

A man's true wealth is the good he does in the world.

Kahlil Gibran

Regular Events

Tuesdays - **Yoga** at the Colville Hall 10am

Thursdays - **Enliven** - at CSSC

Saturdays - **Coro flea market** 8.30 - 1pm.

JUNE EVENTS

Thurs 27 - **AGM of the Colville PDC** 7pm, Colville Hall

Fri 28 - **FREE LUNCH** @ Mahamudra Centre 12pm

Sat 29 - **Darts night** 5.15 Tangiaro Kiwi Retreat.

JULY Events

Tues 2 - **Community conversation:** Community wellbeing 1 - 3.30pm, Colville Hall

Sun 7 - **MEG Lecture** - The future of Food and Energy, 7pm, The Pepper Tree, Coro

Tues 16 - **CSSC Monthly Trustee meeting** 3pm

Fri 19 - **Treaty of Waitangi workshop** 9-4pm, Colville Hall

Sat 20 - **Potting Party** 10 am 2pm. At CSSC nursery, Wharf Rd Colville

Sun 21 - **Cut off date** for August Panui

Fri 26 - **Incredible Years** parenting program begins 9.30am - 12pm

Wed 31 **First Aid Training**, Colville Hall.

AUGUST Events

Sat 17 **CHC Working Bee**. See next month's Panui for details.

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

If you have lost, chucked, or burnt your Panui hard copy, you can always read it on line in glorious technicolour.

PĀNUI

JULY 2019

Newsletter

2311 Colville Rd, Colville.



PHONE: 07 866 6920

cssc@colville.org.nz

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

10am - 3pm TUES.

panui@colville.org.nz

www.cssc.net.nz

Tena Koutou,
 A friendly reminder, CSSC can **only** take clean folded clothes without any holes or rips.
 Thank you to all our kind donors.
 Hope all is going peacefully. Remember nothing lasts for ever.

Guidelines for Panui Contributors

Deadline for contributions to the **AUGUST** issue is:
SUNDAY 21 JULY



Email your news, notices, advertisements, jokes, recipes, dreams, handy hints.
 Send content as word, pages & open office document (not PDF), 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 Pānui 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 16 JULY at 3pm.**


Colville Social Service Collective (CSSC) would like to gratefully acknowledge the following funding organisations:

Lottery Grants Board, Ministry for the Environment, Oranga Tamariki, Len Reynolds Trust, Waikato Regional Council, Community Organisation Grants Scheme, Trust Waikato, Ministry of Social Development, Creative Communities New Zealand, Ministry for Culture & Heritage, Department of Conservation, World Wildlife Foundation, Thames Coromandel District Council, Sky City Hamilton, Rural Communities Trust, The Tindall Foundation, Coromandel Bizarre Trust.

CSSC Library Users

Can you please check your bookshelves to see if any CSSC library books are hiding there? We have lot of books that haven't found their way home to CSSC, ready for the next user.

Thank you! CSSC



Exercise is good for your brain and is a surefire natural antidote to anxiety.

Jeff Gunn, Panic and Anxiety Relief

Coromandel's Flea market
 ☆ **Every Sat 8.30 -1**
 At Te Ahi Ka - (old Post Office)
 Community Marketplace, Coro's flea market. Stalls \$5 bring your own table. Just turn up, we are there every Saturday. ☆


CLAYTIME
Has morphed into firings, by arrangment with the group.
 Arohanui Te Whanoa.

Northern Coro Rubbish Collections for JULY

Tues 2	
Tues 9	
Tues 16	
Tues 23	
Tues 30	

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

Please leave blue rubbish bags on the ground, do not overfill green bins of glass, swap your broken/ cracked bins at the Coro Council Office. Thank you.

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!

Community Law Waikato
 TE TARI TURE - A HAPORI O WAIKATO
 Part of the National Community Law Movement 

Free Legal Services*
 (*Eligibility Criteria applies)

ph: 0800 529 482
 visiting Thames fortnightly
 12.30 - 2



Romantic Winter Getaway for two

Secluded, tranquil and very romantic...

