

COROMIND

Issue 6

Forgiveness

Awhina Mikaere shares her journey finding forgiveness

TRICKY SITUATIONS

Ross Liggins shares some stories from his travels

What is BIODIVERSITY?

Roger Harwood helps us understanding nature's intricate web

Do and be your best

Dave Burton takes us through a brief history of leadership and organisations

Audio 
Version



Editorial

Kia Ora,

Welcome to the 6th issue of Coromind, arriving just in time for the winter season in beautiful Aotearoa, New Zealand. As the chilly winds blow and we gather closer together for warmth, we are reminded of the importance of community and unity. At Coromind, we believe that the strength of a community lies in its ability to come together and support one another.

In a world that can sometimes feel cold and isolating, we want to emphasise the power of connection. It is during these winter months that we have the opportunity to foster deeper bonds and forge new friendships. When we join forces and stand united, we can overcome any challenge that comes our way.

In the spirit of togetherness, we recognise the importance of intergenerational collaboration. Our young ones bring boundless energy and fresh ideas, while our elders offer wisdom and guidance earned through a lifetime of experiences. By bridging the generation gap, we create a tapestry of knowledge and innovation that uplifts us all.

As we navigate through this winter season and beyond, we encourage everyone to reach out to their neighbours, lend a helping hand, or simply share a warm smile. Even the smallest act of kindness can brighten someone's day and create a ripple effect of positivity within the community.

Coromind remains committed to accessibility, ensuring that everyone can enjoy our magazine. Our website offers online and audio versions, accessible to all individuals. You can visit coromind.nz directly in your browser or scan the QR code on the cover to access our online content.

So, let's come together, embrace the warmth of our community, and create a winter season filled with compassion, connection, and collaboration. Stay cosy, stay connected, and enjoy the heartfelt stories and vibrant creations within the pages of Coromind.

Peace,
The Coromind Team

Coromind Team

Art Director

Taylor O.G

Administration, Marketing & Production

Leonardo Magri

Website

Taylor OG, Matt Cook

Design/Layout

Godmind Creative | godmind.co.nz

Illustrator

Tessa Zank

Cover Art

JT Tahatika

Contributors

Angus Williams, Avril Mita, Awhina Mikaere, Becs Cox, Bonnie Roberts, Chloe Potae, Chops Landscaping, Dave Burton, Fabian Roberts, Flooring Xtra, Ian Thorne, JT Tahatika, Jeter Reid, Lana Garland, Matt Cook, Mercury Bay Museum, Neera Giri, Nico Fox, Rebecca Smith, Ron Morgan, Reuben Watson, Roger Harwood, Ross Liggins, Sarah Morcom, Stella Pennell, Te Paea Puha, The Eggsentric, Yazmin Todd

Proofing

Helen Oliver

June 2023 - Coromind magazine is published by Flock Media Group

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.

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.

Get your brand on the *Scene*.

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.

- ✓ Be seen
- ✓ Share your voice
- ✓ Distributed all over the Coromandel

Get in touch:

✉ hello@coromind.nz

Contents

3. JT Tahatika
Get to know our cover artist

6. Forgiveness
A story of personal growth and redemption

7. Chops Gardening Tips
Mastering winter gardening

8. Airports and Escape
The sociology of airports, toddlers and escape

9. Committing to Sustainability
The cost and environmental benefits of recycling building materials

10. Local Action | Jeter Reid

11. From Coro With Love
We are all one whānau

12. Ross' Ramblings
Tricky situations part 1

14. What's in a Name?
Where did the name Whitianga originate?

15. What is Biodiversity?
Understanding nature's intricate web

17. What is Cisgender?
And why are we seeing so much recoil from it?

18. Transgenderism and the Social Stigma
Sage Garrett's story of identity and resilience

19. Word Find

20. Born and Raised
Meet a local: Angus Williams

21. Common Ground
Locals' creative space

22. Nutrition Matters
It's a numbers game. And you're the contestant!

24. The Best Seat in the House
Kicking off a rugby refereeing career

25. From Grief to Action
Advocating for mental health awareness and support

26. Do and Be Your Best
A brief history of leadership and organisations

28. Building a Sustainable Future
Reflecting on environmental changes over time

29. Altbays Show
The importance of embracing diversity and celebrating multiculturalism



JASON TAHATIKA



I have a huge passion for all art and love, the euphoric energy that comes from creating art that brings joy to someone.



Kia ora , my name is Jason Tahatika.

My wife and I and our three children visited Te Whitianga a Kupe in early 2020 from Christchurch. We were so captivated by the beauty that surrounds the Coromandel Peninsula, we never left. The native bird life is so amazing that the birds have become a frequent art subject of my more recent pieces.

My grandfather was my first art influence; I'd watch as Ernie would paint a new giant tin butterfly, put together a new woodchopper wind gauge, or work on another folding picnic table (just big enough for a bottle of home brew, 8 oz glass and a card game of Patience). As a self-taught artist – painting, tattooing, street and realism – I'd describe my art as a fusion of mediums, combined in sporadic colour explosion, done in an unorthodox fashion!

After suffering a traumatic brain injury from a work accident, I now use art as part of my recovery, understanding and accepting my limits.

A big supporter of Reduce-Reuse-Recycle-Repurpose, you'll find I'm a regular visitor to the op shops, hunting out the next unique imaginative art piece to work with. I have a huge passion for all art and love, the euphoric energy that comes from creating art that brings joy to someone.

I currently have carved surfboards for sale hanging in the courtyard of Hula Cafe. Also, find my works around the Whitianga Bike Park.

Here's my Instagram if you wish to follow my growth through this art journey [@jttahatika](#).



Words & Artwork by
Jason Tahatika



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

LOTTA LOVE

PLANT-BASED PRODUCTS
HOME COOKING CLASSES
WHITIANGA

LOTTALOVE.CO.NZ

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

BAYSIDE CONSTRUCTION

RESIDENTIAL BUILDS AND RENOVATIONS
027 537 5953

www.baysideconstruction.co.nz
caleb@baysideconstruction.co.nz

SO DOPE
NZ hemp skincare

www.sodope.co.nz

EG
Emma Evangeline Gustafson
Artist | Illustrator | Designer

www.emmaevangelineshop/
emmaevangelineart@gmail.com
emmaevangelineart
Art by Emma Gustafson

Gonzales House Painter

Interior and Exterior
Commercial and Residential
Whitianga Based

Taylor Gonzales
021 084 05448
henriquetaylor08@gmail.com

Holistic Health Whitianga

Holistic Therapy & Medicine Relaxation
Homeopathy Life & Health Coach Yoga
Natural Local Products Arts Massage
Workshops Aromatherapy Retreats

www.holistichealthwhiti.co.nz

Forgiveness

There is that saying that unforgiveness is like you swallowing poison hoping that the other person will die.

On a recent podcast with Altbays in Whitianga, I stated that I had forgiven a close relative of mine. I decided to forgive to restore a friendship I had had while growing up and extend the olive branch for the benefit of whānau and being true to myself.

Forgiveness at this time and in this situation for some would have been hard, so the question is how did this come quite so easily to me?

Forgiveness had always been role-modelled to me by my amazing nana (Aunty Ada) and her uncompromising Christian beliefs that she lived out in her everyday life. She always said that we should forgive and love others. She was known for helping and loving others no matter their backgrounds or indiscretions. As a child, I didn't understand the idea of this or the impact her teachings would have later in my life.

I believe the realisation of what forgiveness is came through my hardest life experience in the form of my 20-year marriage ending in betrayal. The intense hurt and the broken hearts both my children and I endured was life impacting and, at times, painful to live through.

It was a year and a half of living as a solo mum where times were extremely hard, especially for my children who no longer had a father who showed up for them or even contacted them. I was carrying unforgiveness for them and myself.

I found, through the pure exhaustion of carrying so many negative dark and depressing feelings, that I needed to forgive for my own sanity and journey to healing. My nana's example and, at the time,

Christian values were what I turned to. It wasn't mere lip service, though; I knew I needed this for myself.

There is that saying that unforgiveness is like you swallowing poison hoping that the other person will die. This was honestly how I felt before I

forgave. My ex-husband didn't care; he had moved on with his life and was happy and preparing to get married again. My unforgiveness was a waste of my time, detrimental to my children, a drain on my energy and a block to my own healing journey.

