

February 2023



PĀNUI



www.colvillejunction.co.nz

Newsletter for the Northern Coromandel



The tamariki of Colville's own Youth Group enjoy the delights of summer at Tukituki in Coromandel

(Read more about their activities on page 3)

Community Connections Collaboration



Kia ora folks, I hope you all had a lovely Christmas are staying dry and as content as can be in this very unsummery weather.

With February 1st comes "Lammas" or "Loaf Mass" which was traditionally when the first grains of the harvest were baked into a bread to celebrate and welcome the abundant harvest time to come. Best wishes for a relaxing summer and a fruitful harvest!
Brooke, Pānui Editor



PĀNUI NOTICE

If you'd like to be part of the reminder list for all contributions, then email us at

panui@colvillejunction.co.nz

Guidelines for contributions

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

**Last day for contributions
for March issue is:**

Tuesday 21st of February 2023

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

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Closed for lunch 12.30 - 1pm

Closed Mon & Thurs

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Librarian—Tony Wasley
021 023 01876



COLVILLE YOUTH GROUP



Happy 2023!

Looking forward to touching base with you all soon, when term starts this February.

We had a massive term 4 last year. We are thankful to those that really helped work out the logistics of a Coromandel activity. Big shout out to the Smith Family, both Tracey and Robbie taking turns shuttling children to Driving Creek, and Cathy Ward and Kimberley Knight that put their hands up as parent helpers.

Fishing was a success (when it wasn't raining) and Driving Creek were extremely accommodating with their cool activities - Thanks Kate James!

Bring on Term 1 this year! We will confirm second week of term what our activities will be.

Ngā mihi,
Danielle

Youth Group is offered free to all Colville Youth aged 6+



Above: Young fisherman Kalleem waits for his catch

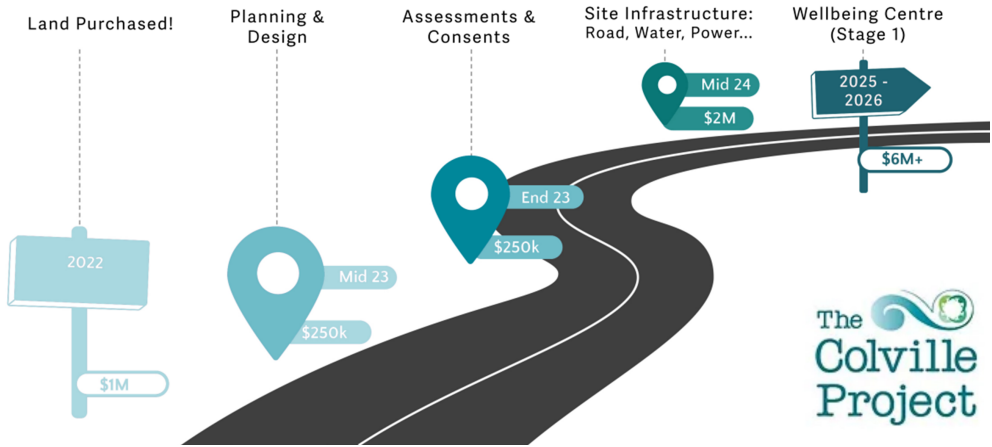


Middle: Sisters Kyah and Armania enjoy their fishing experience

Below: Colville tamariki Lani, Mara, Kaitlyn, Charlie, George, and Ashton explore the wonders of Driving Creek Railway



The Colville Project— Timeline and Milestones



Up to date information about the roadmap, goals, and timeline can be found at thecolvilleproject.nz.timeline

"Gardening is Good"



The research is in to support what we already intuitively know—gardening is good. Here are some of the many benefits of spending time nurturing nature.

