

# COROMIND



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NZ Politics for Dummies  
Raising Bilingual Children  
Planting Pines and Problems?  
To Privatisise or Not to Privatisise  
Building Tolerance and Understanding**

Audio Version



**Issue 4**

# Editorial

Kia ora

As Coromind releases its fourth edition, our team is stoked to see our magazine taking a natural educational path. We are passionate about sharing content that is both entertaining and informative. Education is key to personal and community growth, and we want to support that through our publication.

We are thrilled to support local artists and creatives, and we are grateful for their contributions to our mag. This is also a space for members of our community to share their thoughts, and we appreciate their engagement with our mission.

Our advertisers have also recognised the importance of educational content, and we are proud to partner with them in some of the articles.

We believe that education is not just about academic knowledge but also about understanding the world around us and our place in it. Coromind is a platform for promoting this type of education, bringing people together to learn from one another.

We are experiencing tremendous growth in a small period of time, which has given us a boost of energy to create the good read that you are about to experience now!

Coromind is a free magazine with a mighty website where you can find an online and audio version. Accessibility matters!

Scan the QR code on the cover of the mag to access our online content or go straight to **coromind.nz** in your browser.

Now, sit back, relax and enjoy Coromind!

Peace,



Emma Evangeline Gustafson



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# Bring Nature Inside



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starts here.*

## The Benefits of Biophilic Design

You're not alone if you've ever felt trapped inside your home or office, surrounded by sterile walls and artificial lighting. But what if there was a way to bring the outdoors in, creating a more vibrant natural environment that benefits your physical and mental health? Enter biophilic design, the practice of incorporating natural elements into our built environments. Here are some achievable ways to bring nature into your space:

### Breaking Down Hard Straight Line

Design trends have shifted towards rounded furniture or decor items with rounded corners, textured tiles with leaf or wavy patterns, and loop pile wool carpets. Avoid shiny, polished surfaces in favour of matte and textured finishes to create a natural relaxed feel.

### Natural Light and Window Treatments

Natural light is one of the most important aspects of biophilic design. It has been linked to better sleep, improved mood and increased productivity. To prevent natural light from becoming overwhelming, use window treatments that can filter the light and provide privacy while still allowing enough natural light to fill the room. Sheer flowing fabrics can be used to soften your space while keeping the sun out, creating a soothing and comfortable atmosphere.



*Floor: Quickstep laminate - Classic Oak Natural*

### Indoor Plants

Plants are an easy way to add a touch of nature to your home. You could attempt a full living wall or consider incorporating indoor potted plants or botanical wallpaper designs into your interior space. Indoor plants look beautiful, improve air quality, reduce stress and improve mood.

### Botanical and Floral Designs

Incorporating botanical and floral designs into your space can create a natural feel. Look for fabrics, tile textures, tile printed patterns, wallpaper designs and wall art with floral or leafy patterns.



*Wallpaper: Aspiring Walls - Eden M37394D*

Biophilic design is all about bringing nature into your space to promote a sense of calm and relaxation. Organic shapes and patterns are a hallmark of this design style and can be incorporated into furniture, decor and architecture. You can easily achieve this look by selecting pieces with curvy lines, leafy patterns and colours inspired by nature. Adding greenery with hanging plants or a vertical garden can also help create a biophilic environment. When it comes to the layout and architecture of your home, consider maximising natural light and incorporating natural materials such as stone or wood to create a calming atmosphere.

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# Emma Evangeline Gustafson



Kia ora!

I'm Emma Evangeline Gustafson, a full-time artist and illustrator based in Whitianga. I primarily paint nature-based scenes and local landscapes. I'm very grateful the universe brought me to the Coromandel. I love exploring the peninsula and painting those special spots I find off the beaten track. Through my painting, I get to showcase the magic of this place – the pristine beaches, bush, birdlife, creeks, crystals and stunning rock formations. I love the challenge of trying to do these landscapes justice. I sometimes like to add metaphysical/surreal elements to my paintings too, because I think it's important to remember that everything in our world is so much more connected than we realise.

My painting process is very intuitive. Although I studied graphic design, I am a completely self-taught painter and have always gravitated towards art-making because it runs through my whānau.

In 2020, I started delving more into illustration. The first big illustration job I was fortunate to work on was *The Story of Swoop*, which managed to hit #1 on the NZ Children's bestseller list. Since then, I have worked on a couple of other stories for NZ-based authors, but I intend to illustrate my own stories so I have greater creative freedom.

I sell my work both online and through the local markets here in Coromandel. As an artist, I find it very easy to be a recluse, but I love doing the markets because they bring me out of hermit mode and connect me with this amazing community. I really believe that creative expression is medicine, and I am so stoked to live in an area that really honours the arts.

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# Born & Raised

## Caleb Carter

### What are your family links to Mercury Bay?

My family links to Mercury Bay are my grandparents, Kevin Brown, long-time resident and ex-commercial fisherman from Kūaotunu, and Christine Carter, who had the Civic Video store for 20+ years. My twin brother and I grew up in Kūaotunu.

### When did you live in Mercury Bay?

I grew up in Kūaotunu and moved to Auckland to study to become a chef – later moving to Australia to further my career.

### How long did you live in Mercury Bay?

I lived in Mercury Bay for 18 years. I studied at Mercury Bay Area School from Year 9 to Year 12.

### What have you been doing since school?

Once I left school, I took the chance to become an apprentice chef at two renowned Auckland restaurants, The Grove and then the Baduzzi. I next worked as a chef in Australia for 5 years, in Sydney. Since then, I've been working in Guangzhou, China as Executive Head Chef of a Michelin restaurant.

### What would be the achievement you are most proud of?

I'm not one to gloat about achievements, I just put the work in – but most recently, being the Executive Head Chef of a fine dining restaurant and getting to be on the Michelin star stage accepting the award was very special. Also receiving the award Chef of the Year and best French Restaurant at the age of 26 was a pretty cool feeling.



### Have you been back to Coromandel recently? What were your impressions?

I came back during the start of the pandemic for a few months, and wow, it had changed a lot! I noticed this big change because I had been away for eight years and did not come home so often before. More people, more houses, and more modern, but nothing is like home! It's always a privilege coming back and calling Whitianga and Kūaotunu home. It's still like slowing down or going back in time compared to the place I live in now, in a city of 30+ million people.

### What are your fondest memories of home?

My fondest memories would have to be summer times. Fishing and diving and hanging out with my mates and my grandparents.

### Who were some of your friends in the early years?

Before going to Mercury Bay, I was at Te Rerenga School, so when we all went off the bay, we stuck pretty close. JJ Parr, Sam Oliver, Karl Glen and Karl Bryant, to name some off the top of my head. JJ and I, and a few others actually, went to kindly

together in the old Kūaotunu hall.

### Any other information that may be relevant?

Coming from such a small, diverse town and having grassroots there definitely helped me along my journey.



## HEMP

### A Superplant with Several Advantages

Hemp is a super plant that's been used for centuries for its medicinal properties and it is gaining recognition for its many benefits. There are three main ways you can use hemp. (see sidebar)

### Why is Hemp Good for the Environment?

Hemp is a sustainable crop that requires fewer resources than other crops, making it a more eco-friendly choice. It's also a natural alternative to plastic and other materials, making it an ideal choice for sustainable and environmentally-friendly products.

Hemp is a super plant that's packed with nutrients and has many potential benefits. It's also a sustainable and eco-friendly choice. So next time you come across hemp products, give them a try and experience the many benefits of this amazing plant.



### SEEDS

#### Hemp Seeds: A Nutrient-Packed Superfood

Hemp seeds are a nutrient-packed superfood that you can eat raw or roasted. They're rich in protein, fibre, and healthy fats, making them a great addition to your diet. You can sprinkle them on salads or yoghurt, add them to smoothies, or even eat them on their own. Plus, they're packed with essential minerals like magnesium, potassium, and zinc.



### OIL

#### Hemp Oil: A Versatile and Nutritious Ingredient

Hemp oil is extracted from the seeds of the hemp plant and is rich in omega-3 and omega-6 fatty acids, which are crucial for a healthy diet. You can use it for cooking, as a salad dressing, or add it to smoothies. It's a versatile and nutritious ingredient that's also great for your skin. It's moisturising and has anti-inflammatory properties that can help with skin conditions like eczema and psoriasis.



### FIBRE

#### Hemp Fibre: A Renewable Resource

Hemp fibre is a renewable resource that's gaining popularity for its eco-friendly and sustainable properties. The fibre from the hemp plant can be used for various products, including paper, rope, and insulation. It's a versatile and eco-friendly material that requires less water and fewer pesticides than other crops, making it a more sustainable choice.



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# Leap and the Net will Appear

Female business owners are creating the community they want to be part of

We've all said it. "I have an idea for a business!" It's something I hear all the time from the women in my life, as a female entrepreneur. So, what holds most women back from taking that idea and running with it? The answer is fear of failure.

This fear, a very rational and appropriate response to any risk, is overly attributed to women. Researchers at the University of Pennsylvania have examined this and determined that men are more likely to undertake risky behaviour and this ability to see the risk as less of a barrier carries into the world of entrepreneurship. Women are less likely to take the risk in the first place and therefore are underrepresented in the world of start-ups.

In my experience, lots of women start businesses when they have little children. All of a sudden, the normal 9-6 job doesn't work for their new lives. Women with young children need flexible working hours, something that mainstream employment rarely

provides. So, is there something about this time of life for women in business that takes the fear away?

Bianca from Le Edit (the luxe Coromandel-based women and kids clothing brand) says her business brings her "flexibility to be there for my kids and be home when they need me". Courtney Linnecar agrees, "I wanted to create the HappyLocal Hub in Kūaotunu as something to help our people living in our coastal communities to be holistically well and connected to different social groups through shared interests. It's also a bonus the business fits around me being a mama of three small boys". If ever there was a life stage where you pushed through your fears and doubts to do it anyway, it's parenting small children.