Package includes:

2 nights accommodation for 2 adults
Standard Chalet: \$390 or Deluxe Chalet: \$490
\$100 restaurant voucher
(excludes all drinks)
Outdoor Spa Pools Free Wi-fi 11am check out

This offer cannot be used in conjunction with any other promotion or special offer at Tangiario
Offer subject to availability
Rates valid from 1 May 2019 to 31 August 2019

Indulge Yourself

Add a Therapeutic Massage
(Bookings essential)

1299 Port Charles Road, Coromandel

www.kiwiretreat.co.nz

(07) 866 6614

info@kiwiretreat.co.nz

DART'S NIGHT

Saturday 29 June
@ 5.15pm



Proudly sponsored by
**Stony Bay
Craft Beer**



FARM SHOP

COLVILLE VILLAGE



OPEN ALL JULY

CLOSED MONDAYS

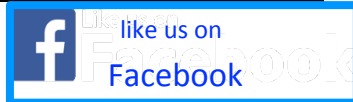
IT SURE IS COLD OUT THERE

So pop in for some hot creamy chowder, soup, mince on toast, spicy nachos and of course our amazing 100% pure Hereford Beef Burgers. All our tasty regular favourites too.

Hot Coffee.....mmm

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

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



ALCOHOLIC DRUG HELPLINE

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

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 Colville Project

www.thecolvilleproject.nz



The Colville Project Update

This month we met with representatives of the Provincial Growth Fund to discuss what options might be available to us through this program. We were advised how the funding works and how to complete plans to secure an appropriate funding stream.

The work with Beca is progressing nicely with the fast approaching completion of the design and we are very excited by this. Look out for news of when we will be out and about in the community to get your feedback.

Our fund raising activities took us to the Queen's Birthday market at Colville Hall where our gorgeous local celebrity, Alexandra Sutherland-McQueen, sold parts of her treasured kauri collection to support the project.



And speaking of generous donations we'd like to thank Habitat Tuatēawa for their recent donation. It is very much appreciated.

Don't hesitate to get in touch if you have any ideas, queries or concerns, we love to get your feedback. We can be reached at: thecolvilleproject@gmail.com, www.thecolvilleproject.co.nz or via our Facebook page.



Introduction to the Treaty of Waitangi Workshop
FRIDAY 19 JULY COLVILLE
9am - 4pm * \$20
ALL WELCOME

WORKSHOP CONTENT:

- Context – factors that lead to the signing
- The Declaration of Independence
- Comparing and contrasting the Treaty texts
- Processes and effects of colonisation
- The claims settlement process
- Biculturalism and multiculturalism
- Personal and institutional issues in the workplace
- Setting goals towards bicultural competence.




How to book?
 Contact Colville Social Services (CSSC):
 - Phone (07) 8666 920
 - Email cssc@colville.org.nz
 - Or pop into CSSC

Community Conversation: Community Wellbeing

Join us for a conversation about our community and how we could work together to look after ourselves and our community.

When and where: **Tuesday 2nd July at 1pm – 3-30pm at the Colville Hall.**

Light Refreshments available.

Your hosts: Colville Social Service Collective working together with Colville Community Health Centre and the Colville Community Health Trust.

We have invited other providers who serve our community to join us as well, including Lyndy Matthews from the Hauraki PHO and Shannon from the DHB Manaaki Centre, and our local First Responders.

We would love to have you join the conversation.



Hours :-
 8.30 - 5pm Mon- sat
 8.30 - 4pm Sunday

Phone 07 866 6805
colvillegeneralstore@gmail.com

BE IN TO WIN!!! Our winter draw starts again from 1st July. Spend \$50 to go in the draw to win a \$50 voucher.

We've had great reviews on our Mongolian camel and wool socks which have been reported to be "the best socks in the world". Our Naturally Coromandel range of soaps and body care items is going well and gaining interest. The bulk room now stocks shampoo, conditioner and hand wash as well as the usual dishwasher and laundry liquid. It's located out the back so please ask a staff member. Don't forget to bring your container.