- ⇒ Increased social interactions - whether discussing this year's harvest or trading plants with neighbours, gardening promotes social connections as well as physical well-being

- ⇒ The 'green' effect - apparently the colour green itself is good for us, experts say. Research shows the presence of green can help make exercise feel easier, and improve mood and self-esteem overall

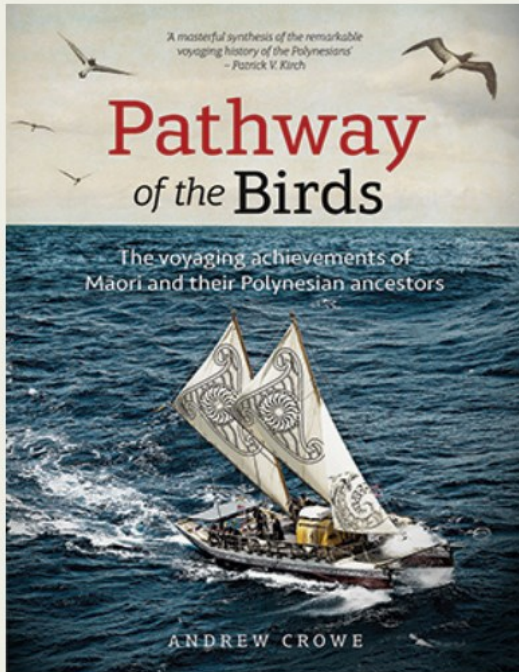
- ⇒ Gardening encourages us to focus our attention on the here and now, and is a prime example of mindfulness, a well-grounded therapeutic tool.



- Brooke Dennehy Lakin

MOEHAU KI TE MOANA
PRESENTS:

ANDREW CROWE



WINNER OF NEW ZEALAND HERITAGE BOOK AWARD 2019
WINNER OF TWO KA PALAPALA PO'OKELA AWARDS 2019

Meet award-winning author Andrew Crowe as he shares an in-depth presentation on his book "Pathway of the Birds". His book details how Māori and Polynesian ancestors skilfully navigated across the Pacific highlighting their mastery, ingenuity and determination.

Q & A to follow

Free event

Dinner available for purchase

**FORAGER'S KITCHEN
COLVILLE**

17 FEB 2023

6:30 PM

Contact Cass for further details: cass@colvillejunction.co.nz

News from Committee of Management



Ongoing work:

- ◇ Maintenance all over the store (including painting roof white & installing insulation).
- ◇ Creating a safe kids zone behind the café
- ◇ Building a wicking bed garden so there can be FRESH greens to sell.



THE CAFE will be up for a change at the beginning of March. The COM will be taking direct control.

So far, it looks like we will have a Bakery. We hope to be able to keep the coffee machine at work.

We want to know from YOU, dear reader, what ideas you have to share about the happenings in the cafe.

Please contact: colvillecooperativesociety@gmail.com

More news next month!

Joanna
(chairperson COM)



Colville Store Updates

As you may have noticed, there have been a couple of disruptions in our service throughout January, including loss of internet and eftpos facilities, and early closure on one or two days.

Unfortunately, weather events like the storms that caused these disruptions may become more common, so we ask the community to understand that the safety of our staff must be considered. When flooding and slips are predicted, and if no one very local is available to stay on duty we will be closing the shop early enough for workers to get home safely.

Please be prepared as early as you can, by doing your shopping at first hint of weather trouble. It's particularly important to make sure you have enough fuel and food staples. Thanks, we don't want to disappoint.

Thank you as well for your support and patience over the Christmas/New Year rush. Starting on 1 February, the store will be returning to its regular hours of 8:30 to 5:00, Mon-Sat and 10-2 of Sundays.

- Emily



Outstanding artwork from budding young artist Marigold



These incredible drawings were done by 16 year old Marigold-Estella Tibbo of Colville when she was just 15.

Marigold has been playing around with pencil and charcoal drawings since March 2022 and says she mainly learns from watching other artists and trying out the tips they share for herself.

Thank you Marigold for sharing your artwork with us! Got an interesting local story or something exciting to share with community? Send it our way!

panui@colvillejunction.co.nz

COLVILLE BAY PRE-SCHOOL

Charity Inc.



Te whare ako o te Uumangawhaa o Ngaa

Kia ora koutou katoa,
Nau mai, haere mai children ages 0-6 to
our vibrant, community owned, early
learning center on the shores of Tikapa
te moana, Colville Bay.

Summer term has begun, cucumbers
and potatoes to harvest, and lots of
water-play ahead in this balmy weather.



Come join us for parent- toddler play-
time Wednesdays 9-11am, all ages. 😊

Or if your child is over 3 and you'd like
to be involved in our Bush Kura program
let us know!