The researchers at the University of Pennsylvania also found that women are as innovative and creative as men, if not more so. Life on the Coromandel Peninsula forces you to be creative when starting your own

business. Courtney discovered a gap in her community and found a way to fill that gap: "The HappyLocal Hub offers a range of practitioners, coworking desks and workshops". Bianca has taken a different approach and utilises the internet to market and sell the Le Edit range of luxe clothing to customers and stores all over New Zealand and Australia.

Even with all their success, self-doubt is a huge hurdle to overcome for any business owner. "Tall poppy syndrome and thinking I'm not good enough" is still something Bianca thinks about. The events of the past few years haven't made that any easier. Courtney explains, "I think the skill of resilience has taken on a new meaning; that preparing for absolutely anything someone could face is now a given".

I've learnt through my 7 years of business ownership that these fears never go away. The bigger you get the bigger your mistakes are, but the rewards are bigger too. Bianca

told me, "I'm still learning and always will be", but her takeaway tip is to not shy away from the boring stuff, saying for her, most recently, "learning and understanding how your accounts work is really important".

All things considered, given the natural risk-averse nature of women and the complexities of living in remote communities and raising families, I think the women of the Coromandel have an amazing ability to create a path for themselves. The Coromandel is full of female entrepreneurs carving a successful, flexible and most importantly profitable life for themselves and their families.

Coromandel communities are known for their welcoming atmosphere to tourists, and we also support each other, including encouraging other

women to take that spark of an idea and turn it into something life-changing for them and their family. The same research by the University of Pennsylvania found that female founders outperformed men on platforms like Kickstarter where community interaction was vital to its success. Here on the Coromandel, we have the ingredients for that success.

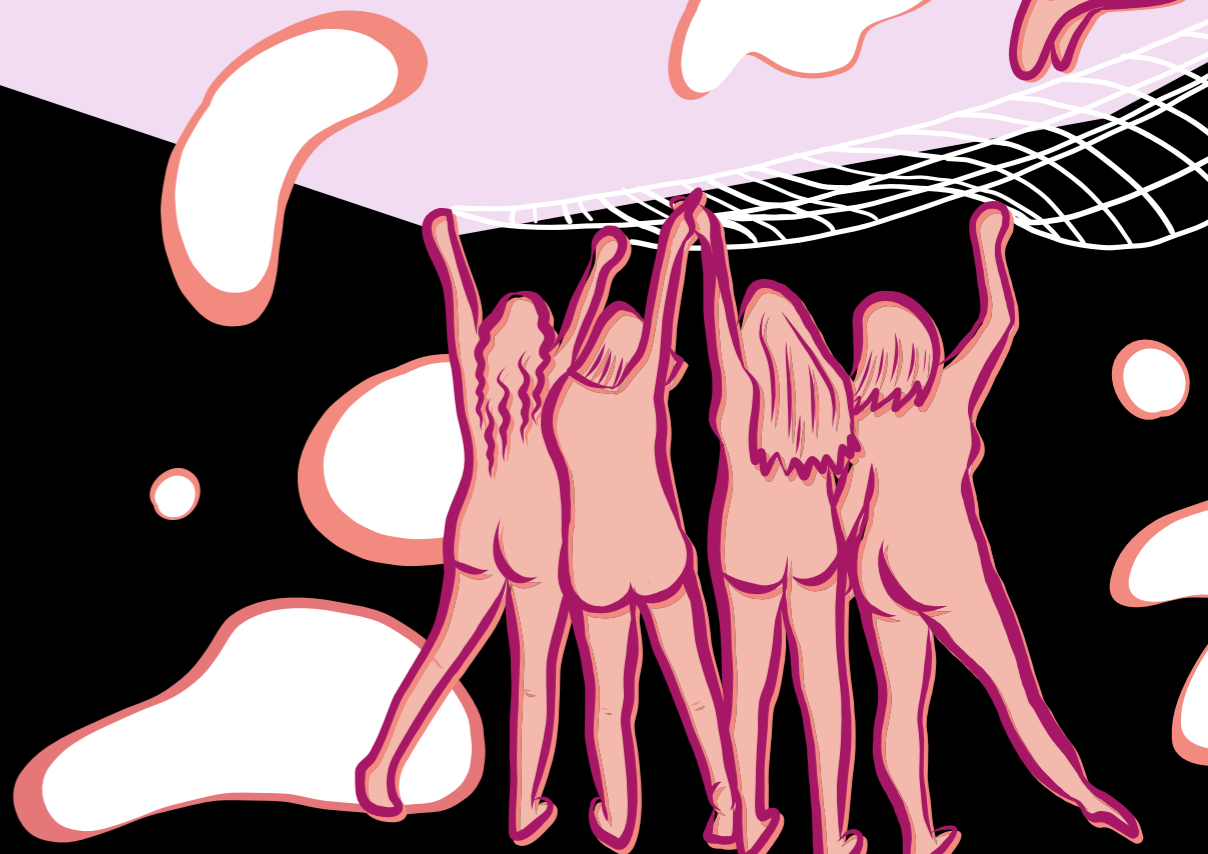
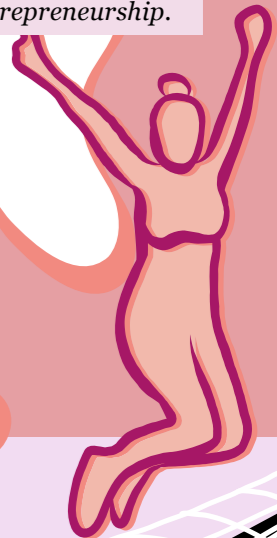
The lesson of this story is if you're thinking about taking the leap into entrepreneurship, find yourself a cheerleader. If you have someone in your life who is starting a business, be their cheerleader. The fear of failure is what holds so many people back from creating a life they want to live, and we have some amazing examples of what success can look like. Right here.

- Words & Art by Chloe Watts  
<https://www.blueberryco.co.nz/>

About the author:

*Chloe Watts is the co-founder of Blueberry Co Memory Books. She lives in Matarangi with her husband and business partner and their two daughters.*

*The study referenced is by Ethan Mollick at Wharton Interactive, University of Pennsylvania on the Gender Gap in Entrepreneurship.*



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# From Coro With

## There's no Place Like Home

Kia ora e hoa ma

Being away from home is usually what people enjoy the most about travel, and personally it is for me too. Making memories in different cities, surrounded by different foods and culture. As I've mentioned before, the awe and excitement is addicting. However, recently I found myself in a position I have only been in once before, and that is the feeling of being stuck whilst overseas and desperate to get home ...

With the ring of a phone call, all of a sudden the rush and thrill of being immersed in foreign language and food fell away as all I could focus on was getting home. The feelings of awe quickly became despair and the excitement grew to anger.

It was almost the complete opposite to having the 'travel bug', where you have a sense of longing or serendipity. Now all I could imagine was the driveway of my childhood home, the wallpaper of the rooms I grew up in and the faces of my family.

Unfortunately I don't have much recent travel to write about as my last trip overseas I received the news that someone very dear to me had passed away. The world I so deeply sought to explore didn't matter in that moment; however, as I write this I can hear her words that encouraged me to travel in the beginning and I will continue to fulfil a dream she no longer could, and that is travel.

A quick shout-out to my colleagues and manager who took care of me on my journey home.

Thank you for your care and support. I will never forget you.

**'OH! THE PLACES YOU'LL GO! You'll be on your way up! You'll be seeing great sights! You'll join the high fliers who soar to high heights.'** – Dr. Seuss

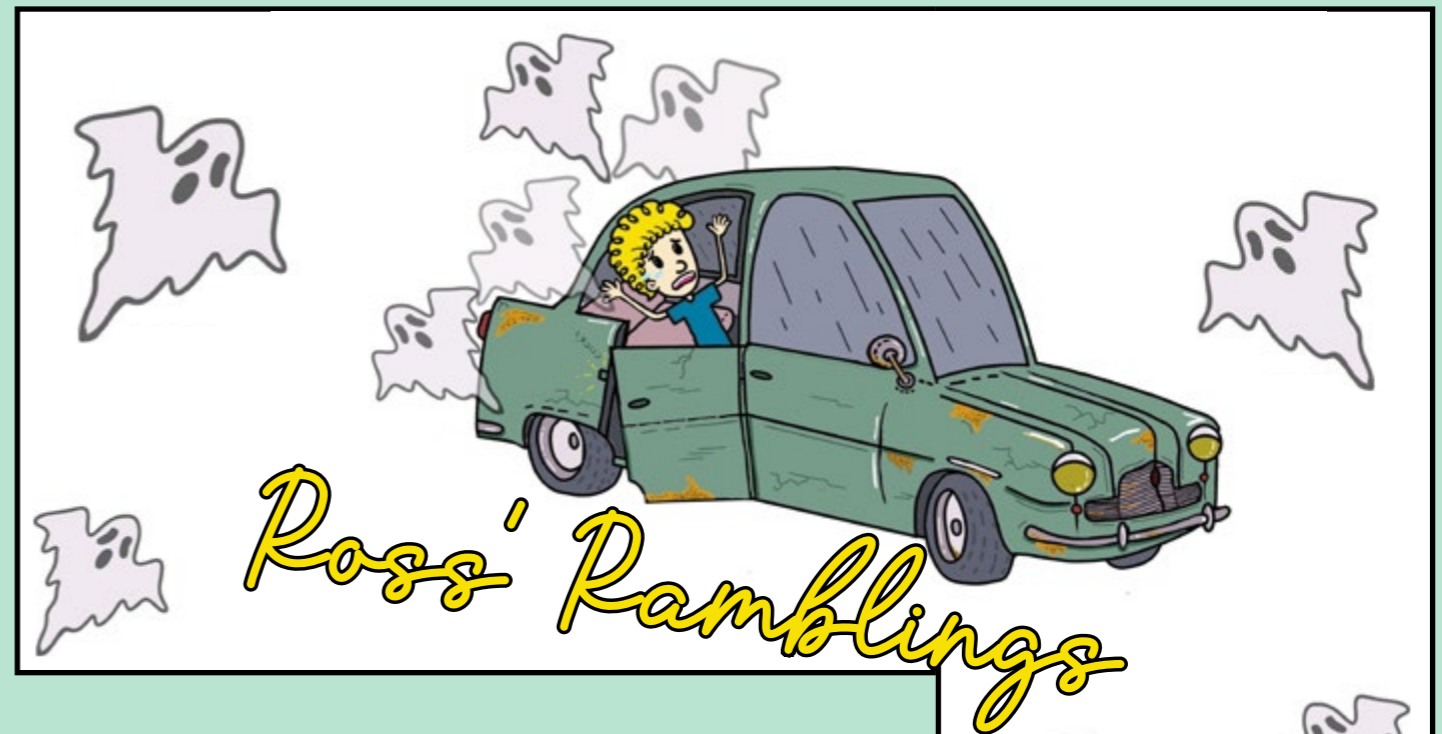
- Words by Chloe Potae



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Ross Liggins is back with more anecdotes and insights