The Colville Store stocks some of the lowest priced, zero waste goods and has one of the best stocked organic sections on the peninsula. Come and check it out and you might be surprised. In fact, this applies to products store wide. We have local honey, soup mixes, plenty of citrus and yummy pumpkins and so much more to keep the winter blues at bay and if you need a naughty but nice treat.....the apple turnovers have arrived!

As always, we thank you for your support, particularly at this quieter time of the year.

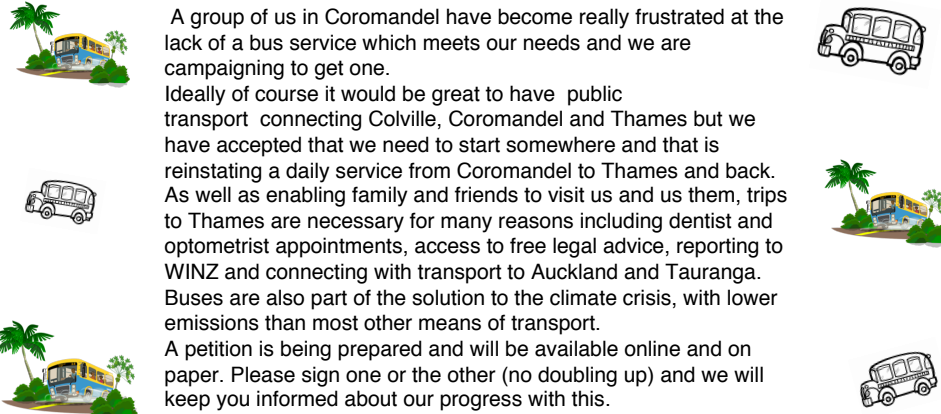
COROMANDEL BUS MATTERS

A group of us in Coromandel have become really frustrated at the lack of a bus service which meets our needs and we are campaigning to get one.

Ideally of course it would be great to have public transport connecting Colville, Coromandel and Thames but we have accepted that we need to start somewhere and that is reinstating a daily service from Coromandel to Thames and back. As well as enabling family and friends to visit us and us them, trips to Thames are necessary for many reasons including dentist and optometrist appointments, access to free legal advice, reporting to WINZ and connecting with transport to Auckland and Tauranga. Buses are also part of the solution to the climate crisis, with lower emissions than most other means of transport.

A petition is being prepared and will be available online and on paper. Please sign one or the other (no doubling up) and we will keep you informed about our progress with this.

For more information or to support us contact lora.mountjoy@gmail.com or 8667176



Youth Sailing Academy Colville

Ahoy sailors,
 Unfortunately June's sailing day was cancelled due to high winds and choppy waves. Please keep your fingers crossed that July's date, **Saturday 20th July**, will be great weather!

If you and your kids want to sign up for winter sailing, please text Ruby on 022 1027 414. This is essential to make sure we have enough boats and so we can keep you updated with the plans closer to the day.

Ngā mihi nui ki a koutou katoa ♥
 All the best, Ruby 022 1027 414 rubbyjpowell@gmail.com



Mahamudra Centre for Universal Unity

ph 07 866 6851



JULY NEWS.

www.mahamudra.org.nz

The days are getting colder and the fire place is doing its bit to keep us warm in our residence. Our great news for the Gomba (mediation hall), and for the participants in retreats and other users, is that we have had a heat pump installed which is wonderful for the cold and of course the summer days.

One of our trustees, Katrina Robertson, has been so kind to initially finance this whilst we are raising funds through the "Give a Little" web page. Any donation towards covering the cost of this would be so much appreciated

We just had a wonderful retreat lead by Za Rinpoche on Vajrayogini. With nearly 30 participants, staff, cooks and woofers our Centre was fully occupied with such great energies flowing throughout.

Vajrayogini is a Tantric Buddhist female Buddha and a dākiṇī. Vajrayogini's essence is "great passion", a transcendent passion that is free of selfishness and illusion — she intensely works for the well-being of others and for the destruction of ego clinging. She is seen as being ideally suited for people with strong passions, providing the way to transform those passions into enlightened virtues.

