

PĀNUI

June 2021

Newsletter for the Northern Coromandel



2311 Colville Rd, Colville, 3584

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

HOURS: 10am - 3pm TUES, WED, FRI

Closed MON, THURS

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

Hi everyone,
It really feels like winter now.
Hope every one is keeping warm and dry.

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

Guidelines for contributions

Contributions are welcome but may not always be used. We may also edit them.

Email us your news, notices, advertisements, jokes, recipes, dreams & handy hints.

Please send in Word or Open Office (not PDFs). Or post, or drop contributions into CSSC.

Deadline for the July Issue

Tues 22nd June

Subscriptions if you live outside delivery area

For an electronic copy (which comes in colour): email panui@colville.org.nz with 'subscription' in the subject line. For a mail copy: email/phone us. Subscription cost for printed copies is \$25 per annum. Contact us on **07 8666 920** or email us at panui@colville.org.nz

If you would like to support CSSC you can donate online with a bank deposit to:

CSSC 38 9009 0798558 00
(and put donation in the reference field)
or contact Larisa
csscordinator@colville.org.nz

Contact Information

Phone 07 8666 920

email: cssc@colville.org.nz
2311 Colville Road, Colville.

Hours:

Tues, Weds, Fri 10am - 3pm
Mon & Thurs Closed
Closed for lunch 12.30 - 1pm

Manager - Larisa Webb

csscordinator@colville.org.nz
021 258 8037

Financial Administrator -

Nicole McCauley

csscfinance@colville.org.nz

Colville Harbour Care Nursery -

Beth Pearsall

chccordinator@colville.org.nz
021 237 8678

Youth Group

Danielle Van Resseghem & Nathan McCauley

youthgroup@colville.org.nz

Pānui editor- Nathan McCauley

panui@colville.org.nz

Youth Community Development Worker

Maria Dove

colvilleyouthcdw@gmail.com

CSSC Grant Writer

Cassidy Connor

csscgrants@colville.org.nz



Eagle rays in Colville Bay

Colville Social Service Collective (CSSC) would like to thank our funders and supporters :-

CSSC Main Funders



CSSC Funders



CSSC Supporters



CSSC would like to express our immense gratitude to our funders and supporters

Colville Youthgroup



Happy second term to everyone!

Last term the children enjoyed horse riding at White Star and a surprise last session at the tennis courts.

We fondly said farewell to Elizabeth Mitchell as she travels afar, and now as I fill her shoes, I hope to uphold the brilliant work she has done in this role.

Kicking off in term 3, so we have time to plan! **(No youthgroup this term)**

Fishing has been requested from the students. Yet we are open to any and all suggestions, please feel free to email me if you have any ideas or are willing to donate time and/or expertise.

Thanks,

Danielle

colvilleyouthgroup@gmail.com

Kia ora Koutou,

I'm excited to be beginning my role as Youth Development Co-ordinator for CSSC.

I moved to the area last year, after several years of teaching music at Coromandel Area School. I have enjoyed working with children and young people in a variety of roles and settings in the past, and look forward to creating something new for, and with, the youth here in Northern Coromandel. I'm interested in discovering the needs of young people, their strengths and interests and finding ways to provide the support they may need, while giving them new opportunities to grow and connect with each other and with their local community. I'm planning a get together for all young people aged between 12 and 18 on Tuesday 8th June from 3.30pm at the Colville Social Service Centre. We'll have some food and take some time to talk together about what they'd like to see happening for young people in their community. I'm also keen to hear from whānau regarding what they see as the needs of their young people. Please feel free to contact me on colvilleyouthcdw@gmail.com or call 07 8666 920/pop in to CSSC on a Tuesday morning between 10 and 12.30. Ngā Mihi, Maria Dove.



VACANCY: Pānui Editor



CSSC has an exciting opportunity for someone to develop and prepare community newsletter – the Pānui. This role is suited to someone who enjoys engaging with the community and is confident with IT (it can either be prepared on Mac or PC – we have a few software options).

This is a part-time contract role. For more information and a copy of the Job Description please contact the CSSC Manager, Larisa Webb, on cssccordinator@colville.org.nz or phone 021 258 8037.