I'm not saying it was easy or that at times I didn't slip into old thought patterns. I will never forget, but I definitely forgave, and I know this to be true because I can talk about him without any ill feelings. Now, I am thankful for the good times we had in our marriage and, of course, our amazing children. At the time I didn't know if I would even survive the type of hurt I was experiencing, let alone believe I would ever forgive.

Forgiveness isn't for the other person; it's for you. There isn't a big ceremony or even the need to contact the person to announce your forgiveness of them; it's an inward change in attitude and a letting go which releases you and allows you, I believe, to move forward. Whether it's the extending of an olive branch or the thought process about poison, it's definitely all about your own journey and what's best for you.

Words by **Awhina Mikaere**



MASTERING Winter Gardening

A GUIDE TO GROWING BOUNTIFUL WINTER CROPS

Embrace the Season and Harvest Fresh Produce all Winter Long

Winter doesn't have to mean bidding farewell to your garden. In fact, it's the perfect time to cultivate a vibrant array of winter crops that thrive in the cooler temperatures. From crunchy broccoli and flavourful cauliflower to nutrient-packed kale and adorable Brussels sprouts, these cold-hardy vegetables can provide you with a bountiful harvest even when the frost sets in. By starting seeds indoors, you'll give your winter crops a head start, ensuring a successful and delicious garden. Here's a step-by-step guide to growing winter crops and embracing the magic of gardening all year round.

1) Select the best varieties

Choose winter crop varieties known for their cold tolerance and shorter maturity times. Opt for cold-hardy broccoli, such as 'Green Magic' or 'Arcadia', versatile cauliflower varieties like 'Snow Crown' or 'Amazing', robust kale options such as 'Winterbor' or 'Tuscan Black', and delightful Brussels sprouts like 'Long Island Improved' or 'Diablo'. These varieties will withstand the winter chill and reward you with an abundance of flavoursome produce.

2) Start seeds indoors

Get a jump-start on the growing season by starting your winter crop

seeds indoors. Begin approximately 6-8 weeks before the last expected frost date in your area. Use seed trays or containers filled with a quality seed-starting mix. Follow the recommended planting depth and spacing for each crop. Ensure the soil remains consistently moist, and provide warmth for optimal germination. A sunny windowsill or artificial grow lights will help the seedlings thrive.

3) Nurture seedlings to perfection

As the seedlings emerge, give them the care they need to flourish. Make sure they receive ample light by placing them in a bright location or using supplemental grow lights. Maintain a temperature range between 18-24°C (65-75°F) during the day, and slightly cooler at night. Regularly mist the seedlings to provide them with the necessary humidity. Watch as they grow into sturdy and healthy plants.

4) Shield against winter elements

Protect your precious winter crops from harsh winter conditions. Use row covers, cloches, or cold frames to create a shield against frost and wind. These structures help retain heat and create a microclimate that promotes plant growth. Keep a close eye on temperature fluctuations and water your crops appropriately.

5) Ongoing care

Throughout the winter season, monitor your crops regularly. Water them when needed, making sure the soil remains moist but not waterlogged. Watch out for pests and diseases and take prompt action to protect your plants. Prune and harvest as necessary, enjoying the rewards of your efforts as you savour the flavours of your winter garden.

With the right preparation and a little bit of indoor gardening, you can enjoy the pleasures of fresh, home-grown produce throughout the winter season. So, embrace the magic of winter gardening and let your green thumb thrive.



CHOPS DESIGN 021 120 4316
LANDSCAPING 021 257 8582
MAINTENANCE chopslandscaping.co.nz

THE SOCIOLOGY OF AIRPORTS, TODDLERS AND ESCAPE

It's been a while since I flew on a plane – just once since covid threw a glitch in the works. In my previous life, I'd be on a big bird going overseas usually around six or seven times a year, so you could say I'm a seasoned traveller. And I loved it.

But, having not flown for a while, I find that my desire to travel has literally flown out the door. Regardless, I've been thinking about planes and airports quite a bit recently. Firstly, the whānau has been making increasing murmurings about an overseas get-together since one of them now lives in London, and secondly, in a few days I'll be picking up my daughter and grandson from the airport. The little bloke is just 14 months old but has just discovered that protesting loudly about things that displease him is not only huge fun, it garners heaps of attention, and just occasionally, gets a result. Let's call it out for what it is: a tantrum.

Planes and kids. There is, in my experience, nothing more horrendous than a tanty-tot on a plane. Being the mother of a tanty-tot brings on the worst of societal disapproval, and that's just amplified off the chart in a flying metal capsule. Sitting next to a tanty-tot (when it's not your own) is just downright ear-splittingly awful. In either case, all anyone wants to do is escape. And airports themselves are becoming increasingly creepy. There's something entirely disconcerting about airports and it's to do with the overt biopower exerted in that context. Body scans, eyeball scans, explosive testers, drug dogs, physical pat-downs, stern-faced customs officials, and ubiquitous cameras are de rigueur at airports these days, but what is more unsettling is the passive yet ubiquitous way in which we are all herded. Airports are more than just systems of control; they speak to a wider contemporary condition in which surveillance in our daily lives is the norm through digital technologies.

We are all accustomed to Google providing us with pop-up ads tailored to our browser history. Who hasn't searched 'cheap car rentals Wellington' and then been inundated with car rental ads for the next month? Airports just extend this a little more intrusively. And, sheep-like, we comply with the panopticon-like conditions of airports, because we are aware that, on every level, we are watched. The toilet even flushes itself. Creepy.

You need to be a perfectly behaved human at airports. You need to walk where you're directed to walk, wait where you're directed to wait, eat where you're directed to eat. Exception is not tolerated,

and behaviour is policed not just by surveillance, by airport guards and by official channels, but also by more subtle, powerful channels: other people's disapproval of errant behaviour. As the German philosopher Peter Sloterdijk notes, "It is not just a matter of pacifically directing the herd which has already tamed itself; it is a question of systematically generating new, idealized, exemplary individuals".

And this brings me to my next observation: "New, idealized, exemplary individuals" are in chronic oversupply at airports. Billboards flash perfect white teeth, slim bodies, tanned flawless skin, the latest haute couture fashion, the hippest of haircuts, the vaulted arc of the most exquisitely manicured eyebrow, the freshest fragrances. Airport users must walk the gauntlet of kilometres of advertising, exhorting us both overtly and covertly to be what we cannot. The reason we cannot is that capitalism is selling the unattainable. Over. And Over. And Over again. (I'm – eek – in my 50s now, and there ain't no way those halcyon days of the bikini bod are ever coming back.)

Airports are the perfect opportunity for this assault on our personhood because the market is well and truly captured for two, four, six hours at a time, with nothing else to do but wander aimlessly through the endless duty-free shops that are cunningly designed to force you to walk through their entirety as you progress to the departure gate. Pity the mother of the toddler. Pity me. There is no escape.

Words by
Stella Pennell

Being the mother of a tanty-tot brings on the worst of societal disapproval, and that's just amplified off the chart in a flying metal capsule.

The Cost and Environmental Benefits of Recycling Building Materials

In the scenic region of Coromandel, known for its breathtaking landscapes and commitment to sustainability, the practice of recycling building materials has found a welcoming home. In pursuing a sustainable future, Coromandel's building scene embraces the transformative approach of repurposing materials and reducing reliance on new resources. By prioritising the use of recycled materials, builders in Coromandel actively contribute to conserving valuable resources, minimising waste, and lowering carbon emissions. This progressive mindset resonates with the region's commitment to preserving natural beauty and creating a greener, more prosperous world. With reduced material costs, energy savings and waste reduction as prominent outcomes, recycling in construction has become an integral part of Coromandel's efforts to build a sustainable future.

Preserving Natural Resources

By incorporating recycled materials into our homes, we can actively reduce our dependence on virgin resources. Utilising locally-sourced scrap foam, for example, significantly diminishes the need for imported materials and supports preserving natural resources. This sustainable practice safeguards the environment by minimising the extraction of new resources and conserving energy that would otherwise be required in manufacturing.