## Unexplainable happenings – Part 1

Most of us have had experiences that we find difficult to explain logically, and I thought I would share some of mine with you. The 'inner voice', intuition, gut feeling, call it what you will, that people talk about probably saved my life when I was very young. I was in my father's rusty old Zephyr during the mid-1950s on my way to school. It was rusty because my Dad wasn't great at looking after his vehicles and seldom hosed off his car with fresh water after our weekend trips along Muriwai Beach to gather the iconic toheroa shellfish, during which we often drove through salt water and sometimes had to dig our car out of the black iron sand when it got stuck. So the old 1955 Consul was a veritable feast for rust. Anyway, I was leaning against the door daydreaming about whatever a 7-year-old daydreams about, when suddenly a voice in my head whispered, "Stop leaning on the door". In my dozy state, thinking that my dad had said it, I dutifully stopped my lean, whereupon the door suddenly flew open revealing the fast-moving white centre-line of the road onto which I would have undoubtedly tumbled had I not obeyed that mysterious voice. I grabbed the handle and managed to close it as my dad shouted "Why did you open the door?" I told him that I didn't and asked why he had told me not to lean on it. He replied that he hadn't and so we continued

our journey to school. Somehow, I have always remembered that event as a formidable learning experience in my life – namely, to take note of that inner voice, especially if I can actually hear it and not just feel it.

Not all unexplainable events stem from inner messages however. Sometimes they seem kind of supernatural, almost spooky. One happened to me after my dad died, when my siblings and I took his ashes to Lake Rotoiti to fulfil his wish to be scattered in the lake in front of the family bach where we had enjoyed many holidays together. Dad's passion had been fly fishing for the rainbow trout which frequented the weed beds 100 metres off our jetty. I noticed as a kid how, whenever Dad had an argument with my mother, he would slowly get up out of his chair, pour himself what he called a 'tincture' of whiskey and milk, put on his waders and wander down to the lake to cast a fly at the waiting rainbows. It was his way of avoiding conflict. Anyway, this time it was me getting into my waders and wandering down to the lake, armed not with a fishing rod, but with a box containing my dear old Dad's ashes. I waded out and stopped at the spot where he used to fish, 50 or so metres out from the jetty, and noticed a rainbow (not the trout) stretching as a straight vertical line into the sky. "That's pretty random," I remember

thinking as I began to pour the ashes into the lake, but imagine my surprise when, after emptying the urn, I looked down and saw the shape of 2 grey footprints where the ashes had fallen, silhouetted against the white sand of the lake bottom. I felt like leaving the rod out there in the lake just in case he was still there, after another tiff with mum somewhere in their ethereal world.

A similar event happened when a close friend died after a long illness. She knew that she was not long for this world and often joked that when she died she would come back and haunt the hell out of me. One night, my then wife and I were asleep and were suddenly woken by the living room light coming on outside the bedroom door. I got up and turned the light off and climbed back into bed thinking nothing of it. A few minutes later the light switched itself on again. The next morning, my sick friend's daughter phoned and told me that her mum had passed during the night. Was it a faulty light or a playful spirit? I have often wondered about that.

To be continued ...

- Words by Ross Liggins  
Art by Lucas Rocha  
@\_\_lucas.rocha\_\_



## An Old School Kiwi Pub

Have you ever walked into one of those 'old man' bars that only sell about four beers, and that's that? They're a dying breed. They usually have about eight fellas, sitting in silence, drinking those massive bottles but with tiny glasses. There's absolutely no music playing, just the aural penetration of a cacophony of mutterings of words such as, "Uh, harden up", "Buck Shelford" ...

An old school Kiwi pub. Unfortunately, a lot of these old buildings have now been turned into hat shops or have a single piece of art in the window. Just walk through Parnell in Auckland! Apparently, that was a lively area back in the day! How does a scarf pay the rent in Parnell?! That must be some scarf! Sure, there are other themed bars: Irish, Belgian, mini golf. But I want a local bar.

There was an early, negative view of alcohol consumption and still is among some. Pubs had to close early. When more tourists came to New Zealand, especially with the advent of jet air travel, early closing was seen as an outdated concept. The law changed.

The early negative view of alcohol consumption and the '6 o'clock swill', however, seems to have left a horrible hangover, especially when it comes to the destruction or makeover of beautiful old pubs.

This is changing though, with the influx of brewpubs and breweries. A Sunday session in a brewpub is a great day out! But these brewpubs and breweries tend to be in industrial estates, somewhere on the outskirts of a town or city! So here's an idea ... move your fancy hat shops to the industrial estate and bring the boozier closer to the people!

Not all old-school pubs are gone, though. Recently on a tour around NZ, a group of us dropped into a gritty, dreary pub in a small town. No music. It was like a cowboy movie, everyone just stared at us. My wine-drinking friend approached the bar and asked, "A glass of red, please".

The barman began to pour a glass of Lion Red.

We laughed, said, "Red wine" ... He seemed confused. He disappeared for some time and returned with red wine and poured it into a whiskey glass.

Never change, small town New Zealand ... never change!

- Words by Alan McElroy

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# Rank, Power and Privilege

In most of the interactions and relationships we have with others, there is some sort of power structure in place. It may be based on age, skill level, gender, seniority or dozens of other factors.

"So what?" you might say, "I know where I stand!" But ask yourself this: "Do I always stand in the right place?"

Think back to a situation where you felt you were 'on the back foot' or felt unable to express yourself clearly. What was the other person's rank in relation to you, what was their level of power and what level of privilege were they coming from? What was your level of rank in the situation, how much power did you hold and what level of privilege?

It may well have been an issue of rank, power or privilege that led to you, or the other person, not behaving as you would have liked to, not knowing 'where to stand'.



## Privilege

Here the focus is often on who has more choice or freedom in a given situation. Again, it can be related to rank and/or power and is often equated with levels of income or wealth. In an interaction, the person with less choice (actual or perceived) will tend to feel disadvantaged or threatened by the other party. Aggression is a common response.



## Rank

This can exist in many forms. In organisations and businesses, it is most usually based on a person's position in the hierarchy and is a combination of their title (deserved or otherwise) and their seniority (not necessarily their ability!). Likewise in clubs, the chairperson and the committee members are elected into positions of rank. In society, it can be related to qualifications, type of work, level of income, or simply being a member of a particular group. And in families, it can be based (not always fairly) on age, gender, levels of achievement or personality.

## Power

Power is often linked with rank; those in the higher-ranked positions usually hold more power. But it can also exist in its own right. A common example is 'Technical Power'; in other words a higher level of knowledge about a situation or topic can put one person in a position of power over another. It can also be associated with level of influence; those with a high level or range of influence are often experienced as 'holding the power'.



## Rank, Power, Privilege and You

These three factors exist in our world; they always have, and used well they can be a force for good. They are often closely interconnected and can combine into a powerful force.

The challenge is how do we exercise them? Consciously, respectfully, and for the benefit of others? Or unconsciously, disrespectfully and for our own benefit?

Take a moment to consider your interactions and relationships from a Rank, Power and Privilege perspective:

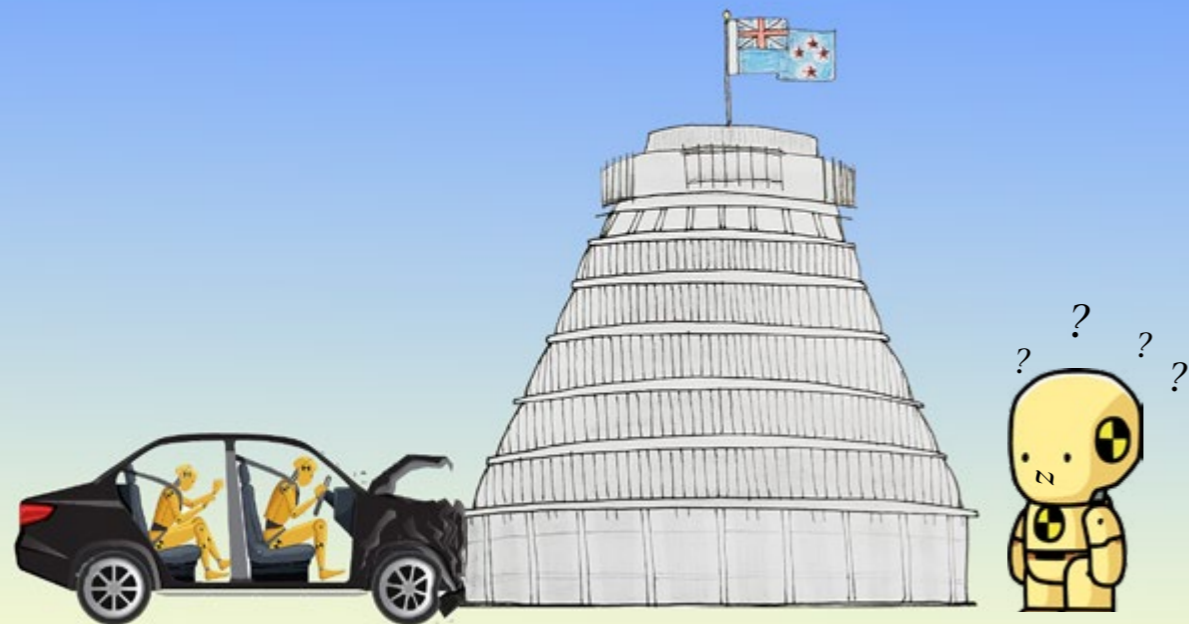
- In which situations do you have a high level of rank, power or privilege?
- How do you exercise it?
- What might you do differently?
- In which situations do you have a low level of rank, power or privilege?
- How do you handle yourself in these situations?
- What might you do differently?