Applications close 5pm, Tuesday 8 June 2021.

VACANCY: Community Worker



(CSSC) has a vacancy for someone with a community focus – Community Worker. This role will be focused on identifying and meeting the needs of people in the community, including providing advice and referrals and creating and implementing initiatives.

This is a part-time position. The position will be based in our office in Colville. For more information and a copy of the Job Description please contact the CSSC Manager, Larisa Webb, on cssccordinator@colville.org.nz or phone 021 258 8037. Applications close 5pm, Wednesday 16 June 2021.

Introductory Ruby Coding Course



CSSC will be offering a four hour workshop in computer coding and programming using the Ruby language. Those participating will learn the basics of computer coding, including creating games, apps, music, animation and websites, through the Ruby language system.

We'd like expressions of interest from young people aged between 14 and 26 who would like to gain digital tools to design and create digital content. Date will be arranged to suit applicants in July.

Contact Maria at colvilleyouthcdw@gmail.com or phone CSSC on 8666 920 by June 21st.

COLVILLE YOUTH



It's time we talked!

Let's all get together and talk about what you'd like to see happen for young people in Northern Coromandel.

Tuesday 8th June - Pizza and chat @ Colville Social Services Centre

From 3.30pm to 5pm.

Age: 12 – 18 years.

Contact Maria - colvilleyouthcdw@gmail.com

Colville Tennis Club.

We write concerning the recent vandalism of our local tennis club. Our specialised line paint, purchased for the purpose of re-painting our court lines, has been abused to create permanent markings across our court and inside the club room.

Over the last few weeks other damages to our club and its equipment have also been noted by club members. Although we encourage youth to play tennis, damaging club property can not be tolerated. The use of the courts is a privilege and it would be a shame if we are placed in a position where we have to enforce parental supervision. Parents please encourage your children to respect club equipment. Our club has limited equipment and limited funds and further damage could result in access restrictions.

AGM



Colville Community Health Trust

1pm, 8 September,
Colville Hall

All welcome
Light refreshments provided

Aikido for Kids

Traditional Japanese Budo

Sensei: Mark (Black belt ni dan)

Colville Hall Tues Children's classes 3.15 - 4.15



Hello everyone,

We've been considering our winter fundraiser, and have come up with an idea that we think fits beautifully with the eco-aware spirit of our community - **a fashion show of your best efforts at upcycling op-shop items or older clothes in your closet you feel need updating!** The event will include a display and sale of **non-clothing recycled or repurposed items** donated to the cause - the new Wellbeing and Education Centre. There will be a cake competition as well. We will be advertising for volunteer assistance getting this off the ground, so please contact Emily (021 0246 2028) if you can help out on the day. Keep an eye out for promo posters around Colville for more information, and please get involved, we can't do it without you!

In other news, we are still hoping for a second-hand washing machine donated for our staff and student accommodation. And we have set a date for this year's AGM - 8 Sept. Please see the notice elsewhere in this issue of the Panui. If you would like to join our team of trustees, please contact Emily for a nomination form, and return it to us by 8 July.

Keep warm, everyone!



St John
Here for Life

Colville First Response



St John
Here for Life

We are holding an **Open Day on Wednesday 9th June, 10am-4pm at the Colville Hall.** Come along and meet your local St John First Response Crew based right here in Colville. We've invited our St John teammates from Coromandel and Whitianga too. There will be lots of fun things to do, valuable new skills to learn and practical workshops to attend. Learn lifesaving CPR, how to use an AED as part of the 3 Steps for Life training. There will be raffles, quizzes, ASB St John in Schools and more. All activities are free and there is something for everyone, no matter your age.

For more information I can be contacted by email Wendy.Newman@stjohn.org.nz

Hope to see you there on the day



COLVILLE COMMUNITY HEALTH CENTRE

2299 Colville Rd, RD 4, Coromandel 3584

Phone 07 8666618. Fax 07 866 6619 Our txt number for the clinic is 4448

Mon, Tues, Wed & Thurs 9am-5pm and Fri 9am-4pm

For the 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

Please remember - If it's an emergency, dial 111



Kia Ora Koutou June Greetings

Niki resigned her position from the clinic to pursue more hours in Tauranga and we wish her all the best.