Energy and Carbon Footprint Reduction

The conventional production of new materials is often associated with a high energy cost and substantial carbon footprint. In stark contrast, using recycled materials significantly reduces energy consumption and greenhouse gas emissions. Choosing recycled products lowers your home's carbon footprint and plays a crucial role in mitigating the effects of climate change.

Quality and Durability

Recycled materials are frequently of comparable quality and durability to their non-recycled counterparts. This dispels the misconception that using recycled materials compromises the integrity of the construction. By selecting products that meet high quality and durability standards, we ensure that the eco-friendly ethos of recycling is harmoniously aligned with the longevity and performance expected in construction projects.

Integrating recycled building materials is an indispensable step towards achieving a sustainable future. By reimagining waste as a valuable resource, we conserve natural resources, reduce energy consumption, and minimise waste generation. By embracing the potential of recycling, we can construct a greener, more prosperous world for generations to come. Let's create a future where sustainability and environmental consciousness form the bedrock of every construction undertaking.



Sleepyhead
ZERO 
Eco Underlay
 EXCLUSIVE TO FLOORING XTRA


Soft on your feet.
 Gentle on the environment.

-  **Made from at least 80% New Zealand Upcycled Foam**
-  **Anti-Bacterial and Anti-Microbial protection**
-  **Recycled Packaging**

WHITIANGA FLOORING XTRA

68 ALBERT STREET
 WHITIANGA 3510

Local Action



Kia ora e te whānau. Ko Jeter Reid tōku ingoa, I'm 12 years old and live in Whitianga. I do martial arts.

My favourites are Jiu-Jitsu and Kickboxing. I started doing kickboxing in 2017 with Vaughn Condon when I was 7 years old over at Cooks Beach in the hall. And I started Jiu-Jitsu in 2020 when the new Evolution Fitness gym opened up with TOA Martial Arts. I enjoy these arts because of the tikanga, discipline, whanaungatanga, confidence and focus I get from them. I also like that it's all on me when I compete, just me versus a stranger. Having strong support from my parents, whānau, coaches, and my toa martial arts teammates makes a massive difference, even though it's an individual sport.

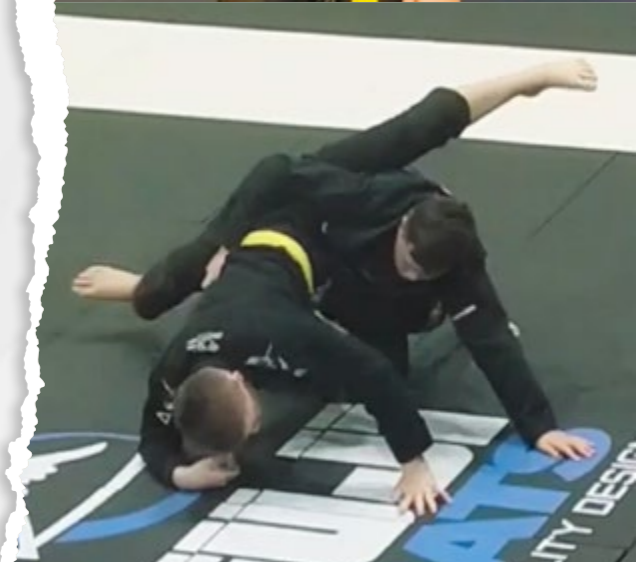
The last two years I have competed in eight Jiu-Jitsu tournaments in Auckland, including NZ Opens and Nationals in both Gi and No Gi against the best in the country and have done well, coming away with five gold medals, one silver and four bronze. My first gold medal in only my second tournament ever, I was losing on points in the gold medal match and won with eight seconds left, winning by kimura. It's my favourite submission – I have won a few matches using it; a friend called it the Jetemura one day after me, and it has stuck.

Hopefully, when I'm ready, and my coaches say I'm good to go, I will get to have my first kickboxing match. I would love to have an MMA match also where I can combine the arts of Jiu-Jitsu and Kickboxing. That's my goal and dream to one day fight in the UFC and be a world champion. That's a little kōrero on my journey so far.

Ngā mihi

 **Words by Jeter Reid**

NEW ZEALAND
GRAPPLER



Gift vouchers
lovely to give,
awesome to
receive

SYLVIA LOK

PMU & PEDICURE SPECIALIST

- Permanent Make-Up
- Touch ups – free consultations
- Natural looking eyes and brows
- Specialist foot care
- Pedicures for males & females
- Diabetic care, corns, ingrown toenails, callus removal
- Guinot facials
- Specialised Acne facials
- Waxing - Brazilian, bikini, legs, armpits, back, facial hair
- Tint - lashes and brows
- Lash lift/curl
- Dermaplaning

021 199 0222
www.sylvialok.co.nz
 European Trained

FROM CORO WITH LOVE



Kia Ora Coromind whānau.

Ehara taku toa i te toa takitahi, engari he toa takitini – the success of our team is not that of an individual but that of a collective, we are all one whānau in this together.

Being able to whakapapa Māori hasn't been something I've been proud of all my life, although I'm happy to admit I have been in these recent years. Not being able to speak te reo fluently was one of those reasons I would sometimes feel disconnected and discouraged.

Recently on my travels, I have found myself working with colleagues who are not only proud to be Māori, but also incorporate te reo into our everyday work! From introducing themselves to our

team during briefings with whakatauki and a small pepeha, to using te reo Māori for actions and items we use on board.

This has blown me away, as I had never worked in an environment where that has happened or that was encouraged and honestly, it felt almost necessary as people that represent our country abroad.

During these trips, I think I felt the most connected to te ao Māori, as I quickly found myself responding in the Māori language and using names for things like bread, water, milk and so on. My colleagues noticed this as I did in them and we found ourselves having the important conversation about our language and our journeys with it both in and out of our professional lives.

Another conversation broke with all colleagues who spoke their native tongue, and we found ourselves comparing vowel sounds, origin stories and history!

The take-home from these experiences is to not be whakamā (embarrassed) to use what te reo Māori I do know in everyday life just because someone may know more or someone may not know any at all. That the more we do, the more common and informed people can be.

Ko au ko koe, ko koe ko au – I am you, you are me. If I succeed, you succeed; if you succeed, I succeed.

 Words by **Chloe Potae**

TRICKY SITUATIONS

PART 1
Ross' Ramblings

The first tricky and somewhat sticky situation in my life, so I was told, was having a big head at birth. Apparently, my poor mother, who had me in a Catholic hospital run by nuns, wasn't able to access pain relief for some reason, so my rather large head presented quite a problem for her. Perhaps it was pious revenge on the part of sexually frustrated nuns, or perhaps it was papal policy. We will never know, but I can't imagine what might have transpired had they known I had been conceived out of wedlock.

Many years later another tricky situation presented itself in Kathmandu, Nepal while I was travelling in my early twenties. I had, unfortunately, eaten a delicious looking piece of cake in one of Kathmandu's infamously unhygienic cake shops and was struck down with a bad bout of what was known at the time as 'Delhi belly' which resulted in constant evacuations of belly and bowel from both ends. That night, which was interrupted by regular rushed visits to the loo, I was suddenly awoken by yells of "Fire, fire!" and grey smoke seeping under my closed door. Without thinking and in a daze, I jumped up and ran downstairs through the acrid smelling smoke and stood amongst the other guests who had made a similar escape. It was only when some of them looked at me and started chuckling, that I realised I was stark naked. The kindly hotel manager brought me a robe to cover my private parts, and told us that the smoke had been caused by a smouldering mattress in one of their hippy guest's rooms and that the danger had passed. We all returned inside – but if I had had to quickly find a toilet in the street, any alleyway would have sufficed as these were often used as latrines by locals in those days. I hope sanitation has improved since then.

After surviving Nepal, I headed south to India where I booked the cheapest flight I could find to Europe to meet up with my French girlfriend, who had returned home to France a few weeks previously. She claimed to be an anarchist and didn't believe in working in the system and paying taxes. She seemed to be able to get by, by being supported by enamoured boyfriends including yours truly. Being an anarchist, of course she refused to visit the dentist.

Unfortunately, while in India with me she was stricken by severe toothache. The cheapest dentistry in New Delhi was administered by gentlemen on the street who sat on blankets with an array of evil looking medical instruments to perform instant extractions on the spot without expensive anaesthetic. Even an anarchist balked at such a cheap opportunity. The next cheapest and less painful option was to purchase balls of raw opium, readily available in the markets, and stuff it into the offending cavity in the rotten tooth. This worked like a dream,

temporarily, so on departing India with a small supply of this dental treatment secreted in her luggage, she asked me to also bring some when I left for Europe. Being young, stupid and enthralled, of course I agreed.

