

COROMIND

Shark Swarm
The Rise of Podcasts
Dealing With Feelings
How's That Airbnb Going?
309 Rd: The Man Behind the Name

Audio Version



March 2023

**Get Fit. Get Strong.
Get Healthy.**



**3/9 JOAN GASKELL DRIVE, WHITIANGA
PH. 07 866 4301 EVOLUTIONFITNESS.CO.NZ**

**Just
add salt**



Salty Papis is a design and marketing studio,
partnering with you to elevate your business
and achieve your goals.

If you're just getting started or have an
established business, we'd love to hear from you.

Get in touch by emailing hello@saltypapis.co.nz
or visit saltypapis.co.nz.

salty papis

Design + Marketing Studio

Windborne Sailing Adventures

For more information or to make a booking visit:

www.windborne.co.nz

avon@windborne.co.nz

ph 0274 752 411

  @windbornecharters



*Sunset cruises
Private charters
Sailing in the bay
Mercury Island trips
Gift vouchers available*

*Whether you're after the perfect
gift, planning an unforgettable
party, or looking for a summer
adventure, Windborne is an
experience like no other.*

Editorial

Kia ora

Coromind is experiencing tremendous growth in its short history. With two successful issues released, this March edition promises to be just as impressive.

The magazine's success is a testament to our community's talent and dedication. The people of Coromandel have come together to share their thoughts, artwork, and ideas, resulting in a publication that reflects the unique character of the region.

During the current climate of uncertainty and upheaval, it is essential to uphold resilience and strengthen our support for each other and local businesses. The recent weather events that have affected Aotearoa New Zealand have highlighted the importance of community solidarity and working together to overcome adversity.

Coromind is a platform for individuals to express their creativity and connect with one another. The magazine serves as a reminder that, even in challenging times, we can still find ways to come together, collaborate, and celebrate the unique qualities that make our community so special.

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,

The Coromind Team



Coromind Team

Art Director/Web – Taylor O.G

Production/Marketing – Leonardo Magri

Layout/Design - Sam Jury-Zimmerman, Taylor O.G

Office Administrator – Leonardo Magri

Illustrator – Alex Litherland, Chloe Watts, Kary Luo,
Lucas Rocha, Sebastian Ross.

Cover – Peter Augustin

Contributors – Alan McElroy, Ayana Piper-Healion,
Beccs Cox, Ben Savage, Bernie Spangenberg, Bête Noire,
Brando Yelavich, Chloe Potae, Chops Landscaping,
Dave Burton, Fabian Roberts, Lia Priemus, Lorraine
Brown, Mauritz Boehm, Mercury Bay Museum, Pia
Rogers, Rebecca Smith, Ron Morgan, Ross Liggins,
Sarah Morcom, Sebastian Ross, Stella Pennell, Te Moata
Retreat Centre, The Eggsentric, Thomas Everth

Proofing – Helen Oliver

Coromind magazine deeply appreciates its advertisers. If you would like to advertise with us in the next issue, please have your artwork emailed to:

hello@coromind.nz

Our team is also available to design your advertisements and advertorials.

Want your work in our magazine? We love your contributions, please send them to the same email address above.

We can't guarantee to print them all, but we love to know what's important to you.

Readers' contributions of letters and articles are welcome. Publication of these is at the discretion of the editorial team and may be edited. Contributions will only be considered for the publication with the author's full name, residential address, and contact number. Opinions expressed in Coromind magazine are not necessarily those of the publishers.

Coromind magazine is published by Flock Media Group

Disclaimer: No responsibility is accepted for loss or damage suffered by anyone relying on the information within. No endorsement of any service or product advertised or featured is implied or assumed.

CR art dealer
christine rabarts

Bruce Treloar Art Exhibition

1st - 10th April 2023
Open 10am - 4pm

CR Exhibit Space
24 Wharf Road,
Coromandel

art@christinerabarts.com
027 629 7408



The inspiration for this exhibition arises from years of friendships and memories in the Coromandel area.

www.christinerabarts.com

Karen McLeod
PHOTOGRAPHY

Award winning creative portrait photographer
Booking weddings now for late 2023 & 2024



www.karenmcleodphotography.com

+64 21 843860

karen@karenmcleodphotography.com

Contents

5. Peter Augustin

Get to know our cover artist

7. Born & Raised – Ayana Piper-Healion

8. Grow Your Own Way

Self-sustainability starts with you

9. On the Way AI and Technologies Such As Chat GPT Will Change Our Lives

11. The Rise of Podcasts

Why They're Taking Over Your Headphones

12. From Coro With Love

Dining in Seoul, Korea

13. Dealings with Feelings

The question is, how do we react when we feel them?

15. The Power of Presence

Brando Yelavich, NZ explorer and writer, aka Wildboy, shares his personal experiences and insights on mindfulness and self-discovery

17. Shark Swarm

A concern about the growing shark population

18. Local Action – Pia Rogers

20. Ross' Ramblings

The changing art of education – Part 3

21. Coromusic – Bike Helmet Safety

A musical campaign for Coromandel

22. Making it 16

Should we consider lowering our voting age?

23. Cross Your Mind

24. 309 Road: The Man Behind the Name

Becs Cox shares the story of the Topp man who drove up the range

25. Where Are All the Eggs?

Comedian Alan McElroy poses the question

26. Let's Have a Bowl

Nutrition Tips with Rebecca Smith

27. So ... How's That Airbnb Going?

The Airbnb effect on local communities: vibrant or disconnected?

28. Common Ground

29. Chops Gardening Tips

What to do With Weeds?

PETER AUGUSTIN



Growing up I loved to read books and paint. My influences came from the stories in the books of Greek mythology, kings and queens, and history. These images and stories remain in my work today, combined with influences of music, opera and expressions of passion and excitement to display the beauty and joy of the human form with symbolism and colours of sea and nature.

During my life in Switzerland I studied art, particularly with Paul Haehlen – through his own work and his tutelage, I learnt a lot more about colour and the harmony of colours together. How colours ‘sing’ is how I want to paint.

I use brushes, pallet knives, sponges, combs and even bare hands to work on canvas or board with oils, acrylic and collage effects. I primarily paint figurative and face paintings in a Modern Surrealistic style. Often these works are a more simplified style; using a single stroke of a spatula or brush that cannot be corrected, I create more spontaneity and life.

With my move to New Zealand in 2004, then move to Whitianga in 2021, and influenced by watercolourist and friend Wendy Masters, I came to include more landscape in my work, using it as backdrops and settings for my figurative work. I occasionally paint in watercolour as a member of Watercolour NZ and create works with print techniques as a member of the Xpress Artists based in Coroglen. I am a Selected Artist Member of the NZ Academy of Fine Arts Wellington.

My Studio/Gallery will be open over the Mercury Bay Art Escape, first two weekends of March, and is often open when I’m at my easel. My next exhibition will be a group of five artists, ‘Elementa 5’ at the Barry Brickell Gallery, Driving Creek, 14-23rd April.

- Words by Peter Augustin
augustin-muller.com

Born & Raised Ayana Piper-Healion

When and Where on the Coromandel did you grow up?

I lived in Whitianga/Purangi from when I was born till I left school, 1997-2014. I've done various stints back in the area, working on the Glass Bottom Boat during my uni holidays, and at Coromandel's CFM in 2019 and 2020.

Where are you living now and how long have you been there?

Tāmaki Makaurau, Auckland. Been here on and off for 8 years!

Which school/s did you attend and what are the highlights since you finished school?

Just good old Mercury Bay Area School (lifer!).

All the many things the world has to offer! Joining the Navy, and completing my education with a Bachelor of Communications at AUT. Moving to LA and working in Hollywood. Being on the local radio station in my hometown. Learning how to be a support worker and the amazing personal growth that brought. Living and working in Antarctica for six months. The most thrilling thing I've realised since leaving school is you can try anything you want in this world, and I don't think I yet understand the full meaning of that.

How do you spend your days now?

I work as a producer at RNZ National on Afternoons and The Panel. I find and learn about a variety of interesting stories to bring to the people of Aotearoa.

What do you like the most about the culture where you are?

I'm working amongst talented and engaging people who care about developing me in a career and direction I want to head in. It's a positive, supportive culture, and I think the kaupapa of a public service broadcaster is at the core of that.

What are your fondest memories of home?

After-school summer hangouts with friends when I was 13. Grabbing our bikes and going on missions to jump off the wharf, tree or bridge. Sitting at the corner fish and chip shop pooling our 50 cent coins for some chips, cheese and mayo. It was 'care-less' outdoor fun, and our white school tops often needed soaking at the end of it.

What are you most proud of?

I'm most proud of trusting my gut and being brave enough to leave or try new things when I know a situation isn't serving me and my life the way I want it to. Also, ignoring job descriptions and applying anyway!



Have you been back home recently? Impressions?

I come back every month or two as my wonderful family are still here. However I mostly stick to the Purangi River and the dark side these days, as it's where I feel most at home. Whitianga has grown and doesn't quite feel quite like the same place I grew up in ... but that could easily be nostalgia playing tricks on my brain!

Who are you looking forward to catching up with next time you are home?

My Grandma. She's an incredible and intelligent woman living in a wonderful place. She kayaks across the Purangi River to get out into the world, and the river doesn't stop her being a social butterfly. I'm inspired by her life and she just cracks me up too. I feel most comfortable and relaxed with her.

What advice would you give younger you?

Choosing to do a university paper, job, or place to live just because you get to spend time with and learn from an incredible person is very valid (maybe the most valid) reason to make that decision.

He aha te mea nui o te ao? He tangata, he tangata, he tangata.

Biggest life lesson so far?

It's up to you how many layers of love you uncover in this life, whether it be with family, friends, or a life partner. The depth of love is endless.



GROW YOUR OWN WAY

Self-sustainability starts with you.

In a world where resources are finite and environmental degradation is a looming threat, the importance of being self-sustainable has never been greater. Self-sustainability means living a lifestyle that relies less on external resources and more on self-sufficiency, including growing your own food, generating your own energy, and reducing your waste.

Why is self-sustainability so important? For starters, it reduces our reliance on fossil fuels and other non-renewable resources. By generating our own energy, we can reduce our carbon footprint and contribute to a cleaner, healthier planet. In addition, growing our own food not only ensures that we have access to fresh, healthy produce, but also reduces our reliance on the industrialised food system, which is often riddled with environmental and ethical issues.

Being self-sustainable also means being prepared for unexpected events, such as natural disasters or economic downturns. In these situations, having the skills and resources to provide for oneself can be the difference between survival and hardship. Moreover, being self-sustainable can lead to a greater sense of independence and self-reliance, which can improve our mental and emotional well-being.

Of course, achieving self-sustainability is not always easy. It often requires significant investment of time, money, and effort. However, there are many small steps we can take to move in the direction of self-sufficiency, such as starting a garden, composting, reducing energy consumption, and supporting local, sustainable businesses.



Ultimately, being self-sustainable is not only good for the planet and our own well-being, but also for the communities in which we live. By reducing our reliance on external resources, we can support local economies and build stronger, more resilient communities.

So, if you're looking to make a positive impact on the world and improve your own quality of life, consider taking steps towards self-sustainability. Whether it's through gardening, renewable energy, or waste reduction, every small action can make a big difference in creating a more sustainable future.

PERMACULTURE DESIGN CERTIFICATE 2 weeks intensive residential course 15th - 28th of April

In these turbulent times it's good to be a bit more resilient. Permaculture has lots of solutions to offer.

Permaculture is not only about looking after water, soil and eco-systems, it's also about growing food in a sustainable way. That's a great reason for people to create their own healthy soil and compost to grow nutritious food for their families and communities.

And what better place than Te Moata to learn about being resilient. Te Moata is off grid, on solar power and has many resilient systems in place. It's the perfect place to get immersed in permaculture for 2 whole weeks in April.

From \$ 1990

Accommodation & Food Provided

Scholarship opportunity available on:
earthskintrust.org

Conveys an understanding of a wide range of common strategies and techniques

Explores the implications of social change towards ecological sustainability

Covers sustainable living systems for a wide variety of landscapes and climates!



On the way AI and technologies such as ChatGPT will change our lives ...

When Coromind asked me to write an article for this edition on the impact of AI technology on our lives, I thought to respond with an example of what AI and ChatGPT, in particular, can do.

So I logged into ChatGPT and told it to: "write an essay on how ChatGPT and similar AI will change our lives, 700 words".

Here is the essay that ChatGPT responded with.

ChatGPT and other advanced AI technologies have the potential to greatly impact and improve various aspects of our lives.

One major area in which AI can have a significant impact is in the field of healthcare. AI-powered systems can assist doctors and researchers in analyzing large amounts of medical data, such as patient records and clinical trial results, to help identify new treatments and cures for diseases. Additionally, AI-powered chatbots and virtual assistants can help with tasks such as

scheduling appointments and providing basic medical information to patients.

Another area in which AI can have a positive impact is in the field of education. AI-powered systems can help teachers personalize the learning experience for each student by analyzing data on their performance and providing tailored feedback and recommendations. Additionally, AI-powered virtual tutors and language teachers can provide personalized instruction to students at any time and from any location.

In the field of transportation, AI can be used to improve safety and efficiency. Self-driving cars and trucks, for example, can use AI to navigate roads and make decisions in real-time, reducing the risk of accidents caused by human error. Additionally, AI can be used to optimize traffic flow and reduce congestion on roads and highways.

AI can also be used to improve the efficiency and effectiveness of many other industries, such as finance, retail,

and manufacturing. For example, AI-powered systems can analyze market data to help investors make more informed decisions, and can be used to optimize supply chain operations and improve the efficiency of manufacturing processes.

AI can also help us in our daily lives, such as helping us to manage our schedule, to make more informed decisions, to translate languages, to make phone calls, to play games, and so on.

However, as with any new technology, there are also potential negative consequences to the increased use of AI. One concern is the potential for job loss as AI systems become increasingly capable of performing tasks that were previously done by humans. Additionally, there are concerns about the potential for AI systems to be used for malicious or unethical purposes, such as in the development of autonomous weapons.

Furthermore, there is a possibility that the increasing use of AI could

lead to more inequality and further marginalization of certain groups, such as low-skilled workers. In order to mitigate these negative consequences, it will be important for policymakers and industry leaders to closely monitor the development and deployment of AI systems and to take steps to ensure that they are being used responsibly and ethically.

Overall, ChatGPT and other advanced AI technologies have the potential to greatly improve many aspects of our lives, from healthcare and education to transportation and industry. However,

it is important that we also consider the potential negative consequences of these technologies and take steps to mitigate them. With the right approach, we can harness the power of AI to make our lives better for everyone.

Well, for a high school student essay I would give it a pass. But it certainly lacks style or novelty. All that ChatGPT said was entirely predictable without any philosophical depth or interesting lateral connections. However, it is obvious that AI has moved from relatively simple automation tasks to seriously compete with human

capabilities or, and this is what frightens me as a teacher, call into question the need to develop these capabilities in the first place. We got used to no longer needing to do calculations in our head because of electronic calculators. Now we may no longer need to learn the art of writing too. And that would seriously trouble me.

- Words by Thomas Everth
Art by Alex Litherland



To round it off, I asked DALL-E, ChatGPT's cousin drawing AI to draw a self-portrait of itself ... I somehow don't think it understood the task ...

PC Electrical Ltd
Registered Electrician / Inspector
07 866 5509 A/H 021867646
 admin@pcelectrical.co.nz
 36 Owen Street Whitianga
 pcelectrical.co.nz
 NZ TRADE GROUP

Revitalize your space with our **painting services**
 Secure your spot for 2023's schedule
Book a free quote!
021 084 05448


Gonzales House Painter
 Interior and Exterior
 Commercial and Residential
Based in Whitianga
 henriquetaylor08@gmail.com

Call the team today
 Buying, Selling or Renting
 we have your property needs covered.


Simone Parr
 Licensed Agent REA 2008
 027 657 2980

Keith Goodall
 Licensed Salesperson REA 2008
 021 276 6474

Peter Sharp
 Licensed Salesperson REA 2008
 021 388 833

Daisy Armstrong
 Licensed Salesperson REA 2008
 027 277 2405

Richardsons
 Real Estate Ltd MREINZ / Matarangi
 Licensed REAA2008
 www.richardsons.co.nz





The Rise of Podcasts

In New Zealand, a survey by the Commercial Communications Council and Colmar Brunton discovered that one-third of Kiwis aged 18 and up listen to podcasts at least once a week. That number jumps to 41% for those aged 18-34, with 28% of those aged 35-54 and 19% of those aged 55+ also listening to podcasts regularly.

or other mobile devices, meaning you can stay informed no matter where you are.

The Altbays Show is a great example of a podcast that's making a difference. Produced in Whitianga, the show's been online for a year and has released over 160 episodes. They bring together people from all walks of life for honest, laid-back chats about everything from mental health and relationships to business and politics. It's a perfect example of how podcasts can be both educational and entertaining at the same time.