Our lovely medical student Christine has finished and at this stage we don't have any more students booked.

Di Hayes ran a successful Homeopathy for beginners workshop in May and she is running another one on the first Thursday in June. Bookings for Di are: 022 672 7938

Christine Wu clinic day for acupuncture is Mondays. Contact her direct for bookings.

Flu vaccinations are underway and if you haven't had a reminder text or call, feel free to contact the clinic to book in.

We are not running covid vaccination clinics at this stage. We are being updated when these may be rolled out in Colville.

Firewood – any offers most welcome. Our clinic is now out of firewood and donations are gratefully accepted.

5 Winter wellness tips

1. Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are "out of season" during the winter, their prices can increase substantially. Take this opportunity to check out your store's selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It's also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

2. Exercise Outdoors, Smartly

Don't let colder weather keep you from enjoying your favourite outdoor activities. Be sure to dress in layers so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head.

3. Let the Sunshine In

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it's just to walk the dog or check the mail. If it's particularly cold, open your blinds and spend some time sitting by the window. Don't underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.

continued on page 7

continued from page 6

4. Keep in Touch

Proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected. Don't hibernate!

5. Winter-Proof Your Home

Unfortunately, hypothermia is a very real concern for seniors especially . Window coverings and even putting insulation on the windows can help trap heat. Your energy supplier can help with information to keep energy bills down or go to energywise.co.nz

With a little planning and determination, winter can be truly enjoyed, rather than simply endured.

Ka Kite from the team at the Clinic



*Mahamudra Centre for
Universal Unity*

June Events

4-11 June Vajrasattva Retreat with Geshe Wangchen

4 June 7pm Guru Puja with Tsog

18 June 4pm Tara Puja

19 June 10am-3pm Tree Planting Community Day

20 June 4pm Guru Puja with Tsog

24 June 4pm Medicine Buddha Puja

28 June – 15 July Fasting Compassion Retreat (Nyung Nay)

8:30am-9am Daily Guided Meditation (except during retreats)

Find out more www.mahamudra.org.nz

2183 Colville Road 07 866 6851 retreat@mahamudra.org.nz

*Mahamudra Center is affiliated with the foundation for the
Preservation of the Mahayana Tradition (FPMT)*





June Celebration

We really saw ***whakawhānaungatanga- relationships*** in action at Children's Forest, Waikawau in the first week of term 2. A big thank you to Moehau Environment Group and our Colville whānau (in the kitchen and beyond) for making this happen. We would also like to thank Taverners who donated the bus and Barry Ross who joined us for the day. It was very special to be releasing the trees that students had planted in previous years. We spent the morning learning and playing in our own unique corner of Coromandel!

An Interview with Leticia from MEG

Before visiting the Children's Forest the students in Kahu class asked Leticia some questions.

What?

What is MEG? *Moehau Environment Group is a non-profit organisation dedicated to the protection and enhancement of the natural environment of the Northern Coromandel Peninsula.*

Who?

Who was the founder of Moehau Environment Group? *Pete Buddle and Wayne Todd.*

Why?

Why did MEG start? *They wanted to work together to make a difference to the environment of the northern coromandel peninsula.*

When?

When did MEG start? *December 2001*

When did you set your first trap and what did you catch? *It was a rat trap followed by a stoat trap.*

MEG has 920 traps spread over 10,400 hectares.

Where?

Where do you get the trees to plant in the forest? *The trees come from the Colville ecological area, seed sourced from local plants, Colville Harbour Care have provided lots of plants.*

How?

How do we Plant the trees? *Remove the tree from the potting bag, dig a hole, put the tree in and stomp around the edge of the roots!*

How could we show respect to the Colville community and environment?

Don't leave any litter and release the roots by clearing weeds.

Saying Farewell

The MEG team is sad to announce that Nat Munns has moved on from her role as Communications and Community Engagement Manager. We thank Nat for her firecracker energy, talent and commitment to conservation in Coromandel North. If you've been to any of the Summer Holiday Programme events at Waikawau or Coromandel, made rat traps, weta hotels or watched movies in the woolshed during the last three years – you're bound to have met Nat. Her last MEG activity was planting trees in the Children's Forest with Colville School in May. Thanks to Nat and her family members for helping our conservation team. We will miss you!

New Opportunity

Do you want to help spread the word about conservation on the Coromandel Peninsula?

With Nat leaving we now have a vacancy in our team for a Communications and Community Engagement Manager to help us tell our stories, manage our volunteers and members, and educate and engage the next generation of nature carers. Please see our website for a detailed position description and remuneration www.meg.org.nz or email info@meg.org.nz Due date for applications is 5pm Monday 7th June.

Winter Lecture Series in Coromandel

This year we are fortunate to have our winter lecture series at Pepper Tree Restaurant once again with an excellent range of speakers. Some upcoming dates we have confirmed are: 13th June with Fin Buchanan speaking about the Conservation Dogs Programme and 4th July with Lindsay Wilson

bringing us the story of Conservation in Fiordland. On 8th August, Dr Rob Bell will expand on his chapter in the Climate Aotearoa book about sea-level rise, and on

5th September Professor Bruce Clarkson will talk about bringing back our indigenous biodiversity in towns and cities. We may have some wildlife photography as well.

Keep those Sunday nights free! 7pm, free event but koha welcome.



Colville School children at the Childrens Forest

David Wright

Wright Contracting Services

General and Heavy Engineering including:

- Welding
- Machining / Fabrication
- Hydraulics
- Machinery Repair / Maintenance

No job too big or small!

Onsite or at my Colville workshop

Phone: (021) 100 2767

Email: dewwrightnz@gmail.com



Looking for a Midwife?

I'm an experienced midwife who loves living in the beautiful northern Coromandel. I provide community primary midwifery care and cover the upper and western side of the peninsula from Port Jackson to Manaia, including Colville & Coromandel Town.

Sheryl Wright

Moehau Midwives

Phone (022) 500 1310

www.birth.net.nz

moehau.midwives@gmail.com



Coromandel

Community Acupuncture



Winter is coming with all the aches and pains. We have positive results of acupuncture for pain relieve. I will continue to strive to make acupuncture accessible and affordable for you in our community.

Slots are still available in Tiki House, Coromandel on Wednesday/Thursday and Colville Community Health Centre on Monday.

Please contact Christina on **021 1134768**

or email **christinawu121@gmail.com**

and visit **www.corocommunityacupuncture.co.nz** for specials in June and extended hours.



Colville Bay Pre - School
Haere Mai! Welcome!



Bring your children to Pre-School for fun & learning!

Tuesday to Friday 9am to 3pm during School terms.
20 Free ECE hours for 3 years and over. WINZ subsidies available.

On Wednesday mornings we have a Parents & Toddlers group
while our 4 & 5 year olds are at Bush Kura.
We welcome new enrolments. Come and meet us!

Phone - 07 866 8319
Email - cbpreschool@xtra.co.nz



***Colville School children releasing trees
at Waikawau bay***

COLVILLE STORE



Ph 07 866 6805

colvillegeneralstore@gmail.co



SHOP HOURS

Monday -Sunday 8.30am -5pm

Lots of locally grown produce for sale in the store, pumpkins, chilli's, quince, bananas, mandarins, elephant garlic, persimmons & macadamia nuts.

Many thanks for your ongoing support.
your Colville Store Team.

FARM SHOP COLVILLE



Open in June

We're back on deck after a great break last month.

Pop on in for our delicious Sacred Ground coffee, home baked cookies 'n' cakes and a selection of winter warmers that showcase our own pure hereford beef and homegrown produce.

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

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



Like us on Facebook



*** Yes we are open for business ***

Winter opening hours are as follows

CAFÉ—Wednesday to Sunday 10am—5pm

RESTAURANT—Wednesday to Sunday with bookings only

Darts night: Saturday 26th June - 5.30pm

CLOSED = MONDAY & TUESDAY

Closed Saturday 8th May for a private function
ph 07 866 6614

David's Handyman & House Painting Services



Before



After

Interior & Exterior House Painting
Rot & Gib Repairs
Water Blasting or Soft Wash
Deck Repairs & Staining
And Much More...

