

September 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,

Wow, yes another month has flown by, with ongoing intermittent heavy showers in between blue skies and hot sun. Seeing the newborn lambs and calves is a reassuring sign of spring. Plus the daffs are out. It will be the kowhai trees next. Yay.

Guidelines for Panui Contributors

Deadline for contributions to the **October** issue is: SUNDAY 22 September



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 are welcome, athough they may not always used. CSSC may edit contributions. For our advertising rates, see our website: cssc@colville.org.nz Getting the Panui if you live outside the free delivery area: For an electronic copy: email us with 'subscription' in the subject line. For a mailed copy: email/phone us. Subscription cost is \$25 per annum. Contact us on 07 866 6920 Email - panui@colville.org.nz

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

The CSSC AGM is on 3 Sept 1.30-2pm (postponed from August).

All Welcome

CSSC would like to gratefully acknowledge the following funding organisations:

Lottery Grants Board, Ministry for the Environment, Oranga Tamariki, Len Revnolds 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 Update

CSSC will continue to close for lunch from 12.30-1pm each day. CSSC will also close on Mondays for October.

We're very sorry for any inconvience.

The CSSC team



CSSC Services



One of the core services CSSC offers is support by a community worker. The community worker can provide assistance with advocacy, advice and guidance, includina:

- Advocacy with agencies, such as WINZ
- Obtaining advice through networks and research
- Referral to other support services.

Many of you will know our Community Worker, Peter Selwyn. Peter's normal days of work are Tuesday and Friday 10am to 3pm.

If you would like community worker assistance, we encourage you to make an appointment to ensure he is available to help when you come in - just call 8666 920, email communityworker@colville.org.nz or drop in to make an appointment.

Project Planning Workshop



CSSC is hosting a project planning workshop on 25 September. ArtReach will deliver the workshop, with a particular focus on art projects - but skills are applicable to any project management.

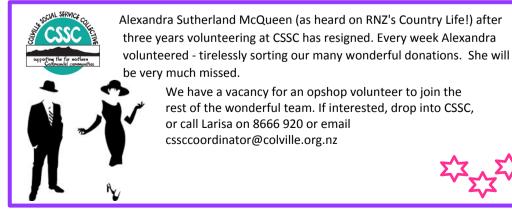
Artreach information:

All successful projects have a good plan. Learn all about project planning, and start putting together a solid plan for your project.

This hands-on, interactive workshop will cover:

- Getting clear on your project
- Creating timelines to keep you on track
- Learning about resources and budgets
- Assembling the dream team
- Being aware of risks and conflicts
- Understanding health and safety.

If interested please contact CSSC on cssc@colville.org.nz or phone 8666 920





Colville Harbour Care



Vision: "a healthy and thriving Hauraki Gulf"

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

STREAM MONITORING

We were out-and-about over August collecting data from the rivers feeding Colville Bay. We were measuring water temperature and clarity, nitrate and phosphate levels, e-coli counts and identifying the animals living in the water and on the stream bed. We aim to collect data twice a year. This data will give us a good idea of the current health of our rivers, and allow us to track changes over time as our stream side plantings grow, increase shade for the water, stabilise banks and catch soil before it washes into the river. If you would like to see the data please contact Beth.



SERVIC



TREE PLANTING

September marks the end of our 2019 planting season. We are tracking well to achieve our goal of 20,000 trees planted around Colville's rivers and wetlands over the first 3 years of this Colville Harbour Care project. This month will need a strong push to get all the remaining trees in the ground.

Here are a few ways you can help: 2019 native tree planting season

Join us tree planting on Tuesdays and Thursdays (unless it's pouring with rain). We've got spades and gloves. You need to bring sturdy covered shoes, your own lunch and water. Please let Beth know if you want to join so we can make sure there is someone to meet you at the nursery and take you to the planting site.

Help clear weeds to prepare for planting. We have a few sites that need some scrub-barring, and chopping down of woolly nightshade and other weedy plants. We can provide tools.

Host CHC volunteers. We are looking for folk willing to billet international volunteers coming to work in the nursery and planting trees. Hosts provide a place to sleep, breakfast and dinner. Numbers of people and length of stay are up to you (at least 3 days would be good!).