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

WWW.ALTBAYS.NZ

Why They're Taking Over Your Headphones

Podcasts are super popular these days and have a big impact on society. They're becoming just as important as mainstream media in many countries, and listeners use them for both information and entertainment.

In the US alone, over 155 million people consume podcasts, and 80% of them tune in to most or all of every episode. A study by the Podcast Consumer Tracker found that 49% of Americans aged 12-34, 38% of those aged 35-54, and 27% of those aged 55+ listen to podcasts every month.

Podcasts are also important for education. Many schools use them to deliver lectures and course material. They're an easy way to learn and broaden your understanding of different subjects. For entertainment, podcasts have something for everyone, from comedy and true crime to politics and sports. You can choose from tons of shows that cater to your interests and use podcasts to relax and escape from the pressures of everyday life.

Podcasts are becoming a major player in the world of news and current affairs too. This is thanks in part to the fact that you can easily listen to them on your phone

From Coro With Love



Dining in Seoul, Korea

Kia ora Coromind readers!

One of my favorite destinations so far has to be Seoul, Korea. I have been there a handful of times now, but one time in particular was very special. In the years when I travelled back and forth teaching English, I made friends with one of the young coordinators, Honggi-go. I haven't been able to see him since, due to covid and other commitments, but luckily for me he doesn't live too far away from Seoul! On my last trip to Korea, Hongii played 'local tour guide' and took me and a colleague out for dinner in the -11 degree weather. We went to a Jeju Island-style BBQ (제주 바베큐), which in simple terms means that all the meat served is pork!

sides which traditionally are served with most meals – kimchi, spicy spring onion salad, sesame leaves, salted anchovy sauce and much more.

In Korean culture it is very common to carry on eating after a main meal – unlike some cultures, where you might wander off to grab a drink, we headed off to another bar-type place but continued to dine! This time we went to a place that could be described as a small bar and grill. I let Hongii order us a selection of char-grilled skewers – chicken skin, chicken intestine, chicken thigh, enoki (my favourite), octopus, and whole prawns.

The appreciation for food and company while eating out in Korea is amazing. Not only is there such variety in the styles of cooking but also in traditional experiences from etiquette to cuisine. The idea that food is the best complement to any social situation is right up my alley. Food has to be one of the best experiences while travelling, it's such an easy way to get to the root of different cultures and connect with people.

-Words by Chloe Potae



Whether you are looking to decorate just one room or your entire home, we know you want top quality, real choice and inspiration, as well as expert advice so it's done right the first time.

GB
Guthrie Bowron
Whitianga

Inspiration starts here.

07 866 0035 2/9 Joan Gaskell Drive, Whitianga
sales@guthriebowron.co.nz

f gbwhitianga guthrie_bowron
TRUSTED SINCE 1896

FLOORING | TILES | WALLPAPER | CURTAINS | BLINDS | PAINT | ADVICE



18 COGHILL ST,
WHITIANGA NZ
PHONE 022 0330 920

ALL OVER THE COROMANDEL

Your local real estate experts covering the entire peninsula

Whitianga 7 The Esplanade, Whitianga 07 866 0098 coromandel@bayleys.co.nz	Thames 459 Pollen Street, Thames 07 869 0632 thames@bayleys.co.nz
---	---

BAYLEYS ALTOGETHER BETTER Residential / Commercial / Rural / Property Services

Dealings with Feelings

Like it or not, we are all affected to some extent by our feelings: joy, sadness, anger and fear are a part of all our lives. The question is, how do we react when we feel them? We can be overwhelmed by them, ignore them, wish they'd go away or bottle them up.

One of the first steps we can take to being able to manage our feelings is to understand why we're feeling the way we feel. This chart (originally developed by John Heron, a British pioneer in facilitation) could help. It is based on the idea that human beings have certain "built in" needs. When the meeting of these needs is interrupted by actual events, or our assumptions, ideas and opinions, certain feelings typically arise and our behaviour changes. The chart also outlines strategies we can use to reduce the impact of the interruption.

Remember ...

Always try to listen and acknowledge the situation or feeling as being "logical" or understandable

Manage your own feelings while you're listening. If you get too emotionally involved, your own usefulness will fall away.

Do not set yourself up as the rescuer. This may mean saying something like "I can see this is a significant problem for you and it's not one that I can solve".

Yes, we can modify our feelings by modifying our thoughts, but would life without feelings still be life?

Our Needs


Interruptions *(real or imagined)*

Resulting Behaviours

The Emotion

Support Strategies *(to others or yourself)*

Outcome



- > Loss of an item or facility
- > Separation or bereavement
- > Relationship problems
- > Moving away from friends
- > Redundancy
- > Change of status

To Love/
be Loved

- > Tearful
- > Quiet
- > Withdrawn
- > No energy
- > Low motivation

"Nobody loves me"



Sadness


"I'm not surprised
you feel that way"



- > Offer sympathy and loving gestures
- > Let them cry or cry yourself; it's a natural release mechanism
- > Encourage finding ways to be loved/valued



Loyalty



- > Fast pace of change
- > Uncertainty about what's happening
- > New or unfamiliar place or situation
- > Starting a new job
- > Changes to routine
- > To find a new way of doing something

To Understand/
Make Sense

- > Trembly and Worried
- > Cling to the old or criticise the new
- > Stick to the rules
- > Gossip
- > Lose confidence

"I don't know
what to do"



Fear/Uncertainty


"This sounds like
quite a challenging
situation"



- > Think positively
- > Provide/gather more information or training
- > Encourage finding ways to lessen the uncertainty



Excitement



- > Being told what to do
- > Having no choices or options
- > Not being able to do what you want to do
- > Being unable to "make things happen"
- > Rules, policies and procedures that "hold things back"
- > Lack of support for an idea

To Have Choice/
Self Determination

- > Flushed face raised voice
- > Argumentative or Sullen
- > Lashing out
- > Disruptive
- > Resistant or Protesting
- > Grudging agreement
- > High (or low) energy

"This sucks"



Anger/Frustration

"Wow, somethings'
really got you
going here"



- > Allow venting frustrations in a healthy way
- > Take time out
- > See the funny side of the situation
- > Being "logical" or understandable (but not necessarily acceptable)
- > Encourage finding choices or actions that can be made or taken



Energy

Strategies for Helping Yourself and Others

Notice your feelings; take the time to observe how or what you are feeling. Look at the behaviours above to give you some clues. Ask yourself "How am I feeling right now".

Identify or put a name to the feeling. Choose from, sadness, anger or fear rather than the generics like "upset", "shattered" or "gutted".

Accept the feeling. Often we have been taught to deny our feelings. But accepting them as existing, appropriate or understandable can be a significant step towards feeling better.

Acknowledge the feeling in a way which does not blame another person. Use "I" language to own the feelings.

Check if the person wants any help. Ask the person if they have any ideas about what can be done to improve the situation or if they need any other form of help.

Be reasonable. If you or someone else can't change what's causing the feeling, face up to that and try a different option.

Value the feeling and use this table to give you some clues about how you might do something useful to resolve the feeling.

Keep the feeling in perspective rather than let it take you over. A useful way to do this is to say "I am this feeling of and I am more than just this feeling. I am also my experience, my successes etc".

- Words by Dave Burton
www.potential.co.nz
Art by Lucas Rocha
@__lucas.rocha__

The Power of Presence

Brando Yelavich, NZ explorer and writer, aka Wildboy, shares his personal experiences and insights on mindfulness and self-discovery

Who are you? Why are you ...? Ahhh, I don't even know what to say. I'm sitting here behind my screen feeling blocked, unable to write the words I desire, so stuck in my head. Why can't I do this? Is it because I forgot to eat breakfast? Maybe it's my sore back? Most likely, it's the guilt from the unrest I directed at my wife 10 minutes ago that was entirely a product of my stress and nothing to do with her.

I feel terrible. What am I lacking? What in my life is limiting? Why am I struggling to be the best version of myself? It is Presence, and, in this moment, my lack of it. Life is full of action and reaction, thoughts and feelings. It is a constant struggle with good bits along the way. Life is full spectrum. We experience the highest highs and lowest lows and all that resides between. But what is it that creates the 'moment'?

It is Presence.

I had a label before it was cool. For some context, 'ADHD' (as the psychologically educated call it) is the brain difference I have. In this modern world where we feel the need to identify as something, I have been categorised already as having 'attention deficit hyperactivity disorder'. For a while I identified as Wildboy, but the one writing is the most present version of my current self. I identify as everything and nothing. I identify as human.