And remember rank, power and privilege are not inherently wrong, but it is up to us how we use them.

- Words by Dave Burton  
www.potential.co.nz

Art by Lucas Rocha  
@\_\_lucas.rocha\_\_





# NZ Politics for Dummies

It's easy to feel daunted by the big, scary world of politics. There is so much to know, and if you're a new voter, or just don't have the time or energy for a bunch of research, it's difficult to know where to even start. Well, worry not dear reader; here is your unbiased guide to the basics of politics in New Zealand. Read on to learn how the system works, and what your part in it is.

Every three years, there is a general election in New Zealand. This means that everyone who's eligible to vote in New Zealand gets to have their say on what the next government will look like. But who is eligible? To be eligible to vote in New Zealand, you must be over 18 years old, be a New Zealand citizen or permanent resident, and have lived in New Zealand for a period of at least 12 months at some point in your life. If this is you, then you get a vote!

Eligible New Zealanders vote on a few different things in general elections, and they're not always the same. Every general election will involve an electorate vote and a party vote. For the electorate vote, you get to vote for who you want to represent your area. This person is called your Member of Parliament, or MP. The party vote is where you decide which party you want to represent you. This will be the party that you feel best represents your ideals and beliefs. There are also local elections, which also run every three years. Local

elections determine who will make up the local council, and who will be the mayor. As for who to vote for, that I can't tell you; only you know which party best represents your wants and needs. However, you can find lots of information online, and there are sites specifically designed to let you compare candidates and parties.

In some general elections, there will be referendums. A referendum is a question posed by the government or the public that the public then vote on. For example, in the 2020 election we had two referendums to vote on. One was whether cannabis should be legalised, and the other was whether euthanasia should be legalised. The Cannabis Legalisation and Control bill was not passed, as the majority of New Zealand voted no, but the End of Life Choice bill was passed, meaning that euthanasia (within certain restrictions) is now legal in New Zealand.

After New Zealand has voted in the general election, the preliminary votes will be published. This gives the country a general idea of which parties are coming in at the top before the final votes are counted. Then, the final votes will be announced about 2-3 weeks after election day. After the results are official, the seats of parliament will be filled. There are usually 120 seats in parliament. Every candidate who won their local MP vote gets to have a seat. The remaining seats consist of party members from

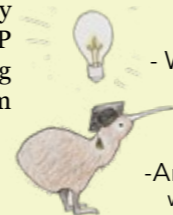
the parties who received the highest party votes. The party with the most seats becomes the government, and the leader of this party will most likely become, or continue to be, the prime minister. Currently, we have a Labour government.

So what happens during the next three years after the election? Well, the new government will begin their work. This work basically involves a lot of decision-making. The government will work together and separately in order to resolve problems and conflicts that they see happening in the country. One of the important jobs that parliament has is passing new laws. When a law is passed in New Zealand, it starts off as a bill, which is a draft of a new law. Bills can be proposed by MPs or ministers, and will go through many stages (e.g. consideration of public submissions by select committees) before being voted on. If a bill passes, it means a new law has been made.

This process continues for three years, when the whole cycle will begin again. So there you have it – New Zealand politics made easy! Now when people talk about politics around you, you'll have a basic idea of what they're going on about. Good luck!

- Words by Sarah Morcom  
@sarahljmorcom

-Art by Hilary Emerson Lay  
www.hilaryemersonlay.com



# BARK

## A Natural and Beneficial Addition to Your Garden

Bark is the protective outer layer of a tree's trunk and branches. While it may not seem like much at first glance, bark plays a crucial role in the health and well-being of trees and can also benefit your garden in a number of ways.

### History of Bark Use

Humans have been using bark for various purposes for thousands of years. In many indigenous cultures, bark was used for medicinal purposes, such as treating fevers and digestive issues. It was also used to make clothing, baskets, and other woven items.

In more recent history, bark has been used as a natural mulch in gardening and landscaping. The practice of using bark mulch gained popularity in the 1970s as an alternative to synthetic materials, and has since become a staple in many gardeners' toolkits.

### Benefits of Bark in Your Garden

Using bark in your garden can provide a number of benefits. Firstly, it can help to retain moisture in the soil, which is especially important during hot and dry periods. This can reduce the amount of watering you need to do and can also help to protect your plants from drought.

Bark mulch can also help to suppress weeds, as it creates a barrier that prevents weed seeds from germinating. This can reduce the amount of time you need to spend weeding your garden, allowing you to focus on more enjoyable gardening tasks.

Finally, bark mulch can help to regulate soil temperature, keeping it cooler in the summer and warmer in the winter. This can help to promote healthy root growth and can also help to protect plants from extreme temperatures.

### Choosing the Right Bark

When choosing a bark mulch for your garden, it's important to consider the type of plants you're growing and the overall aesthetic you're trying to achieve. Some popular options include cedar, pine, and hardwood bark.

Cedar bark is a popular choice due to its natural resistance to insects and decay. Pine bark is also a good option, as it breaks down more slowly than other types of wood and can last for several years. Hardwood bark is a great choice if you're looking for a more decorative option, as it comes in a variety of colors and textures.

Bark may seem like a small and insignificant part of a tree, but it can have a big impact on the health of your garden. By using bark as a natural mulch, you can help to retain moisture, suppress weeds, and regulate soil temperature. With a little bit of research, you can choose the right type of bark for your garden and create a beautiful and healthy landscape



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# Raising Bilingual Children

## The power of language and culture

What value is there in learning your Indigenous language when the majority of the world speaks English? Is it important to know where you are from? Your whakapapa/genealogy, does it really matter? Ae, it simply is. Having the knowledge of where you originate from. Knowing the struggles and triumphs of your tūpuna/ancestors brings a sense of pride and self-knowing unlike anything else I have experienced.

As a Māori girl growing up in mainstream education, there were struggles that the majority of māori understand. Having your name mispronounced, being called upon to be the ‘dancing monkey’ or leader at hui/meetings or occasions of importance, being made to feel like a burden when you do not have your stationery for a few weeks due to the ongoing financial constraints and the effects of colonization.

These are but a few of the issues I faced, and I am certain many other tamariki Māori, especially of my generation, have faced.

Academics from around the world have researched and developed theories and findings based on these types of happenings. For instance, Joshua A. Fishman believes:

- Intergenerational transmission of language in the home from grandparents, parents to young children is the key to keeping indigenous languages alive.
- He argues that there should be deliberate planning in language programmes.
- A language that is dying may symbolize low status and low income, speaking English may symbolize achievement
- In some cases, an indigenous language is sometimes perceived as a symbol of the past.
- A language symbolizes its culture. Culture is partly created from its language through –

waiata, hīmene, whakatauki, kīwaha, pūrākau

So, what can we do to improve this situation? As a new Mum living in a foreign land, there was an overwhelming sense to instill the values of my tūpuna within my own tamariki. The karanga/call was heard loud and clear within me. So, I set upon returning to my homeland of Aotearoa to achieve this goal. Ēngari, along the way I found myself in a humble position where others around me were in the same waka. As a whānau nō ngā hau e whā/from the four winds, we were brave in our stance to create a safe space for our tamariki and ourselves to re-connect to our native tongue and what came of that is truly a dream come true.

Te Puna Reo o Whitianga is a bilingual playgroup that humbly started at the Crossroads Church in 2018. Through the powers of social media, Bess Kingi and I became friends with a common goal. Language acquisition for our local māmā me ōna pēpi/Mums and bubs. In 2019, we moved to MBAS where we had the tautoko of kaiako/teachers and a wider reach for whānau within our community. Te Puna Reo o Whitianga now resides at the schoolhouse right beside MBAS and opposite the Social Services. We as a whānau have spent an entire year renovating and creating a magical space for our local whānau and tamariki to meet and learn our reo alongside each other. Through this venture, we have been fortunate enough to find the true value of education within ourselves. Two of us have undertaken Te Poutuarongo Rangakura Kaiwhakaako/Bi-lingual Primary Teaching degree through Te Wānanga o Raukawa. Other whānau have been and gone and continue to educate themselves in te reo Māori me ōna tikanga. Our past pēpi have a deeper understanding of who they are and where they stand in this world. We all know the power of education and strive to be the best role models for ourselves, our babies, and our community. Kia kaha te reo māori! Get to know and love yourself whole

heartedly, unashamedly and thrive in your own skin!

Ko te manu e kai ana i te miro, nōnā te ngahere.

Ko te manu e kai ana i te mātauranga, nōnā te ao.