So a few weeks later, on the day of my flight on Syrian Arab Airlines, I went to the market and purchased a few small balls of the sticky black material and hid it in a split seam inside one of my boots. Being one of only two Europeans on the Arab Airlines flight and having long hair and clothes stained by travelling, I stood out like dogs' balls and so was singled out by customs when the plane transited in Munich. The stern looking German police officer ordered a complete body search and told me to take off my boots. Fortunately, the smell that emanated from them after weeks of travel in Asia was enough to make him back off and tell me to put them back on without close examination. Thank god for smelly feet, otherwise my misspent youth might have been further misspent eating sauerkraut and sausage in a German jail. On arrival in France, my girlfriend was delighted with my gift, but also told me she had visited a dentist when her opium had run out and the pain had become unbearable – so much for anarchism. We parted soon afterwards.

To be continued ...

 Words by **Ross Liggins**
Artwork by **Tessa Zank**
Facebook: *Zank Art Realm*




18 COGHILL ST,
WHITIANGA NZ
PHONE 022 0330 920



Freshly baked
artisan breads

Every Saturday
61 Albert St, Whitianga
From 9:30am
&
Every Wednesday
Well Stocked Deli
25A Albert St, Whitianga

Real sourdough, hand made

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



LEE JONES
-Tattoo Artist-
Private Studio, Whitianga

@lee_jones_tattoos

leejones.tattoos@gmail.com

HamiltonEV



LIMITED STOCK
BE IN QUICK
T&C'S apply

VARIOUS SUV & HATCHBACK
MODELS TO SUIT YOUR NEEDS

3.95%
Finance

- use your trade as your deposit
- From No Deposit
- Simple online application
- Stress free approval process
- Fast approval
- Drive away today.

www.hamiltonev.co.nz

Get Fit. Get Strong.
Get Healthy.



EVOLUTION FITNESS
WHITIANGA | 24HR GYM

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

godmind
Creative

Heart centred creative services for brands that uplift *Aotearoa* and its people.

Design
Branding
Website
Video
Social
Packaging
Ideation

godmind.co.nz

WHAT'S IN A NAME?



Identity, connection, whānau, whakapapa! All these things are part of the make-up of our given names. People, places and even animals also hold these connections. A name is our legacy to leave for the future.

So where did the name Whitianga originate and what is its connection to the past?

In 950 AD, Kupe, his wife Hine-te-Aparangi, high priest Pekahourangi and their people left Hawaiki aboard the waka, Matahaorua.

Kupe was in pursuit of Te Wheke-o-Muturangi ('the pet octopus of Muturangi'), which had been troubling his tribal fishing grounds in Hawaiki.

Well into the chase and as they approached land, Hine-te-Aparangi called "He ao – a cloud!", then "He aotea – a white cloud!" and finally "He Aotearoa – a long white cloud!" It is believed that the long white cloud was sitting over the peak of Moehau and the Coromandel mountain range, Te Paeroa-o-Toitehuatahi. Aotearoa is the legacy they bestowed on us as a nation.

Kupe went on to leave his legacy here for us too. He named this place 'Te Whitianga-a-Kupe – The Great Crossing Place of Kupe'. He also named Taputapuātea (known locally also as Mother Brown's creek). Taputapuātea is of great sacred significance as a marae ātea in Raiatea, Tahiti, where all ocean-going voyagers sailed from. The marae is also a place of learning for all 'arioi – an exclusive group of priests, navigators, warriors, musicians and artists who worshipped the war god, 'Oro. The 'arioi were based at Taputapuātea. This great marae was at the centre of a large group of islands and home to the temple of 'Oro.

So that is Kupe and Whitianga, but what about the name of the bay, Te Whanganui o Hei??

Now we move forward a few hundred years to 1350 AD, and another wave of ocean-going people travelling southward.

A great fleet of waka made their journey from Raiatea

to Aotearoa. The fleet included Te Arawa waka. Te Arawa waka was captained by Tamatekapua. Hei, the uncle of Tamatekapua, it is told, was a sailing master on the Arawa and he elected to sail south – down the East coast.

As they sailed past the bay, Te Whitianga-a-Kupe, Hei saw an island off the north end of a beach. He named this island Te Kuraetanga o taku ihu. Announcing that its shape resembled the curve of his nose, with this he hereby laid claim to the area. It is said that by claiming the land to be a part of the body it is made sacred, and that claim is recognised by everyone on board. The island is now known as Motueka, or Pigeon Island, and the area is Hahei.

Hei and his brothers settled in Maketu and gradually the people of Te Arawa dispersed through the Bay of Plenty, until their peace was disturbed by raiding parties. Hei decided to travel north with his family returning to the Hahei area and the wider bay area now known as 'Te Whanganui o Hei – The Great Bay of Hei'. Hei's last resting place is a cave on Tokatea (Castle Rock) in the Mountain Ridge of Toi. His nephew Tamatekapua also was laid to rest there.

So, what about Mercury Bay, I hear you ask?? How did we go from this connection to whakapapa to a name of European identity?

1769 was the year and this time Captain James Cook arrived in the bay onboard the HMB *Endeavour*. With his crew and members of the scientific community, he stayed 12 days. On arrival one of his orders was to record the transit of Mercury. He and Charles Green did this on November 9th, 1769, and Cook therefore 'declared' the bay be named 'Mercury Bay'.

This name has stuck, with the larger area being named Mercury Bay by European settlers for the last 250 years. Whitianga has been the name of the town known by all who travelled to and through her, whether it was for business or fun in the sun.

However, in 1928, there was a community-dividing discussion on both names – Mercury Bay vs Whitianga!!

Join me next month as we learn of one of the most colourful pages in the record of Whitianga's history!

A name is our legacy to leave for the future.

Words by **Becs Cox**
Photos by **Mercury Bay Museum**

What is BIODIVERSITY?

Biodiversity

noun

Biodiversity; the variety of plant and animal life in the world or in a particular habitat, a high level of which is usually considered to be important and desirable.
(www.dartmoor.gov.uk)

This word is often bandied around without much thought for what it really means. To try and understand what biodiversity is, let's look at what it isn't.

Modern farming has devolved into growing one variety of grass recommended by MAF. We used to have 'meadows', now it is all controlled 'pasture'.

Throw in a copse or two of *Pinus radiata* and perhaps a hectare of avocados ... and that is still just two forms of monoculture. What's wrong with that? Well so called 'weeds' now become a big problem. If our end harvest is reduced to one or two things, everything else becomes a 'weed'.

Then there is standardisation: all the same perfect size, blemish free, look good for months. Never mind the taste or the nutrient value, so long as the fruit looks shiny in the supermarket aisle or export box.

Kiwifruit is a classic example; all the export fruit has to be one size with perfect skin. Most people couldn't care less how this comes about. Hi-Cane is the name of the acid they spray on the flowers of kiwifruit to force the buds to burst at the same time, so they all ripen together at the optimal size (active ingredient: hydrogen cyanamide). I guess that just makes it easier for the exporter?

A few birds and bees and school kids may die – never mind, we have identical fruit. So all the fruit we import has also been through some kind of unnatural process, with China-only-knows what kind of toxic chemical sprays.

The definition above says: '...usually considered to be important and desirable'. If you are lucky enough to live here on our Coromandel peninsula, you may just have enjoyed a walk in some of our subtropical indigenous rainforest or as most of us call it, 'the bush'. If so, you may have noticed there are mosses, lichens, shrubs, flowers, trees, weta and huhu, plus a few birds and a multitude of other living organisms.

If you started to dig, you would find a deep layer of leaf mould, different worm varieties and natural compost; then stretching much deeper there is the microbiome, the fungal energetic network connecting all the bush together in ways we humans will possibly never fully understand. Then there's the wai, the water – you can hear it, smell it, sense it and feel it. The air is cool and sweet, easy to breathe, charged with negative ion molecules helping your blood and lymph flow freely.