TE WIKI O TE REO MÃORI - MÃORI LANGUAGE WEEK - 9-15 September 2019

It's a great time to practice your reo. Here's some words to use when talking about our taiao / environment.

Awa - River Ngahere - Forest Ngaru - Wave Maunga - Mountain Kākano - Seed **Tipu - Growth** Moana - Ocean Ika - Fish Oranga - Health Rakau - Tree Manu - Bird Kūkūwai - Wetland

UPCOMING EVENTS:

POTTING PARTY 3.0 at CHC NURSERY (Wharf Rd, Colville).

Saturday 21 SEPTEMBER 10am

Last chance to be part of the fun! Our third and final potting party for 2019. If it's raining we will meet Sunday instead. 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.

Contact Beth at CSSC (Wed-Fri):

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



www.thecolvilleproject.nz

The Colville Project Update

We continue to review the concept design that BECA recently submitted. Our current work is to overlay the costs onto the design so that we can give you a comprehensive view of all that is included in the project

We're working on some exciting new fund raising events so watch this space but in the meantime our fabulous supporters continue to further the cause with donations and raffles.

We greatly appreciate all the work and support that our communities do for the project and recognise that we can't do it without you. A heartfelt thank you to everyone, you are truly awesome.



First Aid Wednesday November 13th Colville Hall Please book your place at CSSC



Essential First Aid

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

First Aid Revalidation

It's that time again! This classroom 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

Job Vacancy



CSSC is seeking a skilled writer, researcher and networker to prepare grant applications and funding opportunities. This is a part-time position for a fixed term of approximately four months (with a summer break).

If interested, please contact Larisa Webb, CSSC Coordinator for the Job Description by emailing cssccoordinator@colville.org.nz, calling 8666 920 or dropping into CSSC.

Applications close 5pm, 6 September 2019.



MOEHAU MIDWIVES



Hi. We'd like to introduce ourselves to the local community. We are Carey Aburn and Sheryl Wright, two experienced midwives who are now living in the beautiful northern Coromandel and working together as "Moehau Midwives"

We are now covering the upper and western side of the Coromandel peninsula from Port Jackson to Manaia, including Colville & Coromandel Town. We specialise in providing community primary care and can offer full midwifery care from conception until your baby is one month old including births at the Thames Birthing Unit or at home for low risk women. We can also offer antenatal and /or postnatal only care for women who have chosen to birth outside of the region or who need to birth at Waikato Hospital due to their more complex needs.

We are excited to be working together and sharing a caseload as this allows our clients to get to know us both really well while still providing the recommended midwifery-led continuity of care that ensures the best possible experience and outcomes for you, your baby and family.

More information about what we can offer is available on our website: www.birth.net.nz

We look forward to hearing from potential new clients. Please be aware that we have a maximum number of clients we can safely care for each month so it is recommended that you contact us as soon as possible in your pregnancy and if we have availability we will arrange an appointment to meet and discuss our services.

If phoning please contact us during business hours (Monday to Friday: 9am - 5pm) on (022) 500 1310 or send us an email moehau.midwives@gmail.com





Ahoy sailors!

The Youth Sailing Academy **needs your help** to get a trailer like this!!!

We've been offered a second-hand trailer in mint condition. **We need \$2000** to bring it home.

It will be so much easier to get the boats to the water and keep them safe in between adventures.

To donate or help with fundraising please call Beth 021 237 8678 or drop into 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 4th & 18th September 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

Hoping you are keeping warm and dry this winter – it is heart-warming to see lambs and daffodils out signaling spring is on its way. This morning I saw the first flowering bush clematis – Puawānanga

In line with other practices, and in keeping our selves financially safe, we have had to put our basic consultation fees up to \$19.00 (Dr) and \$13.00(Nurse). This will commence 1 September 2019. Remember that you can set up an automatic payment if you think that would help you pay your medical bills going forward. Many people do this already so if interested, just ask about it at reception when you are next in.

September is National Cervical Screening month. Is your cervical smear due or is it more than 3 years since you had one done? If you have your smear done in September you will go into the practice draw to win a prize valued at \$100. Give the clinic a call to make your appointment now.