*Transport from Coromandel to Colville
Pre-school: Our Mini-van runs Tuesday,
Wednesday & Friday. Spaces available
2023.*

*20 free hours for 3 year olds + and WINZ
subsidies available.*



*Colville Bay Preschool tamariki make
the best of the majesty and joy
of nature's playground*

Open Tuesday - Friday 8.45am – 3pm.

Please pop in, call or email for more
information and enrolments.

Phone: 022 645 3272

Email:

seniorteacher@colvillebaypreschool.co.nz

2391 Colville road (behind Colville
School)

Website: www.colvillebaypreschool.co.nz

Position available:

Part-time maintenance
person with multiple handy
skills and great references.

Please contact us
at Colville Bay
Preschool for a
job description.





Colville Staff and students can't wait to get back to school and learning. Term 1 starts at 9am on Wednesday 1st of February. It will be a day of team building for all our learning community! Don't forget to bring your togs and a smile!



Our Board of Trustees have been busy reviewing the community consultation carried out over the last year on the Colville School Vision, Values and Local Curriculum. We plan to share this with our wider community in the near future.

We know in 2023 we are going to enjoy working hard and have lots of fun learning together in and outside the classroom. The Colville School, Staff, Students and Board of Trustees wish all our Community the very best for 2023.



Colville School's *Garden to Table* Programme aims to explore and encourage growing organic kai in the garden. If you have any resources to donate to help with these projects, or ideas to contribute, get in touch with Anna through the school. Regular volunteers are also welcome to join 9am-11am on Fridays.

Anna, the Garden Specialist, helping the kids out with their Garden to Table programme

The flower ABC - a poem written by four year old Ailis Dennehy Lakin

Flowers bloom in the summer, with the berries pop
With the grass blowing, and the sloosh of summer,
The flowers and the leaves go woosh in the wind
Flish, flosch, floosh, floosh,
Play the flute and the beans and the peas go pop,
How you see, is how you be, it's the flower ABC





ANNOUNCEMENTS, EVENTS, & OPPORTUNITIES

COROMANDEL HOMEGROWN MARKET

**Weekly on Fridays from 8am-1pm
in the space opposite
Hike & Bike, Coromandel Town.**

A perfect place to support local quality goods with hand-made crafts, home-grown and made food, physical and spiritual health products, plants for your garden, tarot readings and massage available onsite, and authentic music and crafting activities in the children’s space run by Brooke.



Colville Water Supply Society

Notice of Annual General Meeting (AGM) – 2023

Our Annual General Meeting will be held as follows:

Date: Sunday 19th
March 2023
Time: 5.00pm
Venue: Colville Junction
(2311 Colville Road, Colville)



**Sincere condolences to
family and friends of
Terry Whitehouse
who passed away on
22 January 2023.**



CLEANER VACANCY



Kia ora, we have a
vacancy at Colville Junction for a
cleaner for two hours a week.

For more information please
contact Anne at
assistant@colvillejunction.co.nz
or phone 07 8666 920.



Nau mai haere mai ki te ako reo Māori

RĀPARE/THURSDAYS
in Colville (Ngā Ūmanga)
Time TBC

Matua Brandon's classes will be
returning in term time. New-
comers always welcome. For
more details, contact Esther at
Coville Bay Preschool, or Susie at
Colville School for more details.



FORAGER'S FAREWELL EATS & LIVE MUSIC GIG NIGHT

The end of an era - We are announcing that we will be closing The Forager's
Kitchen at the end of this month. Thank you to the local community and
beyond for all your support over the past 5 years. It's been a journey and a
privilege to be a part of the Colville Cafe story. But it's time to move onto
the next chapter. We look forward to seeing what amazing things will come
next of the cafe! To end we'll be having a pizza night and live music from
various local musicians on **FRIDAY 24th FEBRUARY** which we'll update on
our facebook page.

*Our deepest sympathies to
Kate, Morgan and
whanau on the passing of
Mike Donoghue
on 29 November 2022*



COLVILLE MUSIC CLUB INC. AGM

25 February 2023 at 1pm
to be held at the Club
rooms.



Ever heard of the Pomodoro technique?