Our next "Free Lunch Friday" community lunch will be held on Friday the 28th June at noon – always thoroughly enjoyed by all.

For the month of July our Centre will be closed for much needed staff leave and maintenance works. We will open again to all from the 1st August onwards and commence the community lunches again. In the meantime please check our website for updates on our summer programmes as they are being updated and developed including the morning free guided meditations.

Nearly two weeks ago I have moved permanently to the Centre to fulfill the role as the director. Up to that time I have been doing this on a part-time basis whilst finishing my role as the coastal engineer for Council. You might have seen me or have met me before when I was working here some five years ago. Do come and see me to get acquainted over a cup of tea or I will see you at our Colville store or café.

Take care of yourself and stay warm – Jan van der Vliet



COLVILLE BAY PRE-SCHOOL

Come to our pre-school for fun and learning

Spaces available for each session.

We are open Tues-Fri 9 - 3 Ph 07 866 8319

Term 2 ends on Fri 5 July Term 3 starts on Tues 23 July

Bryan: 021 799 056

Joanna: 021 739 398

www.gardentools.nz



LIFETIME GUARANTEES

Colville Harbour

Care



Vision: "a healthy and thriving Hauraki Gulf"

Mission: "the communities of Colville working together for a healthy harbour"

2019 native tree planting season kicked off with a hiss and a roar at Colville School on 18 May. Thank you to the 27 people who came along and planted 800 native trees. So far, this season (as of 14 June) with the help of our volunteers and 3 tree-planting contractors, we have planted 4,300 trees around Colville.

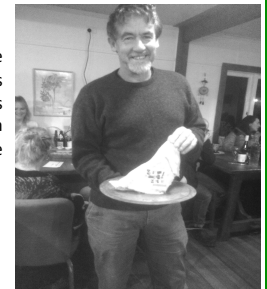


We still have loads more in the nursery that need a home. If you have a property in the Colville catchment (all land feeding water into Colville Bay) and have stream bank, wetland or need to minimise erosion or replace weeds, we might be able to help. Contact Beth (see below) for more information.



Listen for Kiwi. This is the best time of year to hear kiwi. They like to call out "good morning" when they get up at sunset, around 6pm and "good night" when they turn in for the day, just before sunrise. It is only the sexually mature adults that call. In the Coromandel, they are about 3 years, and older. Kiwi are out and about a lot more at this time of year, feeding to put on weight and get ready for breeding. This means they're even more vulnerable than usual. Dogs are a threat to kiwi, so it's important to ensure they're not roaming, especially at night. .

Quiz night a great success. World Ocean Day (June 8) was celebrated in style at the Forager's Kitchen. It was standing room only for Mike Donoghue's 'Cetaceans of Tikapa Moana' presentation. The quiz followed, and Colville's competitive side really came out! Congratulations to all our winners - Team Nathan took home the top prize. Everyone came away more knowledgeable about our oceans, and we look forward to the next event!



UPCOMING EVENTS

POTTING PARTY at CHC NURSERY (Wharf Rd, Colville).

Saturday 20 July 10am

It's that time of year again when we need to fill up pots for our new season native trees.

The CHC Potting Party is always a great time! Music, yummy food and warm spicy chai.

VOLUNTEER VACANCY - Stream Monitoring in July

We are seeking volunteers to help for 1-2days to monitor the health of our rivers and streams around Colville. If you are interested please contact Beth.

Contact Beth at CSSC (Wed-Fri):

p- 07 866 6920

e- chccoordinator@colville.org.nz



Parent Programme

for parents of children aged 3-8

COLVILLE

Offered in Colville for the first time!

Starting : Friday 26 July

9:30-12 noon

Facilitators: Bronwyn Blair

Abby Doyle

To register, or for further information:

Kate Donoghue 866 8543

027 692 6494

Build positive relationships. Explore strategies to encourage appropriate behaviours and manage problem ones.