We have been really pleased with the up-take of Manage My Health (MMH). This is where you can access your clinic health record, check results, make appointments and request scripts on line. Whilst this works pretty well most of the time, we would like to ask you to contact us at the clinic if you have had no reply to your MMH message within 48 hours (working days). We have had a couple people unhappy as they didn't get any action from their MMH request., however we never got their messages. So do call us if the response to your message is longer than 48 hours.

A while ago we passed on information to you about Advanced Care Plans, and how these can be so valuable to all. Having an Advanced care Plan (ACP) makes your wishes for your support and care clear to those around you. We are planning a workshop about Advanced Care Plans on September 10th at 1-30pm at the Colville Hall. We have an expert on ACP from the PHO coming to inform us all and of course some of our staff will be present too. Remember no one is too young to be there - we'd love to see you there

Till next time The team at Colville Community Health Centre

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



Kia ora tātou, my name is Pamela Grealey

and I'm standing for a Community Board position in the upcoming elections. I'd like to introduce myself so you will know who I am when you see my name on the ballot paper.

I live in Coromandel Town with my partner, cats and chickens and for fun I love quizzes, country music and exploring our beautiful peninsula, amongst other things. I am actively engaged in the community, through my work as a Business Advisor and Mentor, a Community Development Worker at Colville Social Service Collective and as a volunteer at The Goldmine.



I'm also the current Chair of Coromandel Business Association and a member of a number of conservation groups. My current hot topic is reusing rather than recycling and trying to reduce landfill by growing my own veges and making alternate buying choices where possible.

I'm also a business owner who believes that to be successful today, businesses must be socially and environmentally responsible.

As a member of the CCCB I would work to support the protection of our area and represent the economic and social benefits of investment in our diverse communities to both council and business.

I encourage you to get out and vote in our local elections, this is your chance to have a say. Obviously I'd love to be one of your choices and I assure you I would do my utmost to represent your views.

Jan Autumn Candidate

I've lived on the Coromandel Peninsula for 50 years, 40 of those in northern Coromandel and I am a current member of the Coromandel-Colville Community Board.As a fresh community board member, I knew little about Council's processes and the responsibilities of a community board member. I was fortunate to go through a thorough induction programme and be supported by 2 experienced board members. Their knowledge and experience was invaluable, it provided continuity; continuity for projects already budgeted for and the implementation of the longterm plan. Time & resources were saved, I wasn't starting from scratch.

I have been instrumental in achieving opportunities for the Colville community to have a voice. I have actively supported participation on the Board; different groups and individuals attended Public Forum and Board Workshops. Many groups were successful in receiving board grants. I saw an increase for Requests for Services (RFS) for road repairs and maintenance and safety signage. I arranged for Council staff to meet with individuals and groups and organised a Board meeting to be held in Colville.

I can now call myself an experienced board member who will bring the same continuity and will offer similar support for new members.

These are profiles of some of our local council candidates. We have printed those submitted. This does not constitute an endorsement of these candidates by CSSC.

Why Vote for Jean Ashby?

Kia ora. I'm Jean Ashby and I'm excited to announce that I am

standing for the Colville/Coromandel Community Board.

I've lived in Manaia for 25 years and have been actively involved

as a volunteer and a paid worker throughout the

Colville/Coromandel Ward ever since.

My particular focus has been on youth, the elderly and people faced with domestic violence, homelessness, poverty and mental, physical and spiritual hardship. I have worked with individuals, community groups and government agencies to deliver services to people in our community.

I am passionate about contributing to a community that is socially and environmentally healthy, in which people feel a sense of connection and belonging. I have huge respect for the many volunteers and paid workers at the grassroots of our communities who pull together to lighten the load.

I am keen to work alongside representatives from other areas in the Colville/Coromandel Ward and discover what contributes to the growth of a vibrant, healthy community. I will bring a fresh perspective to the Community Board and acknowledge that I have much to learn from more experienced Board members.

Together we can support people to express their aspirations for the future, have their issues heard and develop positive solutions.

Contact me via email: jean4coro@gmail.com or phone 021 503 148

Hi my name is **Ben Parsons**. I am running for Mayor for TCDC Coromandel. Thankyou to everyone for all their support and I am keen to hear from people about issues they feel are important.