If you are lucky enough to be near some of our truly ancient forest, you could also feel something else. I call it a feeling of antiquity, it comes from the energy of the forest being in balance from the deepest microbiome to the top of the tallest tree, with all that biodiversity in between.

THIS IS WHERE OUR CLEAN AIR, WATER & CLIMATE REGULATION COMES FROM, so the definition of biodiversity should be changed to 'essential and vital'.

In her article 'Preserving Mother Earth' (Coromind, Feb 2023), Petra Campbell wrote about the role of

worldviews influencing how we interact with nature. If you follow the so-called Western belief that humans are separate from all that is, you probably don't realise that people too are very biodiverse. We all have a role to play, a purpose. Only no one is going to tell you what that is; we all have to find it for ourselves and it has to do with how we experience joy. Diversity is 'variety' which is sometimes called the 'spice of life' and each one of us can contribute something that is unique and beautiful to the whole big picture.

The corporate/governmental fear machine would have us scared of climate change, global warming, plastic bags, the other political party and each other.

However, the world is still turning and while I still breathe, I plan to kill pine trees, make compost, and grow fruit, vege and meat, eat local seasonal organic food, and speak to others about finding their joy and embracing diversity.

We can all feel an unease with the state of our planet and the powers that be use reductionist, poverty thinking and fear to pretend to have solutions. It's just carbon or it's just Putin.

NO! It's infinitely more complicated than that – and yet paradoxically it's also much simpler. If you know of a small patch of old growth bush, preserve, restore, regenerate it and teach our kids to do the same.

One last thing I'd like to share, by an ancient Indian sage that I have always considered most profound...

*This is that
That is this
And that is all there is.*

A big shout out with gratitude to Leo and Taylor for creating this awesome mag & the Altbays platform.

Words by
Roger Harwood



Each one of us can contribute something that is unique & beautiful to the whole big picture.

What is Cisgender?

Cisgender – a term we are seeing more than ever as the internet becomes saturated with the ongoing gender debate. The term has become emotively weaponised as its original meaning is twisted through bias and misinformation.

So what does 'cisgender' actually mean and why are we seeing so much recoil from it?

Origin

'Cisgender' is relatively new in terms of the evolution of our language. Coined in 1994 by American biologist Dana Defosse, it's just a word to accurately define an individual whose gender identity aligns with the sex they were assigned at birth.

An article penned by Defosse, released in February 2023, explains that the biologist was simply looking for an inclusive and scientifically-accurate way to classify non-transgender people. She used the term in a post to an internet forum, seeking feedback on transphobia and inclusion at the University of Minnesota, where she was a graduate student at the time. Defosse took inspiration from the field of chemistry, where 'cis-' (Latin adjective) is a prefix used to describe molecular formation:

'Cis-' simply means 'on this side', with 'trans-' meaning 'on the other side'.

The prefixes are already used in other fields of science and technology (e.g. transatlantic,) so Defosse thought it was a no-brainer to apply it to the discussion of gender identity too. She explains that her intention was nothing more than to come up with a neutral antonym to 'transgender', so she could initiate discussion on the topic without othering the trans community. 'Cisgender' is now widely utilised in science and politics for its accuracy.

Misconceptions

There is discomfort for many people stemming from the misinformation that the term was conceived by controversial sexologist, Volkmar Sigusch, in 1991, where he used the term 'zissexuell' in private correspondence. Translating from German to English as 'cissexual', I can understand the misconception, with cissexual being a synonym for 'cisgender'. Sigusch was controversial for his theories on paedophilia, as it was a common point of discussion for German sexologists, especially during the late 1960s to early 1980s. The important defining point here is that Defosse did not take inspiration from Sigusch and her intended definition of the word does not imply relation to Sigusch or the term 'cissexual'.

There are also people who are feeling like 'cisgender' is being pushed on them as a label. This is a common perspective from people who struggle to understand the intended meaning or relevance of the word. The important thing to emphasise here is that the understanding of a definition should be universal, but applying the term to yourself can only ever be your own choice. The only time it may not be your choice will be scientifically or legislatively, where there is necessity for precision in both cases. It is comparable to how transgender people may not feel that it's necessary to state that they are trans in most aspects of their daily lives – they can if they wish to, but there is no requirement that they do so. It is only fair that the same idea applies to the use of 'cisgender' by non-trans individuals.

It's interesting to note that the introduction of the term 'heterosexual' was also met with resistance and misunderstanding, derived from the Greek word 'heteros'. Those opposing the term could not understand why it was necessary to even have an antonym for 'homosexual', as they saw non-homosexuality as simply being the 'norm'. They didn't understand the need to classify the norm, especially in a way that levelled their perceived norm with what they saw as being the opposite of such. Wider acceptance of the term has since increased internationally, particularly with each new generation growing up with clearer understandings of such terms and their applications in life. I have hope that the case will be the same with 'cisgender'.

So, what is the real harm in expanding our language if doing so enables medical/scientific and political accuracy? Although the word seems to be associated with negative derogatory connotations, the factual intended meaning is neutral and makes logical and scientific sense. As a cisgender member of the LGBTQIA+ community, I look forward to a wider acceptance of the term as our understanding of sex and gender expands.

Words by
Avril Mita

TRANSGENDERISM & THE SOCIAL STIGMA



With his Smokefree Rockquest winning band, the free breakfast initiative he kickstarted at his school, and his first place essay in a recent writing competition, 17-year-old Sage Garrett's gender identity is the least interesting thing about him.

Sage is a transgender man who transitioned fairly early in his life. He began a social transition five years ago and started on testosterone four days after his 16th birthday, so his gender identity isn't something that's always on his mind, he said.

"Typically, I would just say that I'm a guy," he told me. "It (being transgender) just doesn't really come up now."

However, his relaxed attitude towards his gender doesn't stop others from having a very opposite reaction.

"There definitely is a lot of social stigma. I've found that in cis spaces, whether trans people are valid or not is treated almost as small talk."

Sage described a sort of spectrum of transphobia that he's experienced. On one end, he said, is simple ignorance.

One misconception that has been in the media frequently in the fast few years is that transgenderism means children undergoing irreversible surgery.

"There is nothing in the early stages of transition that isn't reversible," Sage said.

"I'm not saying go at it willy-nilly, but like there's a lot that you can do, and you should be able to express yourself in any way that you want to. Gender is just one component of that."

Aotearoa New Zealand's gender affirming healthcare laws meant that Sage was only allowed to start taking testosterone at 16. He started on puberty blockers when he was 13, which is believed to be a reversible treatment that blocks the effects of puberty.

Injecting testosterone is a part of hormone replacement therapy, and can lower the voice, encourage facial hair growth, and

increase muscle. Sage can only get gender affirming surgery after he turns 18.

Another misconception is that biological sex and gender are the same.

According to "Sex and gender: what is the difference?" in the *Journal of Applied Physiology*, sex and gender should not be used interchangeably. The report states that "it is appropriate to use the term sex when referring to the biology of human and animal subjects, and the term gender is reserved for reference to the self-identity and/or social representation of an individual".

So why is the world seemingly having such a hard time understanding this? A lot of it is a lack of education, but as Sage explained, there is the other end of the spectrum of transphobia as well: hatred and the deliberate spreading of misinformation.

"You go from ignorance to very violent transphobia, such as wanting to take away healthcare which as we know leads to high suicide rates."

He said that this kind of hatred creates verbal, physical and sexual violence for trans teens and kids.

Sage was at the Posie Parker protest in Auckland, and while it was heartening for him to see the thousands of supporters fighting for trans rights, he said the aftermath of Posie's impact was horrendous.

"It (transphobia) is just everywhere", he said. He mentioned the hate he'd seen online, and the voices of online trolls overpowering those of trans people sharing their experience.

Sage said that because he passes so well, he feels he is a lot safer in cisgender spaces than other trans people, but the flip side of this is that he can't be open about who he is. He also doesn't always feel confident speaking up for himself if he hears people being transphobic.

"A lot of the time it's not even just like, 'I don't wanna deal with this stigma right

now'; it's more that I could actually be in physical danger depending on the people and the situation."

However, despite the challenges, Sage is proud of his identity, and is thriving as a student and a musician.

"I love my trans community and trans friends," he said.

He's planning to attend Victoria University to study political science after he finishes high school, and he's taking regular paid gigs with his band Smoked Paprika.