"I see a better future for me and my child."

"I've got a whole new set of skills and ways of thinking."

"The programme really truly helped me achieve my goal... I feel fully armed with ways to cope."

Parents, June 2019



The AGM of the Colville PDC

will be held on Thursday 27 June at 7 pm

Agenda:- Minutes, Financial report, Chairperson's report, General business.

All welcome Meryl J.

Colville School

CONGRATULATIONS AND A WARM WELCOME TO NEW TRUSTEES AND THOSE RETURNING FOR ANOTHER YEAR.

Board of Trustees Election

Declaration of Parent Election Results

At the close of nominations, as the number of valid nominations was equal to the number of vacancies required to be filled, I hereby declare the following duly elected:

Jan Autumn

Nicole Brighthouse

Richard Campbell

Richard Huddleston

Nicky Jordan

Board of Trustees Election

Declaration of Staff Election Results

At the close of nominations, as there was only one valid nomination received I hereby declare:

Name

Ra-Tane Edelsten duly elected:

Kind Regards

Emma King

Returning Officer

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



D & K HOME IMPROVEMENT HANDYMAN

Ph. David Porter 07 866 7788 027 224 8925

email: davidkim@colville.org.nz



July MEG Winter Lecture

Our July lecture is “The Future of Food and Energy” and will be presented by Dr Mike Joy. Mike is a Senior Lecturer in Ecology and Environmental Science at the Ecology Group-Institute of Agriculture and Environment Massey University Palmerston North. He researches and teaches freshwater ecology and is an outspoken advocate for environmental protection in New Zealand, receiving a number of awards.

The human population has reached a level far in excess of the ability of the planet to sustain it long-term through using synthetic nitrogen. To be able to feed the burgeoning population without fossil fuels and keep greenhouse gas emissions at a safe level will require a drastic change. This required change will have many human and ecological health benefits but puts New Zealand in a challenging position.

See you at the Pepper Tree Restaurant, 7pm on Sunday 7th July.

Weed of the Month - Cotoneaster

Our weed of the month this month is Cotoneaster. Originally hailing from China and the Himalayas, Cotoneaster is a spreading and evergreen shrub that can grow 2-5 metres in height. Currently covered by scarlet or orange berries (February to August), giving its common name, Bright Bead Cotoneaster, it is tolerant to most sites and conditions, is easily spread and enjoys infesting hedges, roadsides, quarries and exotic plantations. These plants re-sprout, often even after treating with herbicide, so re-planting of bared areas with a dense groundcover is recommended.

Check out our info flyer on the MEG noticeboard at the Colville Store or visit www.weedbusters.org.nz for more information on how to eradicate this plant from your property.

Operations

The Waikawau Wetland operation continues with prefeeding and toxin application completed. Toxin removal will occur later in the month. More work occurring in our Port Charles Rat Attack block and some much needed track cutting on some of our stoat lines has been completed.

From the team at Moehau Environment Group www.meg.org.nz info@meg.org.nz

Colville First Response

Interested in learning CPR St John offer 3 Steps for Life, this is an hour course in which you learn how to use an AED – automated external defibrillator - and CPR. There is no cost, just an hour of your time. If you are interested ring me - Wendy - 07 866 6814, Colville Bay Motel.

Did you know there are a few AED's on the Peninsula - at 1649 Port Charles Rd Sandy Bay, 48 Little Bay Rd Little Bay and 2 Waihirere Drive Tuatēawa, usually there will be an AED sign showing a heart with a lightning bolt to let you know there is an AED. Next time you are driving past these areas just check to see where they are located as you just never know when you might need to use an AED in an event of a cardiac arrest.

Go to www.aedlocations.co.nz and this gives you the information of where all the AED's are in your area.



3 STEPS FOR LIFE

St John
Here for Life

Step One
Call 111 for an ambulance

Step Two
Start CPR (30 compressions : 2 breaths)

Step Three
Use an AED (defibrillator)

Remember, 30:2 no matter who, push hard and push fast. Any CPR is better than no CPR.