Please email me - peaceprone@gmail.com or ph - 022 130 4455. I simply want to help create a Coromandel our children can be proud of. That Includes creating a long term plan, which is considerate of the environment.

The main challenge for the council is to encourage working families into the area.

Please take the time to vote for a responsible candidate, someone who cares for the outlook of our pacific jewel!

Local government elections close at noon Saturday 12 October 2019.

Meet the candidates sessions:

Sat 21 September 10am - 12pm Coromandel Town Council Chambers Sat 21 September 2 - 4pm Colville Hall.

Meetings are hosted by the Coromandel Business Association.







The Final MEG Winter Lecture

On September 1st we will have our last speaker for the year, Ben Knight from Sustainable Coastlines talk about the Kapiti Marine Reserve. Lecture starts at 7pm. See you at the Pepper Tree!

The MEG-a-boom!

Many of you will be well informed of the sorry state of our Wetlands, with over 90% of NZ's Wetlands being drained or filled, the plight of the animals that dwell there is dire also. One of these, the Australasian Bittern, status is nationally critical. With resident Bittern in our Waikawau Wetland Project area, MEG are keen to do what we can for this rare and illusive bird. This year we will be holding the inaugural 'MEG-a-boom', where we will be conducting a Coromandel Peninsula Bittern survey from Manaia – North, with hopes to eventually expand this over the entire Peninsula.

Bittern are capable of travelling long distances, making it difficult to keep track of their population numbers. They prefer to inhabit sites with raupō-fringed lakes, spring-fed creeks with cover and areas of rank-grass along paddock/drain edges. Perhaps you have this type of habit on your property? Perhaps you've seen or heard the 'booming' of the male calling for a mate? If so, we'd love to hear from you... We will be holding a Wetland Bird Call Workshop (and BBQ) in Waikawau at the Woolshed on 14th September for those interested in learning about these birds from our guest speaker, Dr Kate Richardson.



If you'd like to attend the workshop and/or be involved in the survey, then please email your interest to info@meg.org.nz

 What: Wetland Bird Call Workshop (& BBQ)

 Where: Denton's Woolshed Waikawau

 When: 3-6pm ish Saturday 14th September

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

 www.meg.org.nz

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"You will not be punished for your anger, you will be

punished by your anger." - Buddha



Mischa McCauley's World Challenge Trip

A massive thank you to all the locals who generously supported me on my trip to India and the Himalayas. Without your generous donations and offers of work, raising the necessary funds would have been a massive struggle for me to achieve, so I cannot express my gratitude towards all those who helped me make this trip a reality. It turned out to be an eye-opening experience that has taught me to step outside my comfort zone and allowed me to immerse myself in different customs, religions and cultures that I could never experience back home.

Picture - class of young women in India (Rajastahn)





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



Mahamudra Centre for Universal Unity ph 07 866 6851



SEPTEMBER 2019 NEWS.

www.mahamudra.org.nz

Following our hibernation over the month of July our doors have opened again to the public on the 1st August – two days later we had our first guests using staying at our Centre. During that period our staff has enjoyed their well deserved break and we have been able to complete or start a number of projects; heat pump in our Meditation Hall (Gompa), new fire place in the main house, new carpet in the main house, re-instatement of previously two donated huts (to be used for sleep outs at this moment) and various 'day-to-day' maintenance works.

Jaki Chalmers has joined us now, and is living at our Centre, since the end of July as our Spiritual Programme Co-coordinator; welcome Jaki to our Colville Community!

Our confirmed programme until the end of November is:

6th September – 30th November: Vajrasattva Retreat (and Empowerment) with Geshe Thupten Wangchen and Bhikshuni Lozang Yönten

We have some real exciting, 'thought provoking' and compassionate programmes provisionally lined up for the beginning of 2020:

- Venerable Lobsang Namgyel: 'Tara with Lam Rim' 5 day retreat starting 12th December 2019- <u>confirmed</u>

- Venerable Thubten Khadro <u>all to be confirmed</u>:
- Meditation Retreat: Cultivating Shamatha and Bodhichitta 3rd week January 2020 Meditation retreat Cultivating Shamatha and Emptiness 3rd week February 2020.
- Venerable Lhundup Jamyang <u>all to be confirmed</u>:
- 10-day Lam Rim retreat: introduction course on the two truths, the four noble truths and Lam Rim end of January 2020.