Sage said that being trans is just another aspect of his identity.

"The only way that I think transition should matter in an ideal world is through community, healthcare, and culture. In an ideal world, it shouldn't be something – unless you want it to – that's a core part of your daily experience, because it's kind of just another way of getting to where you're at in your identity."

Note: Coromind allows people in our community to tell their stories. For more information on Whatu Ora/Ministry of Health guidelines for puberty blockers access: www.tewhatauora.govt.nz/keeping-well/transgender-new-zealanders

Words by
Sarah Morcom

F K N X R T V H W I N D H D I C L V Q P
 Q M F P M R S F P V S P I H C N H S I F
 C X R F I E E L T T O B R E T A W T O H
 F N I R R Y R X Z B K Z N S A M J F C L
 Z E E O L U I I E T Z Z O C J U E G H M
 K T N M L C G M N G L R H O M K M U I V
 C B D A G D U B U O F B I F Y I T N M C
 O A S N V E J N Y T C O L I M H E U N Q
 R L Y C I Y X B J V E C K C E S F Y E H
 O L N E Q R E M Z F C J Z R T L G K Y B
 M P S E V R A C S I R R M R U Z V A U L
 I W G N W D N Z J V E A O F S U L L E A
 N A Y Q F W U L E I L N F G L T S T Y N
 D R H B G W K G Z U E Y D L B S A M D K
 T M R Y O P D A S T Z X A A Y L P Z Q E
 R H I P Z I R O S P P B Y U O L S C R T
 D U A C R B U B C X T S T C I K L O Q S
 J G H R W P G L F O H V O I C W F I P T
 Z S O U S E W M O L I H E O V X U E H V
 R P M Y T G D F Q F C H S G A M B X K C

- | | | |
|---------------------|-------------------------|------------------|
| ALTBAYS | FOOTBALL | PORRIDGE |
| BLANKETS | FRIENDS | ROMANCE |
| BRAZIER | FROST | RUGBY |
| CHILLY | HOT WATER BOTTLE | SCARVES |
| CHIMNEY | MERINO | SOCKS |
| CHOCOLATE | MILO | SOUPS |
| COROMIND | MINISTRONE | THERMAL |
| FISH N CHIPS | MOHAIR | WARM HUGS |
| FLUFFY | NETBALL | WIND |

Word Find

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

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

 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



BORN AND RAISED

Angus Williams



WHERE ARE YOU LIVING NOW AND HOW LONG HAVE YOU BEEN THERE?

Edinburgh, Scotland, for 2.5 years.

WHERE ON THE COROMANDEL DID YOU GROW UP?

Whitianga.

WHEN DID YOU LIVE THERE?

1996-2010.

WHICH SCHOOL/S DID YOU ATTEND?

Mercury Bay Area School from years 0-12.

HIGHLIGHTS SINCE YOU FINISHED SCHOOL?

Graduating from Otago university, playing rugby for various teams, NZ universities, Otago Mitre 10 Cup, and now for Edinburgh in the URC.

HOW DO YOU SPEND YOUR DAYS NOW?

I'm a professional rugby player here in Scotland. We travel to play games across Ireland, Wales, Italy and South Africa in the United Rugby Championship, as well as Europe games in the Champions Cup.

WHAT ABOUT THE CULTURE WHERE YOU ARE DO YOU LIKE THE MOST?

Edinburgh is great, there is always lots happening, and it has such a rich history.

WHAT ARE YOU MOST PROUD OF?

I'm proud of where I'm from, the Coromandel!

WHAT ARE YOUR FONDEST MEMORIES OF HOME?

Playing and watching rugby at Lyon Park, enjoying the beaches, helping my family harvest honey in the summer.

HAVE YOU BEEN BACK HOME RECENTLY? IMPRESSIONS?

It's grown a lot! Buildings have been going up everywhere.

WHO ARE YOU LOOKING FORWARD TO CATCHING UP WITH NEXT TIME YOU ARE HOME?

My new niece Hazel.

WHAT ADVICE WOULD YOU GIVE YOUNGER YOU?

Stay in the moment, enjoy it as much as you can.

BIGGEST LIFE LESSON SO FAR?

Focus on what you can control.

 Brought to you by **Ron Morgan**

COMMON GROUND

LOCALS' CREATIVE SPACE

Brought to you by...

The Eggentric

Open 9-3 Tuesday to Sunday
@eggentric



Bonnie



My name is Bonnie and I am 9 years old.

I have liked art for quite a while. Before I started school I did about an hour of art every day.

I make stories out of the art I make. It's like making a movie or reading a book.

I hope to be an artist as my job when I am older.

Artwork by **Bonnie**

Mother of ideas

Like the rain
I wish to fall
Away from grey coloured skies
Meet the curve of the earth
Or the feathers of wings in flight

Run with the river
To the mother of ideas
Who waits
For the grievors to gift her
Their tears

And she takes them
And she makes them
Her children crafted into waves
In my mind I move with them
I dance to the call

Like a tear
I wish to fall
Away from grey coloured eyes
Be embraced by her ocean
The sea between our hearts rise

And I wish to sail over
I wish to meet the moon
I carry the gulls cry on my shoulders
I'll try sail over soon

Words by **Yazmin Todd**

Onshore

Here it comes again
Advancing
Here it comes again
Wave after wave
Thick white lines
Advancing
East wind blows strong
Onshore
Wave after wave
Stings my eyes
Advancing, onshore.

What will the east wind bring?
Anything?
Anything at all!
Wave after wave
Flotsam and jetsam
Washed up at my front door.

Do I pick you up?
Or discard you?
And is it heartless anyway?
It seems heartless anyway ...

Here it comes again
Advancing
Wave after wave
The swelling of the sea
Whipped up in the wind
Driven wild in me.

Have I lost my heart to you?
Did I forget to put it up?
Out of sight?
Leave it lonely, broken on the floor.
Wave after wave
And am I heartless anyway?

Life by the sea with you
Life by the sea without you
Wave after wave
What will the east wind bring?
Onshore
Wave after wave, advancing
Onshore...

Words by **Ian Thorne**

Nutrition Matters

It's a numbers game. And you're the contestant!

In my never-ending pursuit to eradicate '621' from my diet, my awareness of its use is acute as I currently travel Indonesia; Monosodium Glutamate is everywhere, and my body can feel it! That's MSG to the lay-person, and it's labelled number 621 on ingredients lists.

There are others too that appear pretty consistently on ingredients lists, so this month I bring you a snappy 'how to' guide to help you demystify the lists of ingredients on packaged foods.

The first thing to note is, items are listed in order of the quantity of each that the product contains. For example, in the Fantastic Rice Crackers (pictured), the majority of its content is rice (you'd hope so!), the second is sugar (interesting) and so on, until the flavour enhancers (with the lowest quantities).

You'll notice the numbers associated with ingredients are 307b, 627, 631, so let's dive in and I'll explain those numbers.

Overall, there are 400 different additives (identified by numbers) that can find their way into our food. NZ Food Safety Standards require numbers to be labelled within ingredient lists. Additives are mainly used by manufacturers to keep food safe; for convenience; to enhance flavour and cosmetic appeal; to modify the nutritional makeup of a product (think 'lower sugar' by adding sweeteners, as an example).

To help you decide what you are happy to consume or what you'd prefer not to, here's a brief run down of what the numbers are:

- 100s – Colours (e.g. Sunset yellow E110 in All Sorts)
- 200s – Preservatives (e.g. Sulphur dioxide 220 in wine)
- 300s – Antioxidants
- 400s – Emulsifiers and Stabilisers
- 500s – Anti-caking agents and acidity regulators
- 600s – Flavour enhancers (e.g. 627 Disodium 5' – guanylate, 631 Disodium 5' – inosinate in these crackers)
- 900s – Sweeteners

In an ideal world there would be no numbers, but this is not a reality we live in. So my advice is to remain informed, stay in tune and be mindful of problems that may arise for some people from a selection of the 100s, 200s (and 600s). For example: for me, 621 makes me feel light headed; for some people, 220 can cause allergies; E110 has links to hyperactivity, amongst others. time I'm in your way.