*The bird that consumes the miro berry, owns the forest.*

*The bird that consumes knowledge, owns the world.*

Madeline Johnson  
Ngāpuhi Nui Tōnu

**Te Puna Reo o Whitianga Bilingual Playgroup**

- Art by Duan Poaneki  
www.taecollective.co.nz

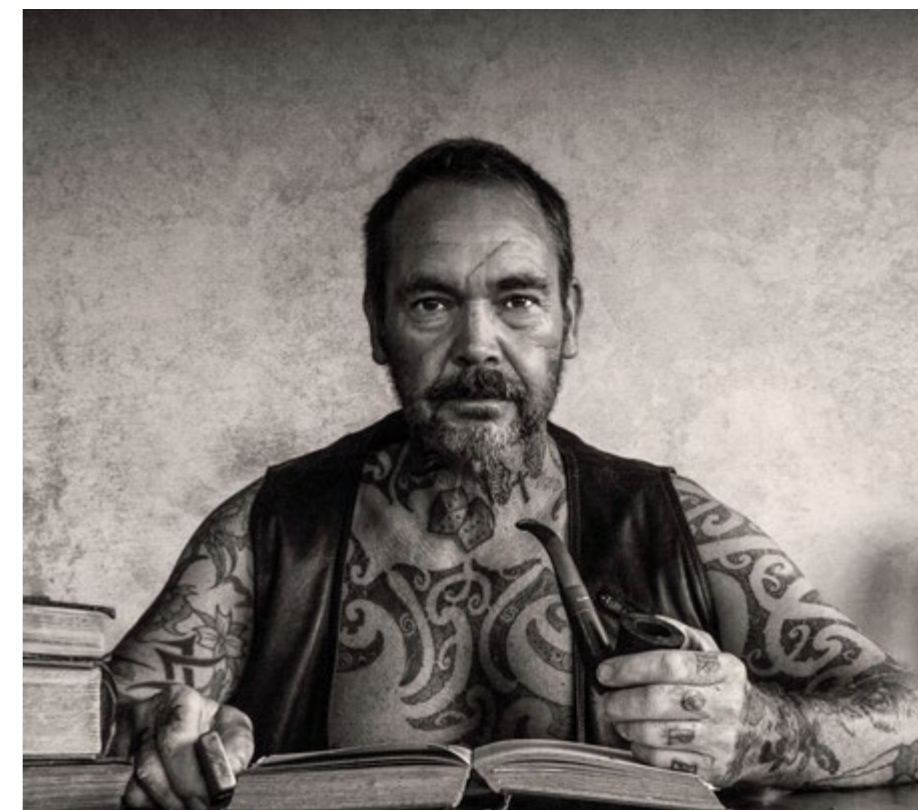
Karen McLeod  
PHOTOGRAPHY

# The Art of Storytelling Through Photography

For many years, art and photography have been my passion. It all began with my high school art teacher, a photographer, who led me to set up my own darkroom at home. However, life got in the way: work, making money, relationships, injuries etc., and it took some time to realise that photography was the journey I wanted to continue and take further.

My initial enthusiasm for photography was nature and landscapes, but in 2017, I decided to step out of my comfort zone and try my hand at portraiture. From that first session, ‘The Pipe Connoisseur’ was born. My passion for portrait photography was ignited, and I began exploring creative portraiture.

What is Creative Portraiture, you may ask? It can take many forms, from a simple touch of colour grading to elaborate post-work creating a contemporary piece of conceptual art. I love to find clothing and props in op shops, adding to the story of the portrait. Post-production is also involved, sometimes very little, and sometimes more, mainly if I create a composite by taking images of different people or objects and merging them into a single image.



I aim to create a story for the viewer, and the story is entirely up to them. People will often look at my portraits and develop their ideas and thoughts about the image. I love hearing what they think, who the person is, what the image means, and what they are doing, as regardless of my subject's personal story, the viewer's engagement is important to me as an artist. It doesn't matter if they like or dislike the image; what matters is that they consider how it made them feel.

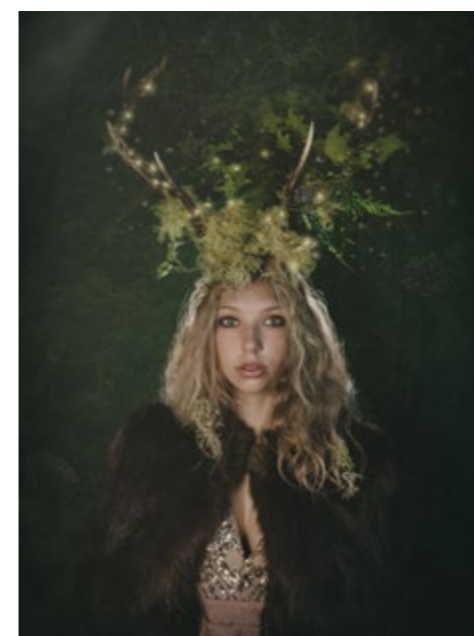
I shoot in my home studio and outdoors, in natural light, with a particular affinity for water. Storyboarding my ideas in a journal helps me ensure I

understand what I want to achieve, and it allows me to work more efficiently and give clear direction to my models.

The journey constantly leads me into more adventurous areas as I learn and refine my photography and storytelling skills.

I advise anyone wanting to start or elevate their photography journey to believe in themselves and their ideas, be original, enjoy what they do, and join groups that allow them to learn and grow in that environment.

-Words and photos by Karen McLeod



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# EVs vs Petrol cars:

## Navigating Fuel Prices in New Zealand

As we consider the future of fuel prices in New Zealand, several factors could influence them. One significant change is the increasing popularity of EVs, which could lead to a decrease in demand for petrol (and to a lesser extent, diesel), potentially resulting in lower fuel prices. Currently, driving an EV costs around 10 cents per litre, which is significantly cheaper than petrol. Moreover, fuel prices in New Zealand could reach up to \$3.00 per litre by June, making EVs an even more attractive option.

If the government introduces more incentives for EVs, it could further reduce demand for petrol and diesel, which could contribute to lower fuel prices. However, environmental regulations aimed at reducing greenhouse gas emissions could lead to increased taxes on petrol and diesel, increasing the cost of fuel for consumers.

Geopolitical events such as natural disasters, political instability, or changes to trade policies could cause disruptions to the global oil supply chain and cause fuel prices to rise. Therefore, it is essential to take control of your fuel expenses and consider alternatives such as carpooling, public transport, or switching to an EV.

By doing so, you will not only save money on fuel expenses but also help reduce your carbon footprint.

According to Waka Kotahi/NZ Transport Agency, the number of EVs in New Zealand is expected to grow significantly in the coming years. In December 2022, about 65,700 light-duty plug-in electric vehicles were registered in New Zealand, double the number of the previous year (which was itself double the number in 2020). This figure represented a penetration of 20% of new vehicle sales being electric by December 2022 (it includes buses, trucks, scooters, BEVs and PHEVs). This growth is due in part to a reduction in prices for EVs and the increasing availability of charging infrastructure. As more people switch to EVs, the demand for petrol and diesel is likely to decline, leading to further downward pressure on fuel prices. However, it is important to note that the adoption of EVs also depends on factors such as battery technology advancements and the availability of affordable models with sufficient range. Despite these challenges, the shift towards EVs represents an opportunity for kiwis to reduce their carbon emissions and achieve their environmental goals.

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# Yin-Yang & You

At the time of writing this article, I have just received the news that SH 25 is greatly compromised between Hikuai and Whangamatā. With the section of SH 25A that has already completely collapsed, this news brings more changes that are beyond my control. Hopefully by the time you read this, the weather has improved and so have the roads.

However, the prospect that our part of the world will be closed off at times with slips and slides over the coming years is all so real. The stormy summer brought all of us in the Coromandel a great deal of change and uncertainty.

In the light of these dramatic changes, one can turn to the ancient philosophy of Yin-Yang to seek fortitude and clarity about how to deal with changes.

## The Science of Yin-Yang

The Science of Yin-Yang is so simple, yet so deep that one can spend a lifetime contemplating it and still find nuances. At its core, Yin-Yang has 4 key principles:

### 1. Opposition

Light-Dark, Up-Down, Day-Night, etc. depend on the contrasting nature of each other. We can only know that light exists because of darkness. The usual great Coromandel summer (YANG) is thus contrasted by an occasional season of exceptionally wet weather ... and road closures (YIN).

### 2. Interdependence

Although opposing, Yin-Yang are mutually dependent. We only know how nice the Coromandel is because we are experiencing an exceptionally bad season. It will make us enjoy the sun and the good days a whole lot more.

### 3. Mutual consumption

The current 'bad' situation hopefully will lead to better roads, new business opportunities and more clarity on how to better our communities and infrastructure to cope with the ever-changing climate. If this challenge is met with wisdom and patience, good things will follow in the long run.

### 4. Inter-transformation

All change is dictated by two mechanisms: time causes/conditions. The times of bad weather, slow business and road closures will pass, with the coming change dependent on the causes and conditions established individually and as a collective community. This is a time to excel in strength, kindness and patience.



## The Art of Yin-Yang

The Art aspect of Yin-Yang ultimately boils down to the balance between our mind and body. For each and every one of us, our entire existence is only experienced through the vehicle of our body, which also includes our senses, mind, emotions and soul. A balanced and at-ease state between physical body and internal awareness is the art of life.

There are many ways to cultivate this internal Yin-Yang balance. The first is to become aware of its existence, the fact that we must cultivate both our mind and body. We can fine tune this balance with a reasonable seasonal diet, regular movement, quality rest, good relations with friends and family, not overworking/stressing, having meaningful ways to express ourselves and contributing to the community.

Happy cultivation!

- Words by Henri Lebedev  
@cloud.wanderers  
Art by Kary Luo  
@foodie\_lok

# Planting Pines and Problems?

## The role of local communities in sustainable resource management

The first memory I have of Pinus radiata was as a young boy, with the smell of Christmas trees.

That piney aroma would fill the house along with the anticipated excitement of the opening of gifts thereunder.

As a teenage apprentice carpenter, I learnt about the strength and versatility of NZ-grown Monterey Pine, especially after our Forestry Research Institute followed up with our forest service to bring us trees measured by 'growth factor', not quite genetically modified but 'tissue grafted' to produce 'super trees' super fast. Due to many factors such as humidity, volcanic soil, sunshine hours (ha! sometimes), and old kauri forest peat, we here on the Coromandel grow trees incredibly fast, possibly faster than anywhere else.

The problem with these super trees is they create a monoculture where the only thing that grows under or with them is one species of red spotted toadstool. Another problem is that the composition of our soils creates more foliar growth than root growth, so they blow down.

That is one reason some people who know about such things advocate for a thing called a 'riparian margin', which is a strip of land on either side of a stream, river or watershed that is simply left alone, preferably covered in biodiverse indigenous bush. These strips create an immeasurable advantage for the environmental ecology of the surrounding area.