Weekend teachings on: compassion, emptiness, the eight worldly dharmas or weekend deity retreat (Medicine Buddha, Tara, or Chenrezig) – between the 2nd week in January end the middle of March 2020

HE Ling Rinpoche visit New Zealand 2020 early March – exact dates to be confirmed.

Our wonderful Hedwig Bakker will return during the course of the first 5 months of next year to lead on the "Mindfulness & Meditation "retreat weekends. Hedwig is a wonderful teacher on this subject, compassionate, open minded and light hearted, and her courses are always well attended – <u>dates to be confirmed</u>.

We are really excited about our programme for this season (2019-20) in making it

available to the public, at all levels, and experienced dharma practitioners.

In between the programmes and retreats we invite visitors and guests to come enjoy our peaceful retreat centre. You don't need to be Buddhist to come and stay, but we ask that you have an open heart and mind and a commitment to live by the five lay precepts while you are here: no killing, no stealing, no lying, no sexual misconduct, and no intoxicants. You, family or friends can make bookings through our website or via Booking.com – the latter we 'embraced' at the end of last year.

Our 'Family Day / Open Day' has always been well received and attended over the years. It is provisionally our intention to have this wonderful day for the community and visitors again during the first three months of 2020 – provisionally in February. We are therefore seeking your thoughts and ideas on the format and timing of this bearing in mind that we have a 'full programme' and we don't want to burn-out staff and volunteers of course. Please send us your thoughts, ideas, etc. to retreat@mahamudra.org.nz or give us a call on 07-8666851.

In the meantime please check our website for updates on our summer programmes as they are being updated developed and confirmed over the next month.

"Buddhism is not at all a tactful religion, always trying to avoid giving offense. Buddhism addresses precisely what you are and what your mind is doing in the here and now. That's what makes it so interesting (Lama Thubten Yeshe)". Jan van der Vliet



Colville General Store



Opening hours Monday – Saturday 8.30am – 5.00pm, Sunday 8.30am – 4.00pm THE COLD BLAST HAS FINALLY COME BUT DONT DESPAIR OR BE GLUM; ITS TIME FOR CHOCOLATE, SOUP AND INDOOR FUN.

OUR ORGANIC RANGE IS SURE TO PLEASE.

HAVE YOU TRIED KELP NOODLES? WHAT A SURPRISE! OUR ORGANIC CHOOK FOOD CAN BE BROUGHT IN BULK. CHECK WITH KAT TO ORDER YOUR SACK. OUR HOURS REMAIN THE SAME, EARLY CLOSE SUNDAYS AND NO LATE NIGHT.







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. Don't be the person to paint the world in grey,

paint it in bright colours each and every day.



Regular Events

- Tuesdays Yoga at the Colville Hall 10am
- Thursdays Enliven at CSSC
- Saturdays Coro flea market 8.30am 1pm.

SEPTEMBER Events

- Sun 1 Rod McLeod Exhibition Opening. 2.30pm at Hauraki House.
 MEG Winter Lecture: Talk on Kapiti Marine Reserve. 7pm at the Pepper Tree
- Tues 3 CSSC AGM, CSSC, 1.30pm
- Sat 14 Darts Night Tangiaro
- Sat 14 MEG Wetlands birdcall workshop & BBQ. Waikawau Woolshed 3pm
- Sat 21 Meet the candidates, Colville Hall 2-4pm
 - CHC Potting Party. 10 am at the nursery (Sunday 22 if raining)
- Sun 22 Cut off date for October Panui
- Weds 25 Project Planning Training, see page 2

OCTOBER Events

Sat 12 - Local body elections close 12pm

NOVEMBER Events

Fri & Sat 1-2 - Show Me Shorts Film Festival in the Colville Hall Weds 13 - First Aid Training, Colville Hall

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 Pārlui hard copy, you can always read it on line in glorious technicolour.