The Pomodoro Technique, invented by Italian Francesco Cirillo, is a way to increase productivity by cultivating blocks of focused work. The idea is to set a (tomato) timer for 25 minutes, the optimum period for quality concentration and energy maximization, then take a 5 minute break in which you ideally go for a short walk, talk to a friend, stretch, meditate, breathe deeply, or simply do anything that makes you feel happy. Repeat this process taking longer breaks each time, then after four sessions, take a 30 minute break. Record each session in a notebook for prime motivation. This technique can make even the most difficult projects feel manageable, and dropping the task you are working on when the timer buzzes, even if you haven't finished it, allows to you stay motivated to return to your mahi. Try it for yourself and see the results!

- Brooke Dennehy Lakin



COLVILLE
COMMUNITY HEALTH TRUST

Hello everyone,



I hope everyone had a great time in the sunshine over Christmas, and wasn't too badly affected by the rain that followed!



This month I would like to ask if anyone would like to support our fundraising efforts by donating items for our raffles. Honey, knitted items, art prints, pottery, arts and crafts items - anything that will motivate visitors to our Health Centre to dig deep for those \$2 coins to put in the jar. Drop your items at the Health Centre with a note for Emily explaining what it's for. Thank you!

We would also like to remind everyone again of our support for the visiting health practitioners who come to the clinic to offer their services to our community. These services will remain available as long as the demand for them is there. Available appointment times will be uploaded soon onto our FB page, so do check in.

All the best!



COLVILLE COMMUNITY HEALTH CENTRE

2299 Colville Rd, RD 4, Coromandel 3584

Phone 07 8666618. Fax 07 8666619 Text number for the clinic is 4448

Mon, Tues & Thurs 9am – 5pm/ Wed 10am - 5pm/ Fri 9am - 4pm

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

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

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



Kia ora Colville Community,
We hope you have all had a fabulous summer so far and fingers crossed, the best weather is yet to come.



We are still evolving our new services and flexing with the changes brought upon us with the staffing shortage across New Zealand. Karin Le Roux has joined us as our Business Manager for 2 days a week and we have been fortunate to have had some locum staff over the summer. Juliana Williams came to locum with us for 2 weeks over January and is valuable member of our team that has been coming to us for some years. Vic Ralph, an Extended Care Paramedic, came to locum and is fairly new to the clinic and we hope she will be back with us again later in the year.

Dr Kate has been extra busy with the patient appointments via our GP referral system as well as training our new St John team and continuing all the behind the scenes work required. This has meant we have been able to continue to provide an essential service to our community and so far, it's working great. More to come soon in our survey which is still being finalized and we hope to get this out to you soon. We strongly encourage feedback from as many of you as possible.

On 30th November, Hauraki PHO held a community hui in Colville about co-creating the localities plan. This was well attended and was an extremely valuable consultation with lots of feedback and input from the community.

Te Tara o te Whai, the Hauraki Locality, is based on the traditional boundaries of Pare Hauraki. Te Puna Hauora Matua o Hauraki (Hauraki PHO), alongside other health and social service providers, is now seeking guidance and input from whānau in our community on what matters to you. If you are interested in the future of the New Zealand health system, you can find out more at: <https://bit.ly/haurakilocality2>

Wishing you all the best,

Colville Clinic Team

Colville Community Health Clinic

(07) 8666618

Did you know...?

Optimism can make you live longer.

A sunny outlook may do more than just

brighten your day. A series of studies conducted by *Harvard Health* have confirmed that a "glass-half-full" perspective is associated with increased longevity.





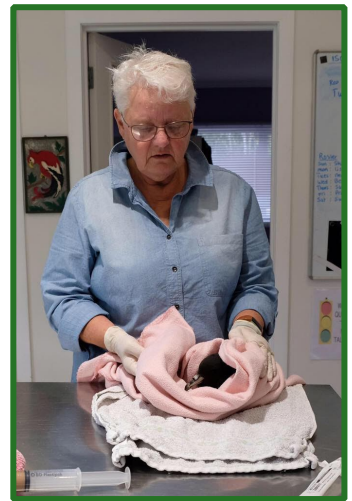
A hectic Summer for some in Coromandel



Having grown up in Coromandel and having spent the last ten years here, I have never experienced it raining non-stop for 10 days and 10 nights, and yet, that’s what happened from the 2nd of January. What a wash out for campers and kids on holiday. January 2023 will be an unforgettable month, particularly for Annemieke Kregting from *Kuaotunu Bird Rescue* (a not for profit organisation that relies on donations). By mid January her bird rescue centre had received nearly 100 birds in dire need of help. That is a record like no other considering her rescue centre would usually handle between 450-500 birds in one year.

Kuaotunu Bird rescue is the only bird rescue centre on this side of the North Island. As the eastern coast of Coromandel was the hardest hit by Cyclone Hale, 4-5 ōi /grey-faced petrels were brought to Annemieke each day and the centre quickly entered full capacity. The grey-faced petrels are burrowing at Ahuahū/Great Mercury Island and other islands along the East Coast of the Coromandel such as Rapanga/Cuvier Island. Cyclone Hale hit at just the wrong time for these beautiful birds, right on the first fledgling season where the fledgling seabirds have gained feathers necessary to fly and make their way to the sea. The wind was so fierce, it blew them onto the Coromandel, often into odd places where they can’t wash, eat or preen themselves.

By the time they arrived at Kuaotunu Bird Rescue they were really under-weight, exhausted, bruised and dirty. For the first 24 hours, the birds are fed fish broth soup followed by fish smoothies. If their weight increases and their waterproof feathers return to peak condition, the rehabilitated birds are taken up the hill and released at 9pm each night. Unfortunately, some of them don’t make it. While holiday makers hunkered down in the storm, or tried to leave on damaged roads, Annemieke and her dedicated crew of volunteers went into overdrive to deal with the seabird emergency.



The very busy Annemieke with a rescue bird

Annemieke tells us more: “We are now getting adult kororā/little penguins coming in that are halfway through moulting, meaning that their burrow would have been destroyed, washed away or flooded by the storm. The adult penguins that are coming in now look pretty bad, they have not eaten for a while and are on their last legs. Penguin moulting takes a huge amount of energy. The adult penguin gets rid of fledglings at 4 months of age, goes to sea and eats as much as possible to get themselves fat. They then come back to stay in their burrow, with enough energy to have a 2-week moult. They are not waterproof again until their moult is complete. So not only have their burrows been destroyed or flooded out by the storm, but the sea temperature has gone up by 1 degree changing the ecology of the sea and making the tiny fish that blue penguins feed on leave the coast and head to deeper waters. This means that penguins are swimming for kilometre after kilometre without being able to find any small fish.”

So with all of this said, it’s no surprise that Annemieke had to cancel her workshop in the MEG Summer Holiday Programme which ran through January; we will be looking to reschedule her talk as part of the MEG Winter Lecture Series. The Summer Holiday Programme was a great success and kept many children entertained through the difficult weather. The kiwi avoidance training sessions were immensely successful too, fully booked and with over 65 dogs trained. We are super grateful to everyone who came out and attended and got their dog kiwi avoidance trained.



Kia kaha everyone! We have to remain vigilant and maintain our efforts to help save our birds.

- Genevieve Morley

COLVILLE STORE



Ph 07 866 6805

colvillegeneralstore@gmail.com

Mon to Sat 8:30pm to 5pm

Sun 10am to 4pm

Show your aroha for our local store and shop here today! Thank you Colville Store and the Co-op for all that you do!



COASTAL CARE



Qualified arborist offering large and small tree maintenance and care, tree removal, topping, crowning, and pruning.

Also available for seaweed/stone collection and delivery, general landscaping, and a large range of jobs, big and small. Feel free to inquire.

To arrange a free quote for a job within the Colville/Coromandel area:

Message or call Liam: 022 522 53 24

Northern Coro Rubbish collection for February

Tues 7



Fri 10



Tues 21



Coro Refuse & Recycling Centre **Goldmine Shop**

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

525 Hauraki Rd, Coromandel
07 866 7616

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

David Wright

Wright Contracting Services

General & 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





**Coromandel
Community Acupuncture**

Christina Wu

BHSc—Acupuncture & Chinese Medicine.