If the stream flows through farmland, an adequate riparian margin will filter agrochemicals and excess nitrogen (from unsustainable farming practices) that otherwise will run into our oceans.

If the stream flows through commercial pine forests, an adequate riparian margin will prevent loss of topsoil and siltation downstream, plus preventing slash (branches, unwanted logs and stumps) from causing dams, flooding and major destruction.

All riparians planted or left as native bush will keep the stream cooler, so aquatic life increases and the water becomes more alkaline. Corridors are created for flora and fauna to travel to and from larger tracts of native bush.

In 2006, I witnessed the result of ignoring this vital principle when a culvert under the Hikuai Settlement road (just before Pauanui) was washed 300 metres away from the road, leaving a 3-metre-deep trench in the roadway. I was on the Tairua/Pauanui Community Board at the time and also worked as a logging contractor (that Christmas smell every day).

I applied for the resource consent for that area and waded through pages of jargon to find that the consent was produced by forest corporation Carter Holt Harvey and then rubber-stamped by the Waikato Regional Council. The basic riparian was only 5m; however, because of certain environmental values such as a clear water stream waterfall and the presence of kiwi and Archey's frogs they had the idea to make it 10m in that specific valley. Only when I went to view this, they had previously planted pines right up to the stream bed. It had been logged with the loggers stopping 50m from the road; two of these last pines had then blown over blocking the stream and most of the slash left on the bank had washed down and been caught by the fallen trees and created the dam that caused the washout. While there, I noticed already planters had again planted

Pinus radiata right up to the waterway. Not only are the resource consent margins inadequate, no one polices them anyway.

For three years after this, a group of us petitioned the Waikato Regional Council to at least enforce their own resource consent to change the rules and increase the margins up to 30m, and in some steep areas to keep pine forests out altogether. We were told that the margins don't work, and if they increased them the commercial forest would become 'uneconomic'.



If you ever travel from Tairua to Whenuakite, you will notice Graham's stream. This is a floodplain; residents living on the edge tried for many years to have the two authorities take action regarding the flooding that frequently occurred after a causeway was built on Manaia road in the 1970s by the local council. Finally, millions of dollars were spent, first installing bigger culvert pipes under the causeway, then earthworks and planting of riparians in the floodplain.

The Waikato Regional Council planted native riparians here, which are about 2m wide. Perhaps that is why the fluoro-coated, clipboard-toting bureaucrats think they don't work.

Drive a bit further on and you will notice a big copse of dead pines in amongst the Whenuakite indigenous forest. This started as an ill-fated experiment first by the NZ Forest Service, later taken over by the Dept of Conservation. Some bright spark thought if they crushed the biodiverse native bush and interplanted pinus radiata with kauri trees, the competition would create a kauri forest quickly. Instead, the pines smothered the kauri (duh).

In the early 1990s, we offered to log the pines and remove weeds until the native bush grew back. We were told NO as this is still an ongoing experiment. Now they have dumped toxic chemicals on them by helicopter and we get to see a dead forest for 30+ years. Not to mention what that does to the microbiome.

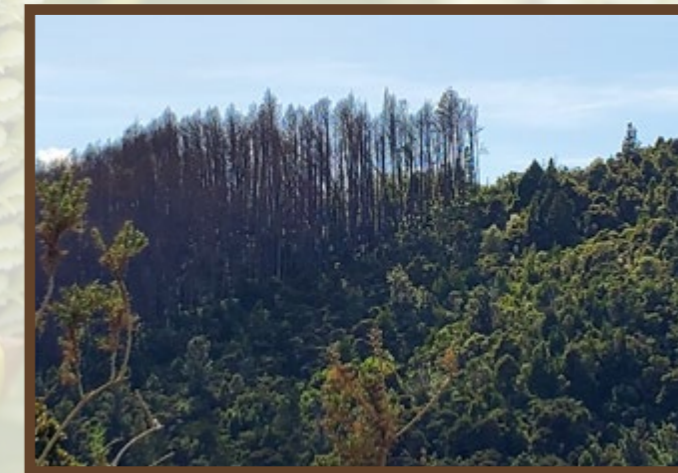
Our primary industries of forestry and farming are killing our beautiful Aotearoa. The central Regional authorities used to be called catchment boards and their main role was to look after our water. Now it seems their main role is to drive around in new sign-written utes issuing glossy pamphlets and decrees from on high, not taking action

and preventing hard-working local savvy Kiwis from helping their own community.

So what can we do? If you see our local MP or anyone from Waikato Regional Council, tell them to forget about pulling out mangroves and to PLANT RIPARIAN MARGINS.

If there is one stream in your neighbourhood that has just grass or weeds on its banks, throw on some manuka/kanuka seeds or even plant some harakeke. The birds will do the rest, mother Gaia will be filled with gratitude and your mokopuna may be able to know the joy of swimming in clear, unpolluted water ...

- Words by Roger Wood  
@corowood



Dead Pine forest in Tairua hill.



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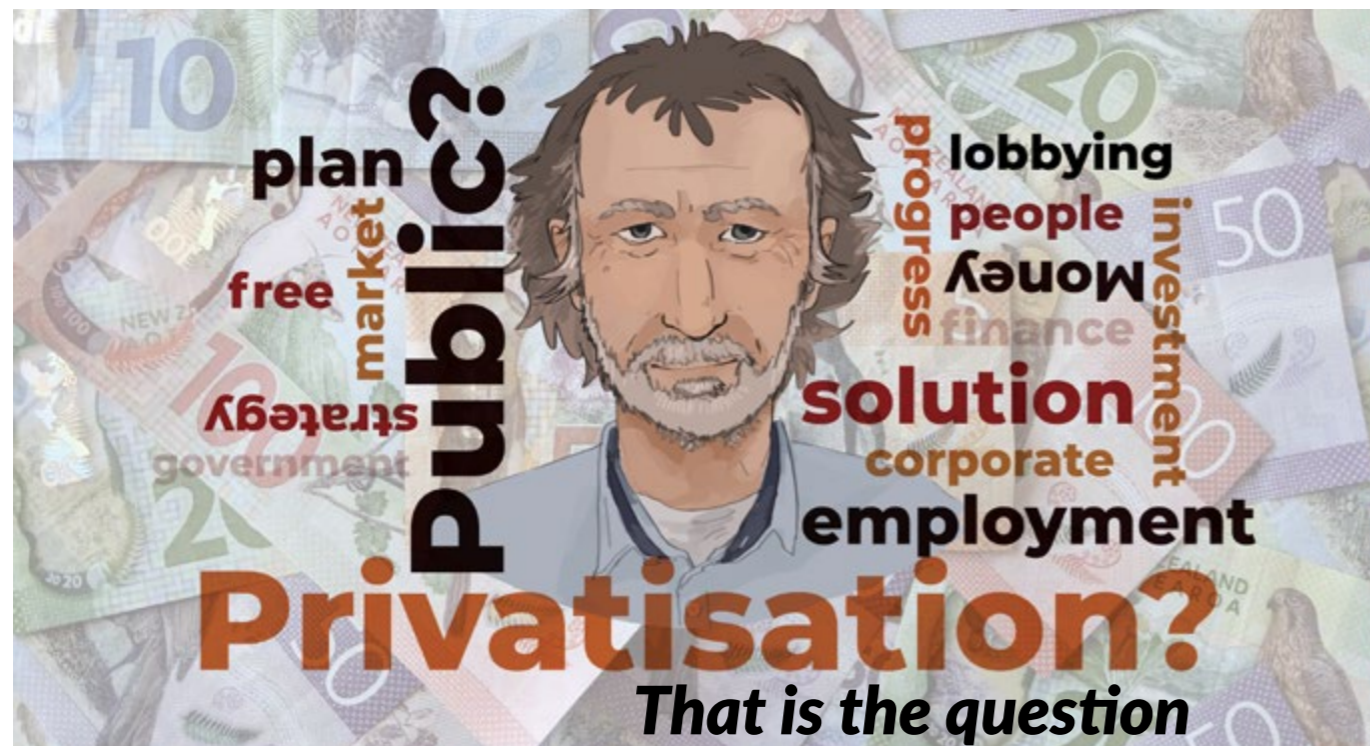
# ELEMENTALS

Peter Augustin • Di Caton • Peter Muller • Anett Pilz • Verena Tagmann

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In a capitalist society like ours, there is a constant battle fought by private interests to carve out greater flows of value by claiming stakes and entitlements to sectors of public life and services and convert these rights into tradable assets sold to shareholders. This battle is aided by political forces wishing to bring the efficiency and capital to bear that private business herald as their advantage. And sure, profit-oriented businesses have to be efficient to compete, which generally should lead to lower cost of the services provided. Often privatisation is driven by economic conditions. At times of economic hardship for the public sector, the lure of private money taking on tasks that were paid for by taxpayer funds is especially tempting. And sometimes political pressure by parties working predominantly for the capitalist elite steer public services deliberately into the waiting arms of large corporate interests.

However, when it comes to the important strategic public services such as education, healthcare, electricity, roading, public transport, 3-waters, or universal accident insurance, private ownership often generates strategic aims that run contrary to the needs and desires of the population and the future direction of the country. These sectors have the need to be directed in the interest of the people and the planet and not in the interest of profit optimisation for private shareholders.

Electricity generation is a point in case. Climate change demands a move away from fossil fuels and investment in alternative energy generation and a running of the system for the optimisation of non-fossil fuel use over the optimisation of profit. While the news of rapidly deploying grid size solar farms is excellent news, this is only happening because solar energy is now the cheapest form of electricity generation and can outcompete coal and other fossil fuels on price. If this was not the case, then the privatised electricity generators had an incentive to keep capitalising on their legacy fossil fuel generators. In fact, at the moment the traditional electricity generators have several large wind farms already consented for years but not actually built with some consents already running out, because it is seemingly more profitable for them to keep running fossil fuel power plants despite the overarching imperative to decarbonise electricity generation.

Healthcare is a particular concern. Obviously, our healthcare system has been in crisis mode for a long time now. The public sector has underfunded healthcare with the result that nurses and doctors emigrate to higher wage countries abroad and the 'low pay and hard work' conditions fail to attract sufficient recruits into the system. However, here in particular, it would be very important to resist privatisation pressures that might emerge if a change of government brings investor interests closer to the halls of parliament again. What happens when a country privatises most of its healthcare system can be seen in the USA, where a hospitalisation for Covid has in many cases bankrupted the survivors and their families and where private insurance cover is unaffordable for many and existing conditions make many patients unable to even be insured. And especially our ACC insurance is a public good we should not let go to private hands. The latter was already in the discussion in the first decade of this century under the National government of the day and we need to be prepared that the long arms of private money makers have not yet given up the hope to one day be gifted ACC and the income streams they would carve from it by a government that is sympathetic to their wishes.

Also, the demise of rail transport under the privatisation of the day is another cautionary tale. Rail services are an essential asset for a low-energy future. Yet present-day profit motives have resulted in the gutting of the services and in profit extraction where investment in the future would have been appropriate.

With the upcoming election it will be important to quiz the parties and their candidates on their policies with regard to the privatisation of the public sector. While public-private partnerships in the fulfilment of public services are often very beneficial, it is the ownership and governance of these services that must remain firmly in public hands. The assets themselves and their direction must remain working for long-term public interests and the security of future generations. A resilient society must defend its public assets against privatisation if it wants to retain the hope for a future that is socially and ecologically sustainable.

- Words by Thomas Everth  
Teacher & Researcher  
Art by Alex Litherland  
@alligator\_



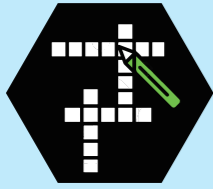
Hi, I'm Reef Denton and I'm 14 years old. When I was three, my parents took me to Nitro Circus and ever since then I've loved dirt bikes. My Dad told me if I could ride a push bike properly, he would get me a dirt bike. So, after some practice on a push bike he bought me a PW50. We went riding heaps at paddocks and at tracks, but then we moved to Whitianga; there wasn't anywhere local to ride, so we stopped riding. In 2020, I met one of my best mates who had a dirt bike and he took me to a track to ride. After that day I had the bug for it again so after lots and lots of asking and begging I finally got one for my birthday. We started going on trail rides until I discovered racing. From there I've just been trying to get better and better. I have already had a few nasty injuries, but I am still determined to keep going.

In MX you don't really do tricks, it's more of a combination of corners and jumps. In racing, a lot of people say 'jumps for show, corners for dough'. I love jumping the most, but I know I have to get really good with my corners if I want to win. It might not seem like it but there's a lot that goes into executing a corner well, such as: body positioning and posture, throttle control, and what gear you're in. Corners are one of the key things to master. But there is one little trick in MX called the 'whip'. There's no better feeling than throwing it sideways over a jump. I can't really explain how to do a whip since it just comes with progression – as you get better, it just comes naturally and whips are so much fun!

 @reef\_denton



Photo by Stephanie Walker | Lazy Acres Photography



## Cross Your Mind

Created by Fabian Roberts

### Across

1. This game was invented in England in 1823 by William Webb Ellis (The cheating prick!)
4. This Gonzales is behind the scenes of Aotearoa's most good looking Videocast/Podcast - Albays (Live 7pm Tuesday and Thursday)
7. Te Reo for connection
9. Do something clumsily with a ball
11. A counterattack that successfully fend off one's opponent
14. Opposite of big
16. Politically speaking, New Zealand is a Constitutional \_\_\_\_\_
17. Tairua's island, Motuhoa, is also known as this
18. Writing this I am hungry and impatient, which word could help me be more succinct?

### Down

20. The five Chinese Medical Phases are wood, fire, earth, water and ...
21. According to Timmy Trumpet and Savage, 'what combines with the tweeters to make the speakers go to war?'
24. Opposite of junior
26. Paraskevidekatriophobia is the fear of which 13th?
27. System of gardening without soil
30. Non-amplified or electrified music
31. Blue gemstone
32. Fruit that is green on the outside and reddish on the inside
2. Speaking two languages fluently
3. Ship
5. Largest body of water
6. A humpy animal
8. Karl von Drais invented the first bicycle known as the "Swiftwalker" in 1817. He called this place home
10. The B of BMX
12. Common snack to accompany beer
13. The Bard of Avon
15. This self-propelled machine was invented in 1655 by paraplegic clock-maker of Nuremberg, Germany (Stephan Farfler)
16. The process of converting food into energy
19. The study of rocks and other substances of the earth
22. The world's smallest continent
23. Excessively harsh and severe response for something relatively harmless (7th century Athenian Law)
25. Self-esteem or self-importance
28. Acorn producer
29. Which Burton directed 'Pee Wee's Big Holiday' and 'Edward Scissorhands'



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# COMMON GROUND

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## Photos by Benji Byrne

"I was drawn to the way geometric shapes can create a sense of order and harmony within a landscape and the way repetition of shapes can create visually striking forms and textures. I loved how the complexity of the natural world through the lens of geometry can create a sense of depth and perspective within a photograph, or can draw attention to specific elements within a scene."



## Local Poetry

### The Tūi Sing

The beautiful soul  
The casing gone  
The world may stop  
The time is wrong  
The Tūi sing

The raw emotion  
The heart that breaks  
The altered universe  
The sad mistakes  
The Tūi sing

The moon shines  
The stars spark  
The days linger  
The years mark  
The Tūi sing

The music fades  
The memories stored  
The heart grows  
The love poured  
The Tūi sing

The waves crash  
The trees bend  
The soul is safe  
The heart mends  
The Tūi sing

Sharon O'Connell

### Welcome, Stranger

Welcome, stranger,  
to this water now,  
the muddy firth, the open sea  
beyond.

Walk north at low tide  
to the pōhutukawa twining round  
the rocks  
at the end of the bay.

Sit among the red flowers of  
November  
till the oystercatcher trusts you  
enough  
to leave tiny footprints beside yours.

Step carefully among the rocks  
tumbled from the mountains behind,  
look out for quartz, jasper and even  
gold,  
once pounded out of these hills.  
You may even find a pāua shell,  
with its nacre so beautiful,  
even in death.

Hear the seabirds calling  
to the lone woman  
far out on the rocks, with a line.  
Watch them hover, hover over her  
as she twists to check  
the turning of the tide.  
But still, she keeps her footing.

Breathe in the slow west wind,  
wrapping around you,  
a feathery shroud.

Breathe out the grief behind you.  
Gather the post storm seaweed,  
mound it on the roadside  
for someone else to collect later.

Your hands will hold that smell,  
as the mountains have held these  
stones  
for long enough.

Ceridwyn Parr

If you would like to share your poem  
or photos with us, please send them  
to hello@coromind.nz



# Nutrition Matters

It's time to flip the scales: Let's Reframe the 'diet' game

As I learned more about health, nutrition and overall well-being, something pretty cool happened. My mind made a shift, from the spotlight being on societal pressures of body image, to a devoted focus on feeling good – I mean really good – and living in an energetic, healthy state. And I didn't even notice at the time.

I'm now seeing that this doesn't start and end with my own learnings – those of you I've worked with have noticed it too – and that's exciting!

Our conversations aren't about "I want to lose or gain 'x' amount of weight". Instead they're about asking for guidance, to get on track with eating patterns, to gain more energy, and generally seek to understand what they're eating and why. This is not to say their personal goals aren't about losing or gaining kgs – but rather that this can occur naturally anyway as our bodies get what they need. Their real focus is to learn more about how to help themselves to feel good. What a shift! And for me as a coach, it's incredibly exciting to watch this powerful move in someone's mindset, as it will not only motivate them for longer, but eventually embed in their psyche and healthy choices become the norm.

I'm loving this new focus on food, and it should be encouraged – after all, where would we be without food? So let's un-demonise it, stop labelling it right or wrong and instead learn how the nutrients add value, by making the right healthy choices.

Let's learn about and lean into the more healthy stuff. Fresh vegetables, fruit, and animal and plant proteins available today



**Rebecca Smith**  
**Certified nutrition,**  
**health and wellness coach**  
**Realnutrition.co.nz**

are packed with goodness and taste delicious. Brush aside the processed offerings literally packing our supermarket shelves. With a quick scan of labels, we can learn whether what we're eating is helping our bodies: is it packaged and processed? With numbers in the ingredients list? If so, we can do better. Eventually, it becomes second nature.

I'm conscious that we live in an age where processed foods are cheaper than the more healthy ones, especially right now (\$6.68 for one kumara – I nearly fainted at the check-out). But there are certain tinned goods and frozen vegetables that are healthy – did you know that most frozen vegetables today are snap-frozen straight after picking? So, these are a really healthy choice. The key thing is, just check that there are no preservatives, with sugars or numbers – we can talk more about numbers at a later date.

Variety is the spice of life – true story – so get colours on that plate! Coloured vegetables and fruits cover a wide range of the good vitamins and minerals that our bodies need – the more you have, the more nutrients your body gets. Try stir fried vegetables, roast vegetables and salads, even a fruit salad for dessert.

So, here's my challenge to you: pick a week and focus on getting a range of colours into every meal; check in with how this combination of foods makes you feel; start checking labels; and if you could do one thing for me, ditch the scales.

The gains you will make will far outweigh the numbers in front of you (all puns intended).

– Words by Rebecca Smith  
Edited by Lorraine Brown



## Gold Discovery in Coromandel

A Golden Time in Opitonui

In 1852, leading businessmen from Auckland offered a bounty of £500 to anyone who found a payable goldfield in Auckland Province, of which Coromandel was a part. The businessmen were frustrated with the exodus of the local workforce to Australian goldfields. The hunt was on!!