One of the times in life I remember everything changing was back in 2020. I was deep in the outback of Australia, during my 133-day crossing on a push bike. My world had just turned inside out. I had run out of my meds, my Ritalin was gone. I started becoming so intensely overstimulated I could hardly manage. My thoughts had become thoughtless. I was pushing on with the journey unsure what the purpose of the journey even was! That night I lay under the stars, time travelling in my mind, exploring the world inside my head. This, like all my journeys, was about seeking answers. So much pain, so much suffering. Tears ran down my dusty face as I sat with my open emotional wounds from the past.

This wasn't the first time I had explored In this inward way, I could see the familiar pattern that I have lived in for my whole life. I realised I was in a cycle of cataclysmic scale. The big journeys to prove myself to the world because I felt like I was broken and could never fit the mould. Followed by the self-destruction upon completion of my objectives because, I don't know how to exist in the world of everyone else. I wasn't okay without running away.

As I gazed into the night sky, I knew I needed mental action to create change. So I started telling myself 'despite everything that has happened and is yet to happen, I am of my own liking, I am the hero in my story and I deserve love'.

For the next 14 days in the driest, most gruelling section of desert, I got up and I told myself exactly that. Every time I found a mind story that was limiting me from being of my own liking, I would do what needed to be done to move past it, to overcome it.

You can't remove the past but the future is dictated by the actions of the now, the present. The power of Presence isn't just about being in the moment. It's about consciously applying your focus to where it needs to go, when it needs to go there. Life is constant and your Presence is your power.

It's time to acknowledge the parts of yourself that have been put aside or forgotten, because the only way to truly be of your own liking is to apply Presence to all your versions, not just to how you identify.

-Words by Brando Yelavich
Photos by Ben Savage





Shark Swarm

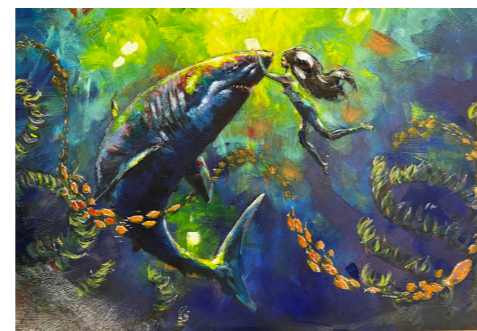
A concern about the growing shark population

On my last local spearfish, at Whale Island, a large Bronze Whaler shark came cruising below me. It swam slowly and yet with great power, gracefully but with intent. Encouraged by the shark's calm demeanour, I slipped beneath the surface to meet it several metres underwater. Unfazed, the shark swam on, each powerful swing of its tail effortlessly pushing the creature through the water. I admired it as I attempted to keep up. Impressive muscles flexed as rays of sunlight danced upon the shark's shiny copper skin. This kind of encounter is not uncommon for New Zealand spearfishers and is seemingly becoming a more common occurrence. Many spearfishers that I know are under the impression that shark numbers (particularly Bronze Whalers, *Carcharhinus brachyurus*) are increasing. Bronze whaler sharks are large and easily identifiable by the bronze/copper colouration on their upper body. Their diet consists of cephalopods, bony fishes, smaller sharks and rays. These sharks are also extremely migratory, travelling vast distances in pursuit of preferred temperatures, mates and food. They can be found most commonly in New Zealand between October through to February, when large pregnant females migrate closer inshore to give birth to their pups (baby sharks).

Perhaps the 2014 New Zealand shark finning ban is a potential reason for

this increasing Bronze Whaler trend. Then again this would only indicate that these shark populations are not climbing to ominous heights, but are rather returning to normal healthy numbers. Though the thought of more sharks in our ocean may be a fear of many New Zealand beachgoers, it is, in fact, a positive thing. Sharks are some of our oceans' most powerful apex predators, and to have an environment that can support many of them only reflects a healthy and plentiful ecosystem. If shark populations are higher, then it means that our oceans are healthy, and this is something that I think we should be proud of. It is worth bearing in mind, however, that no research has been conducted and there is, therefore, no concrete evidence to confirm this population increase. Department of Conservation marine scientist and shark expert Clinton Duffy has claimed that there is nothing to indicate a population boom among sharks; actually fewer sharks are being killed this year compared to other years, though we don't have a clear reason why this is so.

To swim with a creature that has all the potential to cause me harm, and yet has no intention of doing so, is incredibly humbling. I hope that all people manage to safely experience such an encounter, because with it comes an understanding of, and an appreciation of some of New Zealand's most important creatures.



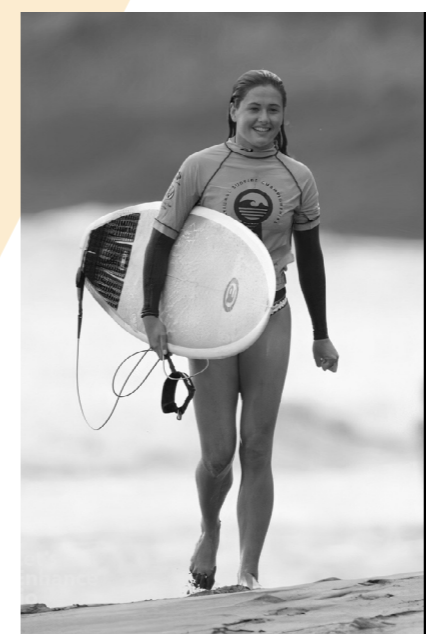
Pia Rogers





Hi!! My name is Pia Rogers, I'm a surfer from Whangamatā. This trick is called a backhand snap, mostly performed by intermediate surfers as it is an easy trick to perform and learn. It is usually done on the face of a wave or in the pocket of a breaking wave. To do the trick you have to bend your legs, stay compressed and eye up the section of the wave you want to turn. Once you do your bottom turn and you reach the top of the wave you reach your front arm up towards the sky then quickly bring it back down to touch the front of your surfboard. When you flick your front arm down you push your back leg to make the surfboard swing around to complete the turn.

What inspired me to start surfing would have been a love for the ocean and coming from a family where we all surfed. My brothers and I spent a majority of our time at the beach from a young age and we all enjoy surfing. Surfing for me is what I look forward to. Being able to share what you love with your family and friends is super special. Surfing is a competitive sport that gives me something to work on, and gives me goals to strive towards, which I feel is so important

-Words by Pia Rogers
Cover Photo by Mauritz Boehm





@piarogers


**Regular flights from:
Great Barrier Island, Auckland,
North Shore, Kaitaia and
Whitianga.**

**Got a question?
Call us on
0800 900 600
www.barrierair.kiwi**

**Embrace the natural wonders of
the Coromandel at Buffalo Lodge.**

**+64 7 866 8960
860 Buffalo Road,
Coromandel NZ, 3506**



WWW.BUFFALOLODGE.CO.NZ

BOD.
Skincare & Massage
021 0825 6341

Located in the heart of Whitianga
The Common Room - 26 Albert Street

Full Body Massage
Offers peace for the body & mind.
Techniques taken from Swedish, lomilomi,
hot stone massage & aroma therapy all come
together to create a relaxing experience.
Designed to alleviate physical & mental stress.

Only \$100

 @BOD  @bod.whitianga



*Epic sourdough pizzas made with
love and plenty of toppings!*

07 211 6545
sliceslicebabynz@gmail.com



Ross Liggins is back with more anecdotes and insights
The changing art of education – Part 3

It never ceases to amaze me how young minds soak up knowledge naturally through play and interaction. A child can learn several languages at the same time and not confuse them when speaking. But suddenly, at age five or six, they are required to slot into an education system and change the way they learn, often being forced into learning styles that don't suit their abilities. Of course, with classes of 25 or more, teachers are restricted in how they teach.

My daughter spent her first four years in New Zealand listening to, but rarely speaking, her mother's native tongue of Japanese. Then she entered a rural kindergarten in Japan and found that she couldn't speak the language at all even though she could understand some of what she heard. She was popular with the other students, being the only 'gaijin' or foreigner at the kindy. They were very patient with her and tried to include her in their play and activities and within six months she was gabbling away in Japanese almost like a native speaker, whereas her stupid 50-year-old father, who had been studying Correspondence School Japanese for two years, could hardly even introduce himself or enquire about the weather.

