas and ways to manage your food/life style balance, come into CSSC and ask for our help... it's what we do for our northern Coromandel communities.

Colville Community Worker



Colville Harbour

Hello everyone,

The Colville Community Health Trust exists to support the Colville Community Health Centre, Colville Rural Nursing and Colville First Response team by providing infrastructure, facilities and equipment.

Recently the Health Centre was fortunate to have a portable building donated, providing two new rooms which will be used for a variety of purposes. Medical students will have a place in which to gain training and experience, and more consultation space for visiting health practitioners will be made available. The Trust is helping by sourcing furniture to kit out the rooms and we ask if anyone can help us find suitable desks. If you have a desk in good condition that you don't need anymore, or know of such an item somewhere, please contact us.

Fundraising to support the Trust's activities continues. In May we had a very welcome surge in donations through our Givealittle page, and we had a successful day at the Queen's Birthday Market in early June. As always, visitors to the clinic can sign up for the Trust's raffles. The lucky winner of last month's raffle was Kate Campbell. July will see us raffling off a gorgeous knitted hat and scarf by Jo Herbert, a ceramic plate donated by local artist Sam Ireland, and a quirky but endearing ceramic dog figurine. You'll have to drop in and take a look!

Have a warm, safe and happy July.

Have you heard of the search engine ecosia? Profits from this go towards tree planting :) <https://www.ecosia.org/>

Youth group is finished for Term 2 - a HUGE thankyou to all the parents and volunteers who helped support our youth.



Youth Group will have a break Term 3 and start again in Term 4.