*Mr. Charles Ring*

The first recorded discovery of gold in Aotearoa New Zealand was in Kapanga, Coromandel, in October 1852. Returning from the California goldfields, Charles Ring and his brother Frederick reported the discovery of a few small golden flakes while panning in a stream called Driving Creek. Charles and Frederick did receive the gold bounty some years later, but at a reduced amount of £200. Charles' son Francis, or Frank as he was known, became a well-known sheep farmer in Kūaotunu and is the namesake for Ring's Beach. The homestead that was built for Charles still stands today in Ring's Road, Coromandel. Charles died in Auckland in 1906. It is said that he was rather disappointed by the government's non-recognition of his gold discovery being the first in Aotearoa.

By late 1852, an agreement to open land for mining was formed by Charles with local chiefs, including Horeta Te Taniwha, and the first Aotearoa New Zealand gold rush was on! A reported 300 miners raced to work the alluvium gold in the area. However, the following year, only 13 miners were still working in the area, and less than £1,200 worth of gold had been discovered.

A second gold rush happened in 1861, when a gold-bearing quartz reef was discovered in Kapanga, Coromandel and once again the district was buzzing with miners.

Quartz reef gold took a little more capital and greater expertise to mine. Once the reef had been discovered and the quartz rock brought out of the forests – the ore had to be crushed to remove the precious metal. Stamper batteries were then erected on the Peninsula. Eventually three centres were set up in the Mercury Bay area at Kūaotunu, Opitonui and Kapowai.

In the late 1800s, a large reef was discovered by Lanigan and McIsaac in the Opitonui Valley, inland from Whangapoua. Not long after, the Kauri Freehold Gold Estates Ltd, a subsidiary of the Kauri Timber Company, took over the whole area and started an active prospecting programme. Over four years, they created shafts, installed pumping plants, and erected a stamper battery at Te Rerenga. A tramway was also laid to link the mining sites in the Whangapoua area with the harbour. Gold recoveries from the battery proved disappointing however, and eventually became unprofitable leading to the company ceasing its activity in 1903.



*Opitonui Farewell Group – Date unrecorded – General Superintendent's departure for Western Australia. Miners and general staff of the Kauri Freehold Gold Estates.*

No further mining was attempted in the valley until 1937, when the Opitonui Consolidated Gold Mining Company built a new five-stamp battery and cyanide plant at Opitonui. They processed 350 tons of ore for a return of just 130 ounces of bullion and gave up shortly after that in 1939.

Opitonui was not resource rich and most of the payable rock was in small shoots off the main mines and not to any great depth.

Today, apart from some removal of buildings and machinery, and the planting of pine trees in the 1960s, the mining area has remained much as it was. The Opitonui Road and No. 30 forestry road follow the old tramway route up the Opitonui Valley. In some parts of the old mining area, the track which connected the mines leading to the Te Rerenga Battery and on to Whangapoua can be traced and recognised. The Kauri Freehold Gold Estate's battery site is now a small reserve at Te Rerenga, just south of the junction of Whangapoua Road and SH25.

Outside the Mercury Bay Museum is a stamper battery and a berdan (a frame-mounted inclined revolving cast iron basin between 0.6 and 1.25 metres in diameter) from the short-lived Moewai mining site. The Museum also holds further information on the Kauri Freehold Gold Estate Ltd, including title deeds and maps.

The Coromandel School of Mines Museum in Coromandel township also holds valuable information on Charles Ring and the history of the mining industry in the Coromandel area.

– Words by Becs Cox

Photos Courtesy of the Mercury Bay Museum  
mercurybaymuseum.co.nz



*Whangapoua Harbour Kauri Freehold Gold Estates Tramway – ca 1865 – Kraus locomotive, 7.5 tons to haul 25 tons on a gradient of 1 to 25.*

Crossword answers - Across: 1. RUGBY, 4. TAYLOR, 7. WHANAUANGATANGA, 9. FUMBLE, 11. RIPOSTE, 14. SMALL, 16. MONARCHY, 17. SHOE, 18. HANGRY, 20. METAL, 21. BASS, 24. SENIOR, 26. FRIDAY, 27. HYDROPOINCS, 30. ACQUITS, 31. SAPHIRE, 32. WATERMELON, 33. SAFFIRE, 34. SHAKESPEARE, 35. WHEELCHAIR, 36. DOWN: 2. BILINGUAL, 3. BOAT, 5. OCEAN, 6. CAMEL, 8. GERMANY, 10. BICYCLE, 12. PRETZEL, 13. SHAKESPEARE, 15. WHEELCHAIR, 16. METABOLISM, 19. GEOLOGY, 22. AUSTRALIA, 23. DRACONIAN, 25. EGO, 28. OAK, 29. TIM



# Here's Your Chance to Work and Live in Harmony with Nature

Te Moata Retreat Centre Seeks Assistant Managers for Off-Grid Lifestyle

Te Moata Retreat Centre, located in the beautiful Coromandel region of New Zealand, is seeking Assistant Managers to live on its sacred land and contribute to its daily operations. The role requires a mature independent couple, or a handy person, with a deep sense of mindfulness, love for the environment and a desire to serve humanity.

The Assistant Managers will work closely with the current managers in a conscious and heartfelt way to create a sanctuary for all beings to flourish. The role encompasses three aspects of service: Land, People, and Infrastructure.



**The Land** aspect requires passion and energy to recreate a natural sanctuary for all beings to flourish. The land, flora, and fauna have undergone a brutal upheaval in the last 200 years and require love and attention. The goal is to live off-grid as much as possible and in harmony with nature.

**The Infrastructure** aspect consists of complex buildings and systems in an off-grid system that requires attention and constant maintenance to create a balanced flow. A natural problem-solving mind and experienced hands in this area are an essential asset. Kitchen work is an important part of this role, so a passion for the kitchen and a love of the garden would be ideal, as these are key aspects to fulfil.

**The People** aspect demands an open heart and a community-minded dedication to harmony. Te Moata Retreat Centre has a diverse community of like-minded souls who share a vision of creating a cradle for retreats and all beings who embrace this land. This includes managers, wwoofers, retreatants, and Sangha (connected community).

In exchange for their service, the couple will receive a small stipend, accommodation in a self-contained solar-powered cottage, and free wifi and food necessities. The couple will have 12 weeks of non-retreat time per year as potential shared leave time.

Te Moata Retreat Centre is a QEII-covenanted nature sanctuary that offers a heartfelt lifestyle choice immersed in silent meditation retreats and getting to know a diverse community. It's an opportunity to serve the land, people, and infrastructure while living in a stunning environment.

Interested applicants are encouraged to visit the Te Moata website to read more about the retreat centre and its values. Suitable applicants will be invited to visit as a service team member on one of their retreats to experience the heartbeat of Te Moata first-hand and work alongside the current managers.

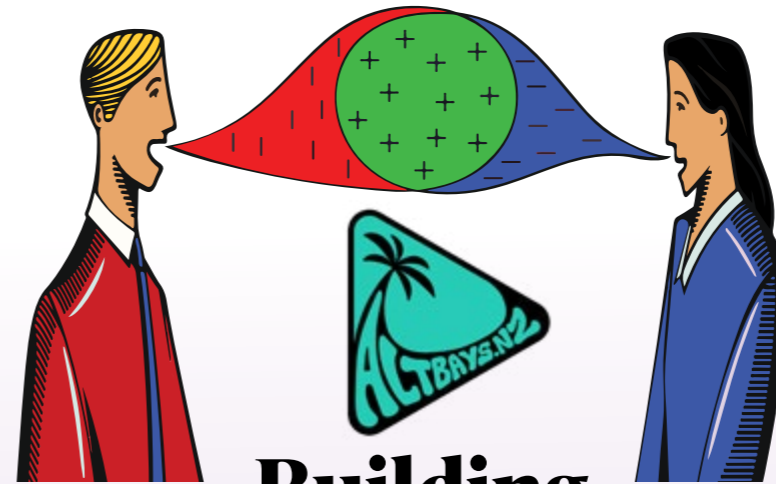


**The vacancy is available now.**

If you are interested in applying for these positions please email your CV and covering letter to [paul@temoata.org](mailto:paul@temoata.org)

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## Building Tolerance and Understanding

### Why Dialogue and Respect are Key to a Flourishing Society

- + The importance of respectful dialogue with those with opposing views has recently become particularly relevant online. The podcast ALT BAYS Show (produced in the Coromandel, Aotearoa New Zealand) faced significant backlash and attempts to stop them from featuring a porn actor in one of their episodes.
- 
- + Despite the controversy, ALT BAYS Show organisers stressed the importance of engaging in respectful dialogue with those with different views. They recognised that featuring a porn actor on their podcast might not please everyone; however, they believed providing a platform for diverse perspectives and promoting acceptance was important.
- 
- + Segregating ourselves into ideological echo chambers can make us miss opportunities for growth and learning. Refusing to engage with those with opposing views can lead to hostile and intolerant attitudes towards them. This can create a toxic environment where people feel marginalised and excluded, leading to social unrest and conflict.
- 
- + So how can we ensure that we engage in respectful conversation with those on the opposite side of the spectrum? Firstly, it is important to approach these conversations with an open mind and a willingness to listen. This means putting aside our preconceived notions and being willing to consider different perspectives.
- 
- + Secondly, we should strive to create a safe space where people feel comfortable expressing their views, by avoiding personal attacks and focusing on the issues.
- 
- + It is important to remember that respect is a two-way street. If we want others to respect our views, we must also be willing to respect theirs, even if we disagree.
- 
- + By engaging in respectful dialogue and creating a safe and inclusive environment, we can learn from each other and work towards a more harmonious and tolerant world. Let us all strive to be more open-minded for the betterment of ourselves and our communities.



Scan the QR Code here to watch all the great Altbays Shows on their Youtube Channel.

[WWW.ALTBAYS.NZ](http://WWW.ALTBAYS.NZ)

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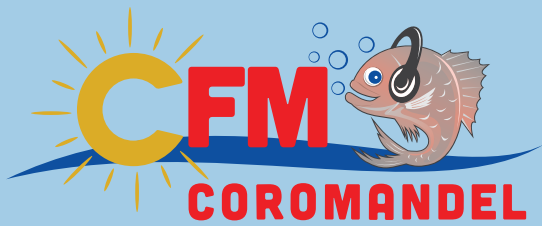
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