Free Quotes

Contact David Porter

Ph: 027 224 8925

email: davidkim@colville.org.nz



*Northern Coro Rubbish
Collections for
June*

Tue 1



Wed 9



Tue 15



Tue 22



Tue 29



***Coro Refuse & Recycling
Centre.***

Goldmine shop open

Wednesday & Friday
9.30am - 3pm
Saturdays & Sundays
9.30am - 4pm

525 Hauraki Rd, Coromandel.
07 866 7616

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



ALCOHOLIC DRUG HELPLINE

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

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



Bryan: 021 799 056

www.gardentools.nz



Joanna: 021 739 398

LIFETIME GUARANTEES

White Star Honey

Producing Local Delectable Honey

Available from Colville General Store or direct at White Star Station / Colville Farm Holidays.

Contact Tellic 021770382 or email wshoneynz@gmail.com



**Self Service Coin Operated
Washing Machine and Dryer**

OPEN 7 days

Available at White Star Station / Colville Farm Holidays 2140 Colville Road, Colville Coromandel
(2 minute's drive, 1.7km South of the Colville General Store towards Coromandel Town)

Follow the signs at the front Gate.

\$4 per wash \$4 for 45 minutes approx drying time.

Takes \$1 and \$2 coins.



WHAT'S ON IN THE NORTHERN COROMANDEL

Regular events

Tai Chi classes	Every Monday @ Colville Hall 4:10pm
Yoga	Every Tuesday Colville Hall 10am
Aikido for kids	Every Tuesday @ Colville Hall 3.15pm - 4.15pm
Qi Gong	Every Wednesday @ Mahamudra Centre 8am
Enliven	Every Thursday 10am
Sunset Yoga	Every Thursday in term times with Vanessa @ Colville School Hall. 5 - 6.15pm
Daily Meditation	Free @ Mahamudra Centre 8:30am - 9am (guided)

June dates

Fri 4	Guru Puja with Tsog @ Mahamudra Centre 7pm
Fri 4-Fri 11	Vajrasattva Retreat with Geshe Wangchen@ Mahamudra Centre
Mon 7	MEG vacancy closes at 5pm
Tues 8	Panui Editor job application closes at 5pm
Tues 8	Colville youth meeting@ CSSC 3.30pm - 5pm
Wed 9	First Response open day@Colville Hall 10am - 4pm
Sun 13	MEG Winter Lecture @ Pepper Tree Restaurant 7pm (<i>see page 9</i>)
Wed 16	Community Worker job application closes at 5pm
Fri 18	Tara Puja @ Mahamudra Centre 4pm
Sat 19	Tree Planting Community Day@ Mahamudra Centre 10am-3pm
Sun 20	Guru Puja with Tsog@ Mahamudra Centre 4pm
Thurs 24	Medicine Buddha Puja @ Mahamudra Centre 4pm
28 June – 15 July	Fasting Compassion Retreat (Nyung Nay) @ Mahamudra Centre

July dates

Sun 4	MEG Winter Lecture @ Pepper Tree Restaurant 7pm (<i>see page 9</i>)
-------	---

August dates

Sun 8	MEG Winter Lecture @ Pepper Tree Restaurant 7pm (<i>see page 9</i>)
-------	---

Important numbers

111	Fire, ambulance, police emergencies needing immediate assistance
105	Police - for reporting incidents not requiring an immediate response
0800 CRIMESTOPPER	For reporting crime (anonymous)
0800 611 116	For medical advice or information 24/7
0800 787 797	Alcohol Drug Line 24/7
0508 828 865	Suicide Crisis Helpline
0800 543 354	Lifeline
0800 111 757	Depression Helpline: free text 4202
0800 688 5463	Outline
0800 376 633	Youthline
0800 764 766	National Poison Centre
07 8666 920	Colville Social Service Collective
07 8666 618	Colville Community Health Centre
07 8666 615	Colville School
07 8666 805	Colville General Store
07 8668 319	Colville Bay pre school
07 866 8702	Coromandel Pharmacy M-F 8.30am-5pm; Sat 9am-1pm