So that's a pretty quick introduction to numbers. Of course if this sparks your interest, or you relate to anything I've said here, there is much more detailed information available via Dr Google, or you're welcome to contact me with a quick email. From my own experience as well as working with others, once you start understanding the numbers and can relate to them, you become a bit of a food geek – one of those people who stands in the aisle of the supermarket taking up space while you're reading labels – say hi next time I'm in your way.

As a side note, I chose the Fantastic Rice Crackers when I was travelling as I thought I would grab something off the shelf that I was familiar with. Then I spotted that, on top of the 600s that you can see in the New Zealand version, they'd snuck in 621! Suffice to say they remained on the shelf and the bananas in my basket had to be sufficient! This is something to be aware of when you move from country to country, as each country has different food standards.

Good luck!

Words by **Rebecca Smith**

Certified nutrition, health and wellness coach
Realnutrition.co.nz

Fantastic Rice Crackers are an irresistible snack which can be enjoyed anytime, anywhere. Delicious on their own, or with a tasty dip or top, you know you can rely on Fantastic Rice Crackers to satisfy any snacking moment.

	NUTRITION INFORMATION	
	Average quantity per serving	Average quantity per 100g
Energy	421 kJ	1600 kJ
Protein	1.7 g	6.9 g
• gluten	0 g	0 g
Fat, total	0.8 g	3.0 g
• saturated	0.4 g	1.7 g
Carbohydrate	21.2 g	84.9 g
• sugars	0.9 g	3.4 g
Dietary Fibre	0.1 g	0.5 g
Sodium	101 mg	404 mg

Ingredients: Rice (81%), Sugar, Vegetable Oil (Antioxidant (307b)), Salt, Gluten Free Soy Sauce Powder (Hydrolyzed Wheat), Flavour Enhancers (627, 631).

Contains soy. May contain traces of egg, sesame and milk. Suitable for vegetarians and vegans.

STORE IN A COOL, DRY PLACE.

OUTDOORS COVERED

AWNINGS | BLINDS | ROOFS



Providing products that will protect you from the sun, wind, rain & UV on the Coromandel Peninsula

ROOFS
AWNINGS
BLINDS
LOUVRES

Julian Lee
027 534 3739

sales@outdoorscovered.co.nz
2/9 Joan Gaskell Drive, Whitianga

Creating outdoor living spaces for use all year round



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.



Guthrie Bowron
Whitianga

Inspiration starts here.

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

fb gbwhitianga ig guthrie_bowron

TRUSTED SINCE 1896

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

THE BEST SEAT IN THE HOUSE



Kia ora. I am Nico Fox and I grew up playing rugby in Thames. My first experience refereeing was at a young age when I helped my father, who was coaching my brother's rugby team, to referee a game. I kept playing rugby after that, but at the age of 14, I realised I was over rep rugby/touch and having to train all the time, so I decided I wanted to referee more. I went back to playing, but at 17, I decided just to be a referee.

After more than ten years of playing rugby, being the man in the middle is the best seat in the house. You can view the game from another perspective through refereeing: one in which you are highly involved.

THE HIGHS AND LOWS

Over the years of refereeing, I have been involved in various games and interacted with multiple people, and throughout highs and lows, I have gained many skills. These skills have helped me to create personal and professional confidence early. Confidence is essential to make your mark and set your standards to develop a good relationship and mutual understanding among the rugby community.

OPPORTUNITIES

Rugby is always looking for new referees. In my eight year-career, I have been fortunate enough to attend multiple tournaments and events around Aotearoa New Zealand and internationally. These life-changing experiences allowed me to visit amazing places and participate in world-class games while making incredible lifelong friends.

FUN FACTS

People may think your Prem player is the expert on a Saturday arvo at rugby. Are they? Not only does the referee need to be technically onto it by understanding and keeping up with new rules each year, but they also have to maintain physical fitness. On average, a rugby referee runs 7km each game, depending on the level – the same, if not more than, the players!

CAREER

Professional sports are on the rise, and so is the need for referees. Refereeing is now a full-time career! Top professionals are travelling worldwide, mixing and mingling with famous athletes while getting paid. Professional rugby referees can earn up to \$200,000 salary plus paid travel costs, accommodation and game fees. The HSBC Sevens circuit is also a fantastic career choice – skipping around the world, refereeing at various locations and getting to know new countries and cultures.

WHERE IS THE RUGBY REFEREE GOING?

It is impressive how far rugby has come with the introduction of technological advances. While many companies are moving to more robotic and fewer face-to-face processes, a human will always need to referee a game. Undoubtedly, technology will only further evolve – but is it for the good or the bad? In the past decade, referees have become the centre of online hate but why? The introduction of Slow Motion video and Television Match Officials (TMO) has opened the door to viewing rugby in a form we have never seen before and certainly don't see on a Saturday arvo. This new technology is beneficial in critical decision-making around specific events and ensuring we make the correct decision. However, this has also allowed the public, who have never refereed before, to only view the game in the perspective of slow motion slowed-down shots, resulting in them becoming more critical, in particular when games (and referees) don't have the luxuries of technology.

Words by
Nico Fox

From Grief to Action:

ADVOCATING FOR MENTAL HEALTH AWARENESS & SUPPORT

I recently lost my sister Mina who took her own life, she was only 21 years old. She was my best friend and the only person I could truly talk to. I still have so many things to say, share, and ask ... and now I can't.

She was a very smart, colourful, hardworking, loving and supportive part of my family. Mina was diagnosed with bipolar disorder and depression in 2021. Like many people, Mina had her bad days, which could sometimes unravel into weeks or even months due to her mental health issues. According to Te Whatu Ora Health New Zealand statistics, in 2021/2022 there were 538 deaths caused by suicide in Aotearoa.

Suicide and mental health have been a big problem in Aotearoa; based on yearly statistics, young Māori men are at significant risk. Following Mina's passing, I would like to raise awareness around the impacts of mental illness and support initiatives like I am Hope and Gumboot Friday which provide support in the mental health space.

To raise awareness, I have committed to running 5 km every day in the

givealittle.co.nz/fundraiser/suicide-awareness-for-mina-formina



month of June (starting on Mina's birthday, which is the 1st of June). I have started a Give a Little page to enable people to support this kaupapa; all funds will go directly to the Gumboot Friday fund, which provides funding all over Aotearoa for counselling to youth aged from 5 - 24. I have been overwhelmed with the response within the community, I currently have over 20 people committed to running during the month and received fantastic support from businesses like Evolution Fitness.

I would like to thank the people and businesses who are supporting the cause. Mental illness can have a huge impact on people and families. Support services such as Gumboot Friday are essential in supporting those needing help. The link to the Give a Little page is below. Every little bit counts.

Words by Te Paea Puha

BARRIER AIR



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

www.barrierair.kiwi or 0800 900 600

Do and be your best

A Brief History of Leadership and Organisations

Over the last 30 years I have worked as a leadership developer in organisations of all sizes, and I've concluded that the principles of leadership are remarkably similar in all of them. This summary of my observations and experiences is subjective, no doubt incomplete and possibly even wrong, but I hope it throws some light on the topic of leadership, how we exercise it within our society and most importantly, your style of leadership. How do you lead?

An example of early leadership, especially in the nomadic tribes, was epitomised by people like Genghis Khan and his descendants. They were conquerors, dictators and emperors to whom life, other than their own, was cheap and winning was always the goal regardless of the cost. These leaders were powerful. They ruled with an iron fist or a bright sword, and were feared by their subjects, who often felt they owed their continuing existence to their leaders' mercy. 'Disobey or disrespect me at your peril' was their primary rule.

Then, as more people stopped roaming and started living in the same place, a new form of leadership grew. The 'stabilisers' emerged and what we now refer to as 'society' and 'infrastructure' arrived. Rules ruled! And with good intention: once people knew how to do something, why bother learning again, when you can just follow the rules. The leader's role was to apply the rules, ensure they were upheld and adhered to. Individual wisdom and experience became institutionalised and 'captured' into these rules and as a result, innovation was often stifled.

In more recent times, the focus shifted to success. Achievement ruled and accountability for it was spread through the organisation. Financial results and growth became the primary measure of success with little thought given to environmental and social consequences. The era of corporations began to emerge. They innovated and formed revolutionary rules such as 'Let's find new, cheaper, easier ways to do things'. People were encouraged to see themselves as cogs in a machine. The terms Human Resources and Mission Statement arrived, and leadership was exercised through an often complex hierarchy consisting of many branches and levels, from the Team Leader to the newly coined phrase 'CEO'.