Youth group news

A HUGE THANK YOU to Tim Fuller and Teresa Prendiville for generously donating rods and reels for our tamariki. Also a **large thank you** to Jamie and Justin for providing transport and support with the fishing group. Also our parents/whanau volunteers are **all stars** and we couldn't do it without you. **THANK YOU !**

See you Term 4.

Elizabeth & Nathan





COLVILLE
COMMUNITY HEALTH TRUST

Volunteers Needed!

As you all know, our work here at the Colville Community Health Trust revolves around support for the Colville Community Health Centre and all the great work the various groups involved there do for the health and wellbeing of the communities of the northern Coromandel peninsula.

Our fundraising has for several years been focused on a new community facility which will house the Health Centre, and as part of The Colville Project, other community groups and services as well. One of the ways you can help is by putting your hand up to be a volunteer at our fundraising events. We are compiling a list of potential volunteers to contact when we need a few hour's help. No one would be obligated to participate in any particular event - remember, as a volunteer, it's up to you! If you are interested, please let Emily know at colvilletrustmanager@gmail.com. Thank you!



CLASS LEADERS WANTED

Do you like exercise and want to share this passion with others?

Do you want to help older people remain independent?

Strong & Stable is the Walkato programme under the nationwide Initiative 'Community Group Strength and Balance'. Evidence shows that older adults strength and balance training helps prevent falls and helps people remain independent for longer. We are establishing a network of classes and are looking to train new leaders who are:

- ✓ Available on one weekday
- ✓ Have some concept of exercise classes
- ✓ Keen to attend a FREE training course
- ✓ Live in the Walkato

Contact Steph for information about becoming a class leader



Steph 027 419 0068
steph@midcpg.co.nz
www.midcpg.co.nz
facebook Strong & Stable



Hi Everyone,

We are holding a small-group First Aid refresher training upcoming Wednesday 31st July 2019 in the Colville Hall, prior to the annual first aid training in October. If anyone requires Refresher training in 2019 and the timing of this workshop is more suitable for you, please let us know asap as we have a limited number of spaces left!

Feel free to contact us if you have any further queries. 07 8666 920
Regards, CSSC



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

3rd July only 10.00am - 1pm - GP 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

Kia ora koutou

Well we are really feeling the chill of winter now - it is certainly time for beanies and another layer or two, to keep warm.

During July Dr Kate will be away for some days. As a result we have a new GP locum coming to the practice - Fiona Bolden. Fiona comes with lots of experience in remote rural GP work and was previously based in Raglan for the last 20 years. Fiona is very highly respected by her previous clients and colleagues alike. We are lucky to have her spending time with us and we are hoping we can encourage Fiona to come again into the future as we know the importance of continuity for people. We would really appreciate people visiting Dr Fiona while Kate is away as it lightens the work load for Kate on her return.

Still on staff having some time away, Nurse Tina is off for a well-earned break in July as well. If you need a nurse appointment do book in early as we will have a couple of days when we have no nurse cover at the clinic.

Joel Nazareth our trainee intern finished on the 21st of June, and our new student Kaustubha Ghate begins with us on the 1st of July. The students are a great help at the practice and we know that they all have a placement that 'is like no other' whilst they are here.

A wee reminder that Diane Hayes – Homeopath is coming to the practice on Wednesday 3rd of June and you can make an appointment to see her by contacting her direct on 09 810 7155 and leaving a message.

Feedback from our suggestion box around wait times revealed 12 suggestions. Two suggestions are ones that we will look into, as a way to bring possible change to our wait times. A strong theme came through about activities/something more to do in the waiting area, which we will provide some solutions for soon. There were also some nice comments about the service. Thanks to everyone who took the time to contribute their ideas.

Till next time, check out the stars that signal the arrival of Matariki. An awesome thing to do on a clear night!

The team at Colville Community Health Centre

COROMANDEL PHARMACY Opening Hours: Mon - Fri 8.30 - 5pm ph (07) 866 8702 Sat 9.am - 1pm.