ACC registered acupuncturist. Taichi teacher.

Colville Community Health Centre on Mondays by appointment only

165 Mannion Road, Wyuna Bay Clinic on Mondays, Wednesdays, Thursdays, and Fridays

14 Coghill Street, Whitianga on Tuesdays

Phone: 021 1134 768

Email: christinawu121@gmail.com

www.corocommunityacupuncture.co.nz

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

moehau.midwives@gmail.com

www.birth.net.nz





Before



After

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Rot & Gib Repair
Water Blasting or Soft Wash
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And much more...

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email: davidkim@colville.org.nz



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Jo & Bryan



For more details please contact:

shop@gardentools.nz

Ph 021 739 398

www.gardentools.nz

1299 Port Charles Road,
Coromandel
07 866 6614



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

Accommodation open 7 days

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

Closed Mondays & Tuesdays

Restaurant open with bookings only

Himalaya shop : Colville

Hi Everyone

In the month of February we hope to be open daily until after Waitangi weekend. After that, we might be closed on a weekday now and then. If you are thinking of coming in, best phone or text first.

Opening hours will be 10.a.m. to around 4 p.m
 shop 07 8667 224 home 07 8666 865
 Anette 021 139 7838 , Rob 021 155 8559
 robnnet@yahoo.com



February

Saturday - Thursday 9am - 4pm



nights Fridays till 6.30pm

We are licenced

A huge thank you to Sophie, Mere, Lirina, Ava, Joe, Melana, Anne, Kim, Ursula, Harriet and Eve who helped us out this summer...sadly cut short by the rain..Rain..RAIN!!, but we really couldn't have done it without you.

We would also like to announce the winner of the Colville School hamper was Lora Mountjoy. We raised \$405 for Bike Helmets for the Colville School kids. A big thanks to everyone who bought a ticket.

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



Like us on
f Facebook

WHAT'S ON IN NORTHERN COROMANDEL?



Regular events

- Tuesdays** Yoga with Kate @ Colville Hall 10am.
Tuesdays On the Mat (Judo) for Children & Youth @ Colville School 3pm
Wednesdays Meditation @ Mahamudra Centre 8:15- 8:45am (except during retreats)
Wednesdays Colville Bay Pre-school's Outdoor Adventure Programme
Thursdays Enliven (Social Programme for Older People) 10am - 2pm @Colville Junction
Thursdays Te Reo-Te Ao with Matua Brandon @ Colville School, time TBC (page 11)
Fridays Coromandel Homegrown Market 8am-1pm (page 10)
Fridays Wing Chun Kung Fu with Kelvin at Colville Hall, 4pm.
Fridays Volunteers welcomed to join Colville School's "Garden to Table" efforts (page 9)
Sundays 1st Sun of the Month Tennis Club working bee 2 - 4pm

February

- Fri 17 Feb** "Pathway of the Birds" Book presentation by award-winning author Andrew Crowe, Forager's Kitchen, 6.30pm, free event (page 5)
Fri 24 Feb The Foragers Kitchen Farewell Eats and Music Night (page 11)
Sat 25 Feb Colville Music Club AGM, 1pm at club rooms, (page 11)



IMPORTANT NUMBERS

- 111 Fire ambulance, police emergencies needing immediate assistance
105 Police for reporting incidents not requiring immediate response
0800 CRIMESTOPPERS for reporting crime (*anonymous*)
0800 611116 for medical advice or information 24/7
0800 044 334 National Sexual Harm Helpline (Text 4334)
0508 326 459 Sexual Harm - Child/Tamariki at risk
0508 828 865 Suicide Crisis Helpline
0800 543 354 Lifeline (*Whatever the issue, here to listen*)
0800 111 757 Depression Helpline: free text 4202
0800 688 5463 Outline (*all-ages rainbow mental health organisation support line*)
0800 376 633 Youthline (*free counselling services for young people*)
0800 764 766 National Poison Centre
07 8666618 Colville Community Health Centre
07 8666 815 Colville School
07 8666805 Colville General Store
07 8668 319 Colville Bay Pre-school
07 866 8702 Coro pharmacy M - F 8.30am - 5pm; Sat 9am - 1pm

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