Then came the Values revolution: the focus was shifting from what the organisation did to how it did it. Words like respect,

trust, and teamwork emerged while leaders became less involved in day-to-day operations. Other words like collaboration and empowerment became the catchphrases of the leaders, increasingly women, who were expected to role-model these behaviours. And while leadership at all levels still carried power, it also started to recognise and respect the efforts and ideas of others. Leaders could no longer claim sole responsibility for the success of their organisation or team. Financial results still ruled but they were underpinned by quality goals and standards as well as the company's or team's mission. Leadership became more facilitative, and coaching gained prominence as a leadership capability.

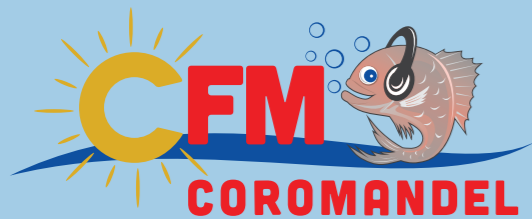
Today, there is a growing acceptance that organisations can no longer focus exclusively on growth and profit. They have to take responsibility for their impact in the world. The leaders, now men and women, are conscious of the organisation's consumption as well as its production; its contribution to society as well as its financial profit, the well-being of its people as well as their output. Integrity and transparency become key words and qualities. And who carries this responsibility? The leader? Yes, and increasingly people at all levels within the organisation. Emergence of ideas takes over from following rules and people feel safe to make decisions and take actions. The leader has to be supportive of people's mistakes and see them as learning for individuals and the organisation. Leadership is no longer top down; it is shared throughout the organisation and responsibilities for forming and achieving its mission really do become everybody's business. There is a transition from a business with a mission to a mission with a business!

Will this catch on? Will it work? Will it be an improvement on how things are now? I certainly hope so; the need has never been greater.

Words by Dave Burton
daveb@potential.co.nz



PROUD TO BE LOCAL



TUNE INTO

EAST COAST 95.1 FM

WEST COAST 94.0 FM

LISTEN ON

iHeartRADIO

Building a Sustainable Future



A lifelong Coromandel resident reflects on environmental changes over time

I have lived on the Coromandel since I was 15 months old and have witnessed changes to our local environment. The forestry industry and the Waterways development have greatly impacted Mercury Bay, the estuary and surrounding coastal districts.

An 'environmentalist' is a person who advocates for or who is concerned about protecting the environment, not a council, a business or any entity with the power to make political decisions.

An 'environmentalist' wouldn't agree to the Waterways development in its current form. The USA and Australia have stopped many such developments because they have harmed the environment.

There are problems here, too – in the ocean and the estuary. These are delicate marine ecosystems. Dredging, excess rainwater run-off, and the changing estuarine (and ocean) saline levels affect the ecosystems of air and sea creatures in and around the Bay. But the Waterways can't be called an ecosystem.

The canals are barren, concrete-walled canyons with mown-grass embankments only fit to display the tidemark of storm surges, and full moon and spring tides. If there were life in that water, we would see life above and around it. And although the development has been going on for a couple of decades, there is nothing to encourage nature or wildlife.

Planting must be done along the Waterways' new kerbs and canal sides. It must be diverse and include endemic plants that feed our birds, bees and butterflies. Otherwise, it's like asking the tūi to eat only Weetbix for the rest of their days. We once had a wide range of birds here, but now it's hard even to see a tūi, let alone a kererū. Both used to be common. Farmers are supposed to fence and commit to riparian planting. Why can't the Waikato Regional Council ensure that all those responsible for estuarine areas have a minimum 3-metre deep corridor for native wildlife to prosper around the water catchment area?

Another issue is that Whangapoua, Matarangi, Kūaotunu, Cooks Beach, Hahei, Purangi and Hot Water Beach have a serious wilding pine problem that will worsen with climate change. We all have a duty to future generations!

One solution is the council could tap into the Labour/Green jobs scheme. A local industry could be founded (as other regions have done, e.g. Central Otago), where locals are employed removing pines, selling the timber for firewood, and mulching the slash to spread around TCDC's green spaces. The healthiest forests are not mono-planted. Therefore, a variety of native plants should replace the wilding pines.

We don't want future generations to have to deal with the stupidity of the previous ones. Pines shouldn't be planted near coastal areas and major rivers, where their wild offspring can spread into protected areas. After cyclones Hale and Gabrielle, pine trees contributed to road blockages due to their inadequate root structure. Pines also release quantities of acidic pollen, which cause allergies. And, as recent events have shown, the mess of slash floating into our rivers and

oceans has decimated the land along the way. Who pays for this?

Another environmental focus is soil quality. Understanding the damage monoculture pines cause is crucial if we are to solve the problem. At a 'personal' level, we can do our part. Permaculture farming, ponds and gardens are excellent future-proofing solutions. We can also help prevent soil erosion at home; by mowing the top quarter of our lawns with no catcher, we allow the grass to feed itself with carbon, and it will absorb more rainfall. Mow less by planting more native wildflowers and shrubs! Some food for thought...

Environmentalists would not agree to further narrowing the second fastest moving waterway in New Zealand either, i.e. the Whitianga estuary mouth. Several locally significant rivers feed into the estuary: Te Kauanga (Lake Hamilton), Kapowai, Waiwawa (Coroglen), Ounuaora (Mill Creek), Whangamaroro (Kaimarama/309) Rivers and their tributaries. With climate change, these rivers will be required to carry even greater volumes of water out to sea (via the sandbank that has built up in the Bay because of the Waterways development). But the expansion of Whitianga Marina was agreed to, and the channel has narrowed, making the water speed through the gap even faster. Then it whips around the Bay, eating away at the Boating Club and other residential properties. Everything in life is cause and effect!

We need to take action now! For our tamariki and their future.

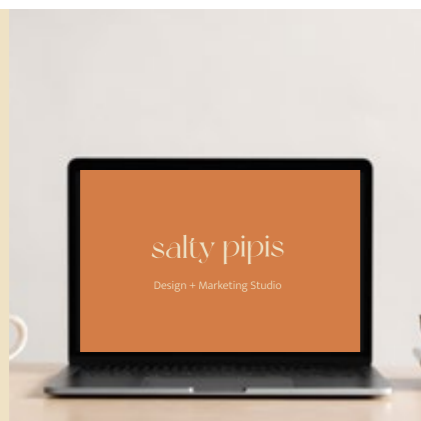
Words by **Neera Giri**
Kaitiaki of our whenua

We need to take action now! For our tamariki and their future.

A Coromandel based studio providing:

- Brand Design
- Website Design
- Graphic Design
- Digital Advertising
- Social Media

saltypipis.co.nz



SEAFOOD DELI OYSTERS & MUSSELS

COROMANDEL OYSTER COMPANY

1611 Manaia Road
SH25, Coromandel Town
07-866 8028
www.coromandeloysters.co.nz
@corooyster

COFFEE Lala
INSANELY GOOD COFFEE

ROASTED IN KUAOTUNU
FREE DELIVERY TO WHITIANGA

Beat Fairy Events & Promotions

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



MULTICULTURALISM



The ALT BAYS Show transcends borders and unites cultures through the power of conversation. Each episode allows listeners to broaden their horizons and gain new perspectives.

The importance of embracing diversity and celebrating Multiculturalism cannot be overstated in a world that is becoming increasingly interconnected. Through these encounters with different cultures, traditions and perspectives, we enrich our lives, fostering empathy, understanding and a sense of global unity. Here at the ALT BAYS Show, we understand the significance of multiculturalism and its role in shaping a brighter future. We are dedicated to amplifying conversations highlighting diverse cultures' beauty and the importance of respectful coexistence.

With its rich Māori heritage, Aotearoa New Zealand provides an inspiring backdrop for our exploration of multiculturalism. For me, a Brazilian living in Aotearoa for ten years, it is a privilege to delve into conversations with a wide range of guests, including inspiring Māori people passionate about their culture. Every week, we embark on a journey of discovery. We celebrate the young nation's vibrant tapestry of cultures, embracing its indigenous roots and the mosaic of international influences contributