# **PĀNUI**

# November 2020

#### 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

#### Pānui - Newsletter of the Northern Coromandel

Kia ora,

Well what a bitter sweet day we had keeping so many pilot whales cool, unfortunately we did not manage to save the whole pod, but at least some eventually swam away to freedom. Still reeling from such a moving day, and yes we are sliding into warm weather again. We know what's around the corner - breathe deeply.



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 DECEMBER issue: Tues 17 November

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

#### **Contact Information**

Phone 07 8666 920 Email: cssc.net.nz 2311 Colville Road. Colville.

#### **Hours:**

Tues, Weds, Fri 10am -3pm Mon & Thurs Closed

Closed for lunch 12.30-1pm

Coordinator - Larisa Webb cssccoordinator@colville.org.nz 021 258 8037

#### Financial Administrator Nicole McCauley

csscfinance@colville.org.nz

Community Worker - Peter Selwyn
communityworker@colville.org.nz
021 057 2176

Phone/email/drop in to make an appointment (available Tues & Fri)

#### Community Development Worker - Pamela Grealey

cdw@colville.org.nz
Colville Harbour Care Nursery

Beth Pearsall chccoordinator@colville.org.nz

021 237 8678

Youth Group - Elizabeth Mitchell & Nathan McCauley

youth group @colville.org.nz

Pānui editor- Kate Shelley panui@colville.org.nz

Youth Mentor programme Spike Mountjoy

colville mentor@gmail.com 022 6047 975

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

#### CSSC Main Funders









#### **CSSC Funders**



#### CSSC Supporters

The Colville Store Daltons The Forager's Kitchen Hereford 'n' a Pickle Lothlorien

Resenes Waiaro Sanctuary Whitestar Honey Woodlands Honey Coromandel Four Square Coromandel Senior Settlements Trust



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

#### VACANCY:



#### **Youth Community Development** Worker

Colville Social Service Collective has a vacancy for a new role - a Youth Community Development Worker, This role will be focused on identifying and implementing initiatives for our rangatahi vouth. This is a fixed-term (1-3 years funding dependent) part-time position. For more information and a copy of the Job Description please contact Larisa on cssccoordinator@colville.org.nz or phone 8666 920. Applications close 5pm, 16 November 2020.

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 cssccoordinator@colville.org.nz





CSSC in association with St John

9.00am to 5.00pm Wednesday 11th November Colville Hall, 2310 Colville Road.

Please book your place at CSSC on Tuesdays, Wednesdays or Friday or email cssc@colville.org.nz.

Essential First Aid (Full training) Perfect for low risk workplaces – this one day classroom course prepares you for responding to the most common emergency situations \$150 8 hours (1 day) Unit standards: 06401, 06402, 6400

First Aid Revalidation (Refresher) It's that time again! This class-room based course revalidates your first aid skills, keeping your knowledge up to date and relevant. First aid certificates must be revalidated every two years. \$120 6 hours



### LET'S GET PHYSICAL 7.30pm Fri 30 Oct 2020 M



- ❖This is a vibrant selection with the energy of music, dance and sporting prowess.
  - ❖ Now also showing Moana Waiwai Film of Ally Davey's free swim around the Northern Coromandel!

### THE SAMPLER 7.30pm Fri 6 Nov 2020 M

❖ A selection of some of Show Me Shorts most wonderful films. \* \$12.50 OR \$20 for 2 nights \*

Both Cafes open for dins beforehand!

Ticket outlets: Colville General Store

Richardsons Real Estate, Coro man del



Kia ora,



This month's topic is about you, and us, and how we connect. Did you know we have a website where we put information about the Trust, give our funders some richly deserved recognition, post all of our Panui submissions, promote our events and provide an easy way for you to donate? Well we do! You can find us at:

www.colvillecommunityhealthtrust.com

When the site opens, wait a few seconds and a pop-up appears advising you to 'Never Miss an Update'. This is important, don't just close it and move on. Type in your name and email, and you will go onto our mailing list to receive information about progress towards our new health centre building, which is part of The Colville Project. You will also get the earliest possible information about our planned fundraising and/or community wellness activities. And if you want to contact the Trust, all our contact details are there on the website, including my email colvilletrustmanager@gmail.com (A word of caution though - this email is NOT for the clinic, so you should never send confidential doctor-patient information to this address.)

Ngā mihi nui! Emily

#### The Colville Project Update

A busy month for the team with meetings regarding potential sites.

We met with CCCB to discuss the possibility of council land for lease. It appears that there is currently no suitable land but we will be keeping in contact with the board who have pledged continued support and assistance where possible.

We also had a Zhui with Beca to discuss how to use our remaining free consulting hours. We agreed that it would be useful for them to visit our preferred site with a drone to allow us to gauge where the buildings would be best sited.

We'll keep you updated with progress and of course you can contact us at thecolvilleproject@gmail.com or find us

on FaceBook https://www.facebook.com/thecolvilleproject or Instagram https://www.instagram.com/thecolvilleproject/



COLVILLE HARBOUR CARE Te Ūmangawhā o Ngā Waka

**WORKING BEE** 

Saturday 21 November 10am – 2pm

Join us at the nursery for the famously good time at the working bee, listening to good beats and eating yummy food with your friends!



#### Panui - Newsletter of the Northern Coromandel

#### COROMANDEL BUDGET ADVISORY SERVICE INC

Life can be busy enough and bills are something we can never avoid, so if you can find a balance and be in control of your financial situation that can be one less worry

At Coromandel Budget Advisory Service, we aim to help people who may be struggling to find a way to manage and maintain their finances.

If you would like help with working on a budget, getting debt under control or have other financial issues, we are here to help. Our service is free and totally confidential.

#### Why you might need us?

- You have debts that need to be paid, perhaps they are overdue?
- Need help with creditors?
- Would like to have more control of your financial situation?

#### What we can offer you

- Advocacy with creditors such as power and phone companies, finance companies and other lending organisations
- We work with you to create a realistic budget
- Foodbank access whilst dealing with debts

A Coromandel Budget Advisory Service mentor is available at the Colville Social Services Collective, Wednesday mornings by appointment. To make an appointment please call us on **07 866 8351.** 

#### Whale Stranding at Colville Bay

Our wonderful community pulled together to help a pod of approximately 60 pilot whales that strayed into Colville Bay on the night of the 16th October. In the early morning of the 17th it was revealed that around 19 of these had become stranded as the tide receded.

Quick thinking locals amassed a community response people rushed to support the beautiful creatures and iwi, DoC and Project Jonah teams. Several whales were helped out to sea and were then kept out of the bay by a line of volunteers. The stranded whales were kept wet and cool by other teams of volunteers. An endless supply of food and drinks was supplied by community organisations and individuals to support everyone until the whales could be safely refloated on the evening high tide. Unfortunately some of the whales restranded that night and not all could be guided back out to sea by a flotilla of local boats the next day. However a good number made it to the open sea and iwi attended to the whales whose journey ended in our harbour. A big thank you to everyone who was involved.





#### **COLVILLE COMMUNITY HEALTH CENTRE**

2299 Colville Rd, RD 4, Coromandel 3584

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

Mon, Tues, Thurs & Fri 9.00am – 4.00pm / Wed 10.00am - 4pm GP Clinic at Port Charles – Wednesday 4 November 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 afterhours service. When we are open you may get an answer phone message if all lines are busy or if we are closed for lunch. You cannot leave us a message.

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

Kia ora koutou

The pīpī wharauroa (shining cuckoo) have arrived and are singing strongly. Spring is half over and we hope we continue to get some sunshine mixed in with some good rain, to keep us happy, well watered and ready for summer!

After a slight glitch last month, we will be holding a clinic in Port Charles on 4th of November. This will be monthly on the first Wednesday of the month until further notice.

Our trial with Dr Geoffrey Norcliffe has got off to a good start. He will be working at the clinic every second week from now until Christmas. During this period Dr Kate will only be in the clinic every alternate week. This will give her some time to recharge and prepare for what is our busiest period at the clinic. Again we urge you to see Dr Geoff if you need an appointment when he is on, rather than hold off till Dr Kate is back. Our nurse Tina is on leave later in November and we will have Juliana Williams with us covering that time. Juliana is very experienced and has been our regular locus nurse for a long time now. She is known to quite a few of our patients already so make sure you use her while she is here too.

Advanced Care Plans (ACP) are a great way for older people to make their wishes for their support and care into the future clear to those around them. (You may recall last year in September we hosted a community workshop about ACP). Many people, especially those who live on their own, find it hard to work through the ACP booklet we provide from the clinic to help ensure they cover the things they need to consider as part of this very important process. If you think you have the skills to help people with this very important conversation and have some time available please contact Jo at the clinic for more information. This is a voluntary position, and will require screening and matching to ensure it works well for the person needing support to complete their ACP.

The Waikato DHB CEO, Kevin Snee, expressed an interest in visiting the outer areas of his rohe (district) early on in his tenure, and finally made it up here for a visit this week. It was great to be able to tell him about our history, our successes and raise our issues regarding the hospital system and delivery of isolated rural healthcare. It also provided an opportunity to familiarize him with some of the local aspirations for the health and wellbeing of this community into the future. We hope he felt it was a worthwhile visit!

Till next time, take care out there, The Team at Colville Community Health Centre.



# Mahamudra Centre for Universal Unity



#### **November Events**

7 - 8 Nov To Weekend Retreat – Online with Ven Robina 5

Tues 10 Nov 5pm Guru Puja with Tsog

Sat 14 Nov 6:30pm

Wed 18 Nov

Movie Night – just drop in

Death Café at The Forager's Kitchen

Free (Public Talk)

21– 29 Nov Medicine Buddha Retreat with Geshe Wangchen

8:30am-9am Free Meditation Daily

Everyone warmly welcome to all events!

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

www.mahamudra.org.nz

#### **Colville First Response**

St John Medical Alarm - no matter what your age, if you live by yourself or have a health condition a medical alarm could offer you and your family reassurance. If you are interested in a St John Medical Alarm please contact Wendy, 8666814 or Coromandel Ambulance Station, 866 8279. Pop Up Op Shop Coromandel St John Ambulance Station Thursday 26<sup>th</sup> November, 9am – 5pm. This is being organised by the Coromandel/Colville Area Committee.

#### Apply RICE for Sprains and Strains:

*Rest* -for up to 24 hours. Gentle movement of the affected joint should be encouraged after that time.

*Ice* -an ice pack will help reduce pain. Always wrap ice pack in damp cloth before applying. To be applied for 10 to 20 minutes at a time and repeated once if pain persists. Avoid prolonged use of ice pack.

Compression -bandage on injured limb. Ensure that firm and even pressure is applied to the injured part. If bandage increases the pain, DO NOT persist with it. *Elevation* -Elevate injury for the first 24 to 48 hours. Use pain relief such as paracetamol following package directions. See a doctor or physiotherapist if injury is not improving within days, or earlier if worsening.





Opening hours: Mon-Sundays 8.30am - 5pm

Ph 07 866 6805 colvillegeneralstore@gmail.com

The store is busier than ever with a constant flow of Kiwi's choosing to holiday in our slice of paradise. All being well, we are set for an exceptional summer and rumour has it, all the accommodation is already booked out.

We have a number of staff being trained and this may take a little longer than usual but by the time we get to summer, they will be in full swing.

We said goodbye to Suzi Rodgers this week. Suzi has had a big input to the organic section at the store and has overseen a number of other product lines. Suzi is off on a new venture and we wish her well.

Wishing you all a bit of calm before the busy season. Colville Store Staff



The Colville General Store is seeking Casual Staff over the summer. Please contact us by email - colvillestore2019@gmail.com

so that an expression of interest can be completed, or pop into the Colville Store to fill in the form. Cheers Travis Tupaea (Office & HR Administrator)

Joke:

It amazes me how much exercise and extrafries sound alike!



#### Colville Community Health Centre - Clinic Team Leader



We are seeking applications for our new Clinic Team Leader role. We require an experienced registered nurse who has a current Annual Practising certificate. Our ideal candidate will possess excellent communication skills and bring a variety of work experiences which may include management of people, finances and quality. The ideal person will also be IT savvy, have a good understanding of health service provision and the PHO environment. Fit with the team will be a key requirement.

If this role catches your interest, please email practicemanager@colville.org.nz or call 07 8666618 for more information. Applications close 20 November 2020.



Youth Sailing Academy T shirts for sale \$25 each contact Spike 022 604 7975

#### Pānui - Newsletter of the Northern Coromandel



#### Join the MEG Team!

We are looking for someone to join our team of field rangers. The ideal candidate will have experience in the bush cutting tracks and installing trap and bait station infrastructure, ideally will be chainsaw certified and have current first aid training. The work is physically challenging so a good level of fitness and ability to work off track in the bush is required. The position will be 4-5 days per week depending on successful candidate.

If you are keen to get involved and help us support our native species, please apply in writing to <a href="mailto:info@meg.org.nz">info@meg.org.nz</a>

Bird of the Year

Just when you thought the political campaigning was over, voting for this year's Bird of the Year opens on  $2^{nd} - 15^{th}$  November.

Use Bird of the Year 2020 to get to know our amazing native birds. Cast your vote and make a donation to give nature a voice.

We'll be profiling a couple of our favourite birds including the Matuku (Australasian Bittern) and the North Island Brown Kiwi.

You can vote online at <a href="https://www.birdoftheyear.org.nz">www.birdoftheyear.org.nz</a> or keep an eye out for the link on our MEG Facebook page.

#### Weed of the Month - Arum Lily

The Arum Lily, also known as the Death Lily, originates from South Africa. It grows in clumps with dark green (arrow shaped) leathery leaves, has large white flowers with a yellow spike and produces yellow-green berries.

It is long lived and continues to grow under regenerating canopy tolerating most soil types and conditions: wet, wind, salt, hot/cold, and is drought resistant once established. Avoided by stock, due to being poisonous, it will gradually take over grazing land and smothers the ground preventing native seedling regeneration.

You're likely to find it in swamps, open damp areas with low cover, and regenerating ex-pasture, especially downstream or adjacent to infested areas.

The best way to rid your property of Arum Lily is to cut it down and paste the stumps with an appropriate herbicide. You can dig out smaller plants but small pieces of tuber left behind accidentally will re-sprout.

Check out the weedbusters.org.nz site for more information.

From the team at Moehau Environment Group

info@meg.org.nz www.meg.org.nz

#### MEG AGM

The MEG AGM will take place in the Colville Hall on Saturday 28th November 2020. The meeting will start at 10:30 am and be followed by light refreshments.

If you'd like to hear what MEG has achieved in the past year and would maybe like to join the committee, then please come along. Everyone welcome!

Cheers Nat Munns Communications & Community Engagement Manager

# 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



#### Colville Tennis Club

A big thank you goes out from the Colville Tennis Club, to the Chopping Block and to Coromandel Four Square for donating a large amount of delicious sausages and all the other things needed to have a good fundraising sausage sizzle.

Thank You!







# 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



#### **Pānui** - Newsletter of the Northern Coromandel





#### **RECYCLING REMINDER**

TCDC no longer collect plastic types 3 - 7.

ONLY plastic types 1&2, tins, paper & cardboard go in the green wheelie bins. Bear this in mind when you are shopping.



#### Now **OPEN EVERY FRIDAY**

Beautiful, fresh, veggies, tasty snacks & homegrown produce.