Unfortunately for my daughter she didn't learn to read or write the language, as this is only taught from six years old but by then she had returned to NZ. When she enrolled in year 11 Japanese at high school, she aced the speaking and listening

tests but totally flunked the reading and writing. She had great trouble remembering the complicated Chinese and Japanese characters that make up the Japanese alphabet. She also had big problems with maths and still doesn't know some of her times tables even though she is 25. I remember trying to teach her maths when she was at primary school. "What's 6 x 4?" I would ask. "27?" she would reply, hoping she had guessed correctly. For several years this went on, with me sometimes wanting to tear my hair out and eat it when most guesses were wrong, but of course I didn't, mainly because hair gets stuck between the teeth and ... well you know the story. It was extremely frustrating for both of us, but I thought maybe all kids had the same difficulty with maths. It wasn't until her year 11 music teacher told us that Hanako couldn't identify the gaps and notes in a music score that we knew something was amiss. She could write stories and songs but she couldn't relate to numbers and space. At the suggestion of her English teacher, we enrolled the services of an educational psychologist who, after a series of diagnostic tests, told us that while Hanako's results put her in the top 30% of her age group for reading and writing, her scores in numerical and spatial skills were in the bottom 2%, and she suffered from a condition called dyscalculia. "Dys... what?" I asked. "Dyscalculia", she replied. "It's similar to dyslexia, but it applies to numbers and spatial awareness." "That sounds deceptive," I thought.

Anyway, when I asked what we could do to help her with this, the psychologist gave my daughter some numerical and spatial exercises to do, but didn't know of anyone who specialised in helping with this condition.

It took until she was 15 for her to be diagnosed with dyscalculia. She had fallen through the cracks for years at primary and high school. Between 10 and 15 per cent of us are dyslexic. Who knows how many have dyscalculia? And 50% of our prison population are dyslexic – who knows how prevalent dyscalculia is? Shouldn't we be trying to treat the causes of our social problems instead of sending young offenders to bootcamps, as some of our politicians would like to do? Many criminologists think bootcamps are a bad idea and some say they make matters even worse. To me, they seem like a knee jerk reaction to our teenage crime epidemic. Why not spend the money on treating the causes instead of applying band-aids? Developing policies to fix social and economic inequality in Aotearoa and perhaps finding ways to help students with dyslexia and related conditions, so they don't fall through the cracks of the education system – these would be good starting points.

- Words by Ross Liggins
Art by Lucas Rocha



Bike Helmet Safety: A Musical Campaign for Coromandel

Kia ora Coromandel,

At the risk of sounding like a maniac trying to bubble-wrap nature, or perhaps instead like someone that is shoving a stubborn constitutional movement uphill, I confess I must divulge a pet peeve of mine that has become more intense lately. No, this is not the usual “Tik-Tok is rotting your soul”, although I agree with the sentiment (but perhaps not the phrasing). I am here writing this paragraph targeting those young people, those precious tamariki, of our community who misuse their bike helmets.

I could go on writing past that opening spiel, but I shan't!

Instead, I hope you will join me on my latest project.

On the right is a song lyric I have composed.

I have included optional chords for those of you who prefer playing and singing to writing/devising on the instrument.

Please record your version of the song to send to hello@coromind.nz

Title the email: ‘Bike Helmet FULL NAME & Town/CI’

I will listen to all of them between April and May, then arrange to display our combined efforts around the peninsula.

- Words by Fabian Roberts



Mudplank
GUITARS

Handmade in Cooks Beach
from native NZ woods

www.mudplank.co.nz

Please record your rendition of...

Bike Helmet - Fabian Roberts

(Chords optional)

D7

You don't need to wear a helmet when you ride your bike

G7

D7

Yeah, you don't need to wear a helmet when you ride your bike

A7

'Cause I'll be there to wipe away your drool

G7

And feed you from a plastic spoon

A7

D7 (Chords continue same pattern for verses 2&3)

With a carpark view from the hospital

You don't have to clip your helmet when you go for a ride

That's right, you don't have to clip your helmet when you go for a ride

I'll be there with a change of clothes
Because you had to go. Accidents happen,
Shhh... No-one needs to know

Leave it hanging from the handlebars, it looks good there

Seriously, leave it hanging from the handlebars, it look so good

I mean, what's minus 1 in the long run?
There's always time to make some more
When your parents have finished mourning you

Making It 16

Lowering New Zealand's voting age to 16 years old could increase young people's political education, representation, and engagement in issues that affect them.

I used to have a strange kind of superiority complex when it came to voting. The first time I voted in a general election, I took the time to teach myself how voting worked, what I was going to be voting on, and what I wanted to vote. I judged other 18-year-olds so harshly for not voting, and I wouldn't listen to any excuse. While I still think that in a perfect world everyone would use their vote, I now understand that not every 18-year-old has the time and energy to do so.

The physical action of voting on election day is easy enough, but for first-time voters, the process of voting also involves a substantial amount of research. This means finding accurate, unbiased information on what it means to vote, how to vote, and who to vote for. On top of this, most 18-year-old Kiwis are busy moving out of home, beginning tertiary study, finding a part-time job, and/or learning a trade. According to the Electoral Commission website, only 62.73% of eligible 18-24 year old voters are currently enrolled to vote; this is by far the lowest percentage among all age groups listed on the site. I was fortunate when I turned 18 that I had the time to learn about voting in New Zealand, but not everyone has the same privilege.

So what's the solution? We could simply continue to blame and shame young Kiwis into enrolling; or we could lower the voting age to sixteen. Countries who have lowered their voting age to 16 have experienced a higher voting turn-out, and higher enrollment rates. In 2016, Austria made the change, and after just ten months, improvements were already being seen. An associate professor in the department of government at the University of Vienna, Marcus Wagner, commented on the change, saying “It's not a risky re-

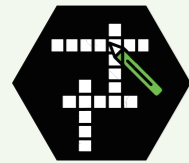


form and it's not something that you have to be scared of doing. [...] If you have good schools and good education programs, political education programs, it can have a positive impact”.

I believe Wagner is right in his observation that, for 16-year-olds to vote, they need to be educated on politics. I also believe it would be a lot easier to integrate a few modules on the voting system into schools, than it is for young adults to have to teach themselves about the system using online tools or other independent methods. Something I've heard a lot is the idea that young people don't vote because they don't care about politics. At the tender age of 21 years old, my experience shows this to be a gross generalisation. I've had lengthy conversations with people my age about their complex opinions on social and political issues. When I ask them why they don't vote on these issues, the general response is a slightly embarrassed, “I don't know how”. They don't know what exactly they're supposed to be voting on. Or they don't know where to go to vote. Or they don't know which parties will truly follow through on their policies. On top of all this, they don't know where to go to find out.

I know people in their twenties that still have a case of ‘I never learnt how to vote and now I'm too scared to ask' syndrome. Entering into the world of voting slowly, and from a younger age, could give young people more time to understand the importance of voting, how to find out which politicians support their views, and how the voting system works. Furthermore, most 16-year-olds are already working part-time jobs, and paying tax. This means taxation without representation, which simply isn't ethical. I had thoughts and opinions about politics when I was 16. Many of my peers did as well. Just because 16-year-olds aren't always educated on how to express these opinions in a productive way, doesn't mean they don't deserve, or want to. Issues such as living costs and climate change predominantly affect teens and young adults, who are struggling to move out of home for the first time, and struggling with climate anxiety about the future. It makes sense to let 16-year-olds have their say on issues that affect them, and to let them have more time to enter the voting world in a productive way.

- Words by Sarah Morcom
Art by Alex Litherland



Cross Your Mind

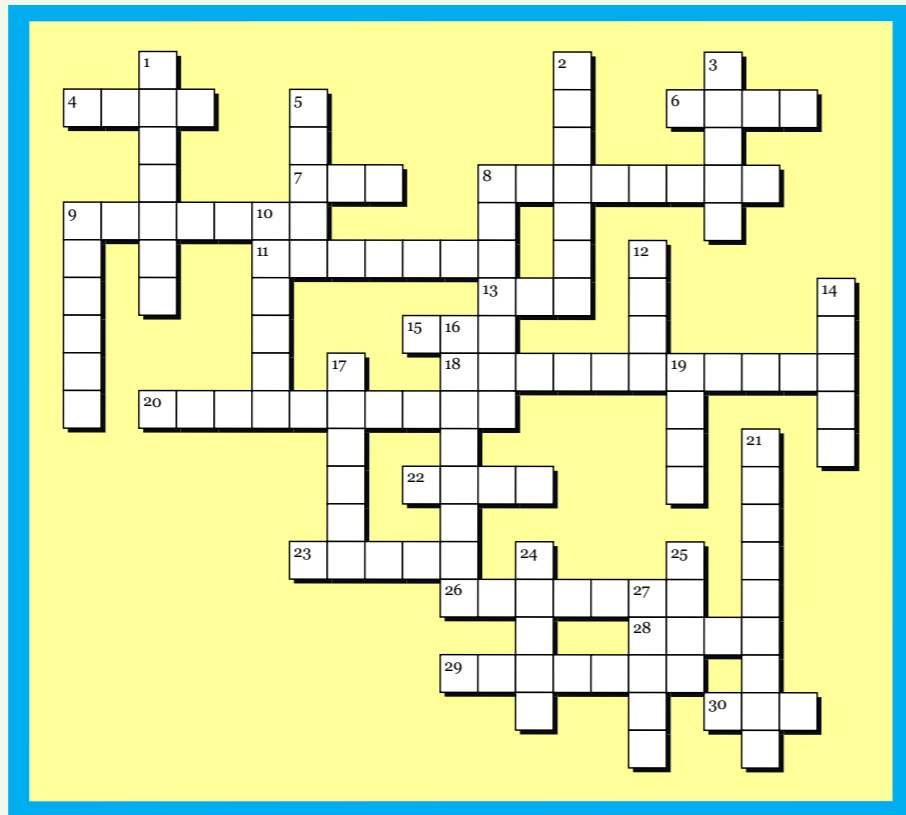
Created by Fabian Roberts

Across

- 4. Falling water
- 6. 1975 American thriller film directed by Steven Spielberg
- 7. Spiderman actor, _____ Holland
- 8. Derived from Lizzie Magie's 1903 'The Landlord's Game'
- 9. The respiratory system lets us do this
- 11. Moby Dick's opening line, "Call me _____"
- 13. Canine pet
- 15. This Magri is the host of Altbays Show - Fast growing, impactful, relevant podcast/ videocast - Now live 7pm Tuesdays and Thursdays!
- 18. Harper Lee's novel 'To Kill A _____'
- 20. Vipassana and Samatha relate to this practice
- 22. Many seas creatures use these for swimming, balance, stability and steering
- 23. This famous Bob said "If your time to you is worth savin' And you better start swimmin' Or you'll sink like a stone For the times they are a-changin'"
- 26. This court declared the voting age of 18 is inconsistent with the Bill of Rights Act
- 28. Warhol's first name
- 29. A strong and fast moving stream of water
- 30. Feline pet

Down

- 1. Van Gogh's first name
- 2. Worthwhile, value, usefulness
- 3. Picasso's first name
- 5. Person with the most of these gets eliminated on Reality TV show Survivor
- 8. This famous Bob was Prime Minister and Leader of the National Party from 1975-1984
- 9. Siddhartha Gautama is most commonly referred to as the _____
- 10. Recently deceased Coromandel road Kopu _____
- 12. Smile
- 14. Nagpur and Delhi's country
- 16. Pelios was the Greek God of _____ (teenagers go through in waves)
- 17. This famous Bob said "Get up, stand up. Stand up for your right"
- 19. Robin, Maurice and Andy are the brothers _____
- 21. Famous Buzz
- 24. Whales species buried at Wharekaho
- 25. Financial burden of long-term accommodation
- 27. Shark in Te Reo



- AVOCADO
- BANANA SPLIT
- BARBER
- BEACH
- CAFE
- COOKING
- CRAZY
- DIVING
- EATING
- FAMILY
- GARDEN
- HOST
- ICE CREAM
- LAUGHING
- OKAY
- PUDDLE
- RAIN
- READING
- RHUBARB CRUMBLE
- RUNNING
- SCHOOL
- SEA
- SEWING
- SWIMMING
- TRAMPOLINE



309 Road: The Man Behind the Name.

A son, brother, husband, father, trooper, farmer and carriage driver – Mr William (Bill) Betheridge Topp Junior was born 6th of September 1874 in Whangapoua.

He was the third child and first son of William Betheridge Topp Senior (born in Cape Town, South Africa) and Margaret Mary Josephine McGinley.

At the age of 26, he enlisted as a Trooper/Rough Rider of the Fourth Contingent for service in the 2nd Boer War, in South Africa. He served for one year and one hundred and thirty-seven days. On completion of his service, he returned to Dargaville, where his mother was listed as living. He enlisted once again in World War One as a reserve at home.

Bill then moved to Whitianga and met May Hughes. They were married in late 1904 at the Undenominational Church (St Andrews Church) in Whitianga. Two years later, in 1906,

their first child was born, Harriet. Three years later, in 1909, Margaret Mary Josephine (known as Maggie) was born. Maggie, unfortunately, passed at the age of nine, some six years after their sister Doreen had also been born and passed.

In 1912, Bill first applied and gained permission from the Post Office to carry mail on horseback once a week (with one horse) over the track to Coromandel. This route across the peninsula was from Whitianga, through the Mahakirau Valley, to Coromandel township.

At a later date, there was a mail coach with space for a passenger or two. The mail run was always something to remember. The driver often disappeared into the bush at the top of the range to fetch a spare horse or to retrieve a pair of worn leather boots from the bracken, and, with the help of match light, successfully nail the leather sole to the brake pads to

ease the vehicle down the steep grade for the home run. One dark night the local Constable was returning from his annual holiday and darkness had set in before the coach had crossed the summit. The officer, a little apprehensive not only for himself but also for the passengers, called to the driver, "Hey Bill! Haven't we any lights?" "No," was the response, "but it's all right. I'll feel the bank with the whip handle." The bank above the road was 20 feet high, but around the numerous corners, it was three times as many feet deep over the edge!

With the formation of the Mercury Bay Co-Op Dairy Company in 1911, a contract was let for the collection of cream in Kūaotunu, and Bill secured this. He would collect the cream with a wagon and a pair of horses. He also had the mail contract and how 'vexing' he was on occasion! Mail day happened to coincide with the Kūaotunu Rifle Club's day on the range, and Bill, being a keen marksman, would dismount from his driver's seat, tie up his steeds and saunter over to the range to put in a couple of hours 'blazing away good ammunition'. Meanwhile, the impatient and long-suffering community grumbled amongst themselves at the Post Office, until it was so late, they had to return home, to return on the Monday to collect their mail. When they protested to Bill, who was conveniently deaf, the answer they got was, "I got eight bulls and a couple of fours!"

In 1926, he purchased land on Owen Street to farm. This land would become Worden's Campground some years later, run by his daughter Harriet and son-in-law Eric. The family home is still standing as the St Andrew's Opportunity Shop building.

At the age of 72, Bill sadly passed on, survived by his wife, May, and daughter Harriet.

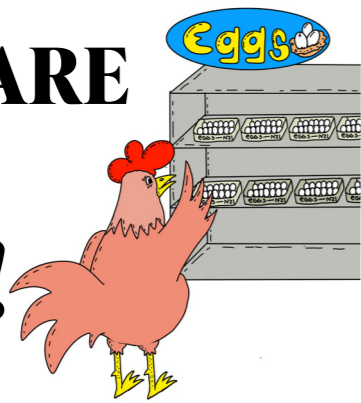
The legacy of his time as the local mail coach driver continues, as the Coromandel to Mercury Bay track is now known as the 309 Road. It was so named as Bill could average it in three hours and nine minutes by coach! The first motor car, "Marathon", was driven over this track by Mr Oxley in 1916 and it took two hours longer – 20 miles in five hours!



William (Bill) Topp, wife and daughter with Ford truck believed to be the second in the district in 1923.

– Words by Becs Cox,
Mercury Bay Museum Manager
info@mercurybaymuseum.co.nz

WHERE ARE ALL THE EGGS?!



I love omelettes! I LOVE OMELETTES! There, I said it – but to make an omelette, you’ve got to break a few eggs. Imagine my horror on a recent shopping trip when I realised that the eggs were as scarce as hen’s teeth. “Are chickens laying fewer eggs nowadays? Like humans having smaller families, they’re just too busy with life ...” My head was spinning.

How?

How can there be no eggs on the egg aisle? A shelf packer solved my puzzle. Or a stock distributing engineer, whatever new age term people give themselves to make their job seem more important.

“Can’t sell caged chicken eggs anymore, dude.”

My world turned inside out. My initial thoughts were, “Are caged hens free now? Like when Nelson Mandela was released, will they thrive? Or will they struggle to handle everyday life and try to get arrested and get back in the cage?!”

Can they even walk? Can they free range it? What if they can’t? Will they be murdered? They don’t know this new life!”

Clearly I was losing my mind. I googled it and sure, there before my egg-starved eyes, “Battery cages were to be phased out by 1 January 2023.” It was initiated by the National government ten years ago. The hens had a date for when they could fly the coop.

It was necessary too. The cages directly breach the Animal Welfare Act 1999 which requires that the physical, health and behavioural needs of animals be met. The overcrowded conditions of colony cages prevent hens from displaying normal patterns of behaviour and living a life free of unnecessary pain.

Ten years though. Surely, during those ten years, the supermarkets could have struck a deal with the free range farmers and be prepared for this eggademic?

So, I’ve a theory on where all the eggs are. The guilt felt by farmers because of the cages was massive. So the area that the chickens have now is vast! They can’t find the hens to retrieve the eggs. It’s a real egg hunt.

Why did the chicken cross the road?

Free range, innit?!

-----Words by Alan McElroy
Art by Lucas Rocha



AUDIOVISUAL STUDIO

Create High-Quality Online Content from Coromandel



WWW.ALTBAYS.NZ

SCREENING ALL THE LATEST MOVIES



The Home of **BIG SCREEN** entertainment on the Coromandel
1a Lee Street, Whitianga

For our latest screening schedule and trailers visit:



www.mercurytwincinemas.com

☎ 867 1001



Alcohol licensed

Let's Have a Bowl Getting the Best From our Piece of Paradise

So you’ve discovered the ‘new year, new me’ ambition has become a too-distant memory, as we creep towards the second quarter of 2023. It’s become all too easy to slip back into the old habits – you know, the not-so-good ones.

But it doesn’t matter, all is not lost, we can start afresh any time – today, tomorrow or even next month. Don’t let the lack of stickability of those enthusiastic new year promises bring you down.

Instead, ask yourself, what do you want to change in your health and wellbeing today? Choose just one thing. Set a goal. Then, work out how you will get there; who will support you; and what small steps you can take from today. One of the keys to stickability is to not be tempted to change too many things at once. Pick one.

Is it a nutrition goal? A movement or fitness goal? A lifestyle goal?

Shall we start with nutrition? Look at what you eat now; identify one small adjustment you could make to your current meals. Maybe replace white bread with whole grain; starchy vegetables with some green ones; chocolate with yoghurt and fruit. Start small, and once this becomes second nature, choose the next thing to adjust.

Or perhaps a fitness goal? Identify a realistic time when you can commit

to something new. More importantly, make sure it’s something you enjoy. Walking? Swimming? Weight training? Pick one and aim to do it three times a week for 20 minutes, then build from there. Slow and steady is key.

How about a lifestyle or wellness goal? What does that really mean, and how can you make sure your environment is one that lends itself to the lifestyle you want? It’s important to have a support network; put yourself in the right situations and surround yourself with positive experiences that place value on your particular lifestyle.

The key to any new habit or lifestyle change is to make it as ‘user friendly’ as possible and finding what works for you. Don’t compare yourself with others. We are all different, and lead such varied lives, we cannot expect real change without first assessing the real you.

Pick a theme – any theme – let’s base it on nutrition. In our home we love ‘bowl life’, where we chuck everything into one bowl. We find this a great way to get a varied and colourful range of vegetables, grains and protein, while still enjoying it. Choose a whole grain base (we love black rice, quinoa or buckwheat pasta – perfect for vegans and gluten free too), add a handful of protein (lean meat, fish, eggs or legumes), a selection of raw and cooked vegetables (lots of colour, cooked in herbs, spices, and garlic), and sprinkle with seeds or feta. The

options are endless, not only making mealtimes easy, but healthy and fun too!

The ‘bowl life’ may not be for you, but the key is finding something that is. As they say, keep it simple, varied and healthy – which has gotta be good for you!

And what a place we live in, right? The Coromandel, for us, is our piece of paradise. We have access to the great outdoors, where we can feed and enrich our souls with walks on the beach, swims in the ocean, endless tracks to walk and ride. Access to all things that feed fitness, health and lifestyle is on our doorstep – right there – so leap into it. GO!



Rebecca Smith
Certified nutrition, health and wellness coach
Real Nutrition
realnutrition.co.nz



A perfect storm

Roasted kumara, sauteed onion, greens bean, edamame, broccoli, with avocado, feta, fresh basil and toasted pumpkin and sunflower seeds



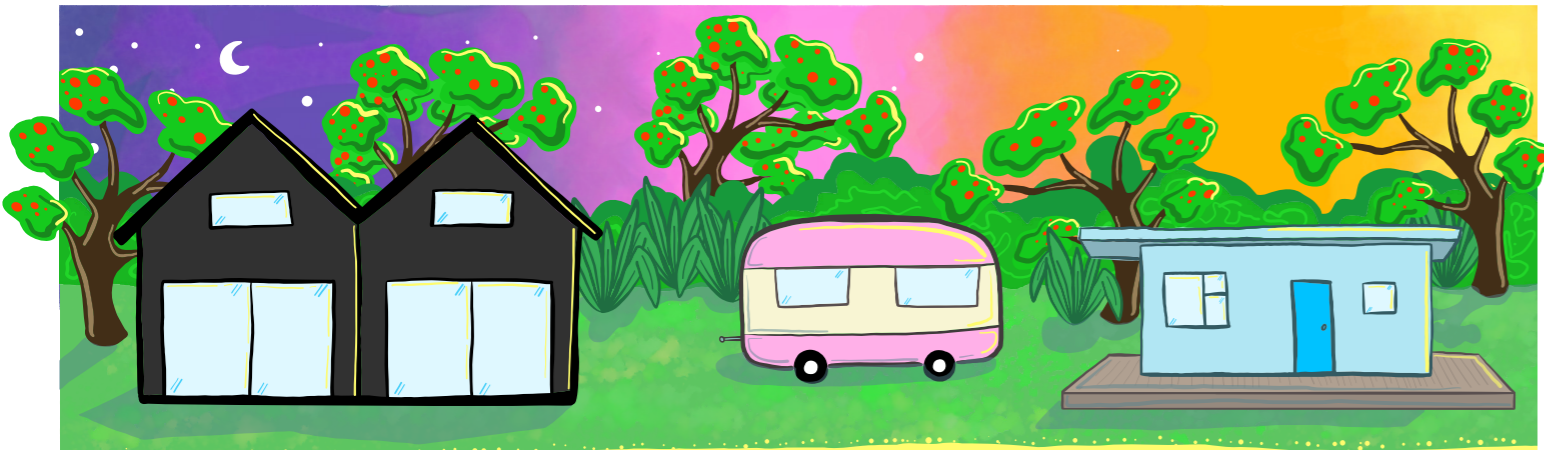
The vegan dream

Quinoa, edamame, pickles, with fresh carrot, tomato, spinach, mung beans, spring onion, avocado and sesame seeds.



Fit n' Lean

Smoked salmon, roasted kumara, sauteed green beans and mushroom, fresh tomato, avocado, mung beans and spinach with toasted sesame seeds



So ... How's That Airbnb Going?

Airbnb launched its New Zealand office in 2015, and quickly fundamentally altered the landscape of residential-based tourist accommodation, becoming the most popular site for short-term rentals with approximately 1800 rentals listed on Airbnb in Thames-Coromandel district alone. This figure doesn't include the other popular platforms such as Bookabach, Bachcare, Booking.com and others. Drilling down into 2018 Census data, Mercury Bay North had 702 occupied dwellings and 1,965 unoccupied dwellings, while Mercury Bay South had 492 occupied dwellings and 618 unoccupied dwellings. So, for the wider Mercury Bay area, that's 1194 houses that are lived in, and a whopping 2583 houses that are not. In my little street alone, there are 18 houses, of which just 6 are occupied. Prior to the advent of Airbnb in Aotearoa many of these dwellings were holiday homes, but a proportion of these were in the long-term housing market.

It's a complicated beast, this Airbnb thing: in some ways it can be argued that the provision of short-term accommodation helps to contribute to the tourism economy, especially in the wider Mercury Bay area, as well as helping individual property owners earn some additional money; and given that Mercury Bay is predominantly a lower-income area, every bit helps, right? But in other ways, it also hinders the tourism economy: at a time of record-low unemployment, many tourism and hospitality businesses are really struggling to get staff, and one of the contributing reasons for this is that accommodation is so hard to get (and if you can get accommodation, it's really expensive). It also impacts established businesses such as motels, camping grounds and holiday parks.

So, let's unpack these perspectives a little. In terms of providing short-term

accommodation, Mercury Bay has a wide range of motels catering for quite up-market tastes through to holiday camps and cheaper family-friendly options. Very seldom are these filled to capacity (with the occasional exception of specific events such as the Summer Concert). Taking this view, Airbnb takes business away from established businesses in the area, rather than filling a need in the accommodation market.

Additionally, across the motu, local authorities have significant trouble knowing how to deal with Airbnbs – should they be rated as commercial properties or pay additional levies? Such regulatory moves are fiercely contested by Airbnb, and obviously aren't popular with hosts. However, moteliers (who are subject to additional costs like fire and safety compliance and commercial ratings) see the current disparity between their compliance costs and those running Airbnbs as an unfair playing field. Consequently, Airbnb is often viewed as problematic for the tourism sphere, because it disrupts the trade of traditional accommodation providers such as motels and holiday parks, as well as posing legal and regulatory difficulties for local authorities.

The rhetoric employed within Airbnb suggests a significant contribution by Airbnb to the financial security of New Zealanders. The Airbnb website tells me I could earn \$1317 a week on Airbnb. Attractive, right? I'd never get anywhere near that if I rented my house out. But is it realistic? There are undoubtedly a number of hosts who make a secure living through Airbnb; however, reports from within Aotearoa, as well as from international research, suggest that those who are able to make a living from Airbnb tend to be people who have high-end, expensive properties, or who act as professional hosts, co-hosting for others. A 2018 report by Deloitte Access

Economics (prior to Covid and at a time of high tourism in Aotearoa) states that the median income earned by Airbnb hosts across Aotearoa is a mere \$4,400 per annum. Given the conditions of this summer, both financial and weather-wise, it's a safe assumption that this year's figures will be significantly less. And that's not considering the costs of running an Airbnb – not just the electricity, cleaning costs, any renovations you might have/want to do to make your place more appealing, but also your labour: mahi such as cleaning the toilet and bathroom, washing the linen, and so on.

During my PhD research on Airbnb a few years ago, many participants told me that long-term tenancies were problematic: compliance with tenancy laws, bad tenants and so on. And sure, there are bad tenants. But there are also great tenants, and a decent vetting process helps you find good people that will treat your property as their home – with pride and care – because a long-term tenancy means that it is their home! My personal view is that long-term tenancies help our town become more vibrant and connected, enable businesses to get the staff they need, help develop community relationships, add to social cohesion, and enable us all to live and thrive in a community.

It's an attractive thought, being an Airbnb host. It has status (you're now a micro-entrepreneur), there's virtually no compliance compared to the drama of tenancy agreements and so on, and you get to earn some money. And it works well for some people, for sure. And if that's you, great! But there are downsides to Airbnb hosting, just as there are upsides to long-term tenancies. It's worth thinking about, isn't it?

- Words by Stella Pennell
Art by Chloe Watts

COMMON GROUND

LOCAL'S CREATIVE SPACE

Brought to you by ...
The Eggentric

Open 9-3 Tuesday to Sunday
@eggentric

Photos by Lia Priemus on her Last Visit to India 2022



A Sadhu in deep meditation at the holy heritage site Pashupatinath in Katmandu, Nepal



A wonderful morning greeting from a holy Sadhu in Pushkar, Rajasthan



The Hare Krishnas made such beautiful music at the holy lake in Pushkar, Rajasthan – Such happiness and it made me feel like dancing

Lia Priemus:
Facebook: PriemusPhotography
Instagram: priemus_photography

Local Poetry

Crushed by drudgery

Weekend
Whirlwind
Here one minute, gone the next.

Philosophical debates
Contemplating how society could be
Experiencing freedom from
drudgery ...

Sunday

A

N

X

I

E

T

Y

How absurd that we accept little
time to appreciate, explore, figure
out.

Life

Stuck in someone else's dream.

Capitalism kills

A glimpse of the night sky stops you
in your tracks to contemplate your
place in the universe.

Realisation

I'm no longer a drone crushed by
drudgery

I chose myself.

-Bête Noire-

Self-criticism & criticized

It's ok,
I understand.
Someone is better,
funnier,
nicer.
Yes, I may agree
with you,
I would not choose
me either.

*

People like
to speak,
expose,
all what's wrong
you do,
because they like
to drag you down,
but all what's right
then,
too.

Bernie Spangenberg

Copyright © bos clipshill March. 2020

What to do With Weeds

Controlling weeds in the garden is important, but it should be done in a way that balances the benefits and drawbacks of weeds.

The Coromandel region of New Zealand is home to many different types of weeds, some of which can be harmful to your garden. Here are three weeds that you should look out for:



Gorse

Gorse is a thorny shrub that can grow up to 3 metres tall. It is a major weed problem in the Coromandel, as it spreads quickly and can outcompete native plants. Gorse has yellow flowers and spiky leaves, and its seeds can remain viable in the soil for at least 40 years.



Blackberry

Blackberry is another weed that is prevalent in the Coromandel. It has thick, thorny stems that can grow up to 3 metres tall, and its leaves are green and shiny. Blackberry produces delicious berries, but it can also quickly take over a garden and smother other plants.



Wild Ginger

Wild Ginger is a creeping weed that is native to the Coromandel. It has large leaves and delicate flowers, and its rhizomes (underground stems) can grow up to 1 metre long. Wild Ginger can quickly spread and can be difficult to control once established.

- Artwork by Kary Luo

To control the growth and spread of these weeds, it is important to identify them as early as possible. This can be done by examining the leaves, stems, and flowers of the plant, as well as its growth habit. To control the growth of weeds in your garden, you can use the following methods: hand-pulling for small areas, mulching to suppress weed growth, and herbicides for larger areas or difficult-to-pull weeds. It is important to identify the weed, choose the right herbicide, and follow the instructions carefully to avoid damaging other plants.

While weeds can be a nuisance in the garden, they can also have some benefits. Weeds can provide habitat for wildlife, improve soil health, and even provide edible or medicinal plants. However, it is important to strike a balance, as too many weeds can lead to competition with other plants and can decrease the overall health and aesthetic of your garden.

CHOPS DESIGN
LANDSCAPING
MAINTENANCE

021 120 4316

021 257 8582



www.chopslandscaping.co.nz



gathered
collab.

HOME + GIFTS + FASHION

Mention this ad instore or use discount code **COROMIND** at checkout to receive a 20% discount

gatheredcollab.co.nz 26 Albert Street, Whitianga



BAYSIDE
CONSTRUCTION

RESIDENTIAL BUILDS
AND
RENOVATIONS
027 537 5953



www.baysideconstruction.co.nz

caleb@baysideconstruction.co.nz



Freshly baked
artisan breads

Every Saturday
61 Albert St, Whitianga
From 9:30am
&
Every Sunday at the
Coroglen farmers market



Neuromuscular Therapy
Sports / myofascial release
Dry needling / pregnancy
Remedial / deep tissue
Relaxation & hot stones

021 100 6882

www.alignmentmassage.co.nz

New Location @ 24B Lee Street, Whitianga

Tamar Lazarus
Dip. Therapeutic Massage

Registered practitioner NZ
Massage Association
Southern cross insurance accepted



ROASTED IN KUAOTUNU
FREE DELIVERY TO WHITIANGA
www.coffeelala.com or 078665313

Beat Fairy Events
& Promotions



events@beatfairy.com
www.beatfairy.com
f /BeatFairyEvents
i @BeatFairyEvents



PLANNERS PLUS LIMITED

5 Monk Street, Whitianga
Office Phone: 07 867 1087
Email: info@plannersplus.co.nz

David: 027 499 4833
Tracey: 027 490 7988

www.plannersplus.co.nz

See us for all your land development, planning and resource consent requirements

ELEMENTALS
Peter Augustin • Di Caton • Peter Muller • Anett Pilz • Verena Tagmann
Barry Brickell Gallery, Driving Creek, Coromandel

14-23 April, Opening 5pm 14th April
5 Artists, Painting, Printmaking, Photography, Ceramics & Jewellery



MODERN & INNOVATIVE EXPANDABLE UNITS

TWO BEDROOM EXPANDABLE UNITS STARTING FROM \$52,000

GLASS FRONT EXPANDABLE UNITS STARTING FROM \$53,000



Complete with LED lighting, 12v power points, double glazing and the option for solar power, our two-bedroom and glass front expandable units are built for maximum comfort and energy efficiency.

Whether you're after an office space, Air BnB, farm worker accommodation, rental space or just extra room at home, these units are a great cost-effective solution. Both designs include a kitchen, fully-equipped bathroom and generous living area.


Due to the compact size of our units when folded down, shipping and transportation costs are low meaning getting your space to your place is all that much easier.

With easy set-up and pack down features, our units are a great solution for both permanent and temporary applications.

SPECIFICATIONS

- Entry access through a lockable double glazed aluminium slider
- High density insulated panel walls with internal overlay
- 20mm MGO board floor
- Waste plumbing to external edge
- Gas-operated hot water and cooking available

ENQUIRE TODAY

 027 223 3522

 rob@prefabspaces.co.nz

www.prefabspaces.co.nz