On grass beside BNZ

8.30am - 12.30pm Any enquiries ph. Michelle 022 653 6690 Coro Refuse & Recycling Centre.

Goldmine shop open

Tuesdays & Thursdays 11 - 4.30 Saturdays & Sundays

11 - 5.30

Hello out there....URGENTLY
REQUIRING 3 or 3 + Bedroom
house in or close to the Colville
area, 3 adults, 2 children.Have a
child at Colville School.1 very well
trained friendly dog.

Please phone 022 5236 495 if you have anything available-can get references if required.

FARM SHOP COLVILLE VILLAGE





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





IKE 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

CLOSED = MONDAY & TUESDAY

ph 07 8666 614

# 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



#### Colville Bay Pre-School





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.

Term 4 ends on Friday December 18th.

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 8668319 or 021 1133 482 Email - <u>cbpreschool@xtra.co.nz</u>

#### प्रस्तृत का क्ष्म्यत का क्ष्म्यत का क्ष्म्यत का क्ष्म्यत का का क्ष्म्यत का क्ष्म्यत का क्ष्म्यत का का क्ष्म्यत HIMALAYA SHOP

Hi folks, We will be open often now From around 10.30am.

If the flags are out, we 're in .

Hours from around 10.30am - 3pm

Cheers Rob & Nette

ph 07 866 7224 shop 07 8666 865 home 021 139 7838 Anette

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### The Forager's kitchen

2314 Colville Road, Colville Closed Mondays

theforagekitchen@gmail.com



BYO Licensed

027 3666 986 021 186 3631



# COLVILLE LAWNS PROPERTY MAINTENANCE

Seamus 021 0264 1000



#### D & K HOME IMPROVEMENT HANDYMAN

Ph. David Porter 027 224 8925

email: davidkim@colville.org.nz



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, Coromandel Meat Keeper or direct at White Star Station / Colville Farm Holidays. Contact Tellic 021 770 382 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 45mintues approx drying time.

Takes \$1 and \$2 coins.



#### WHATS ON IN THE NORTHERN COROMANDEL

#### **Regular events**

Enliven every Thursday 10 am

every Tuesday Colville Hall 10am Yoga -

every Thursday With Vanessa @ Colville School Hall. 5 - 6.15pm Sunset Yoga

Daily Meditation Free @ Mahamudra Centre 8:30am - 9am (guided)

#### October Events

Show Me Shorts, Lets get physical & Moana Waiwai @ Colville Hall 7.30pm Fri 30

#### November events

Free driver refresher course for the 60 + 11 Monk St, Whitianga Fri 6

Fri 6 Show Me Shorts. The Sampler @ Colville Hall 7.30pm

Sat/Sun 7/8 Weekend Retreat - Online with Ven Robina @ Mahamudra Centre

Guru Puja with Tsog @ Mahamudra Centre 5pm Tues 10

Wed 11 First Aid Course @ Colville Hall 9am

Sat 14 Movie Night – just drop in @ Mahamudra Centre 6:30pm Mon 16 Youth Community Development Worker vacancy closes 5pm

Tues 17 Panui deadline

Wed 18 Free 2020 Driver Refresher Course Coromandel for 60+

Death Café at The Forager's Kitchen. Free talk by Mahamudra **Wed 18** 

centre

Sat 21 Colville Harbour Care working bee @ the nursery Wharf Rd 10 am

The Informer art exhibition @ Hauraki House

Thurs 26 Pop Up Op Shop Coromandel St John Ambulance Station 9am-5pm Sat 21-29 Medicine Buddha Retreat with Geshe Wangchen @ Mahamudra C.

Sat 28 MEG AGM @ Colville Hall 10.30

#### Important numbers

Fire, ambulance, police emergencies needing immediate assistance 111

Police - for reporting incidents not requiring an immediate response 105

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

Colville General Store 07 8666 805 07 8668 319 Colville Bay pre school

07 866 8702 Coromandel Pharmacy M-F 8.30am-5pm; Sat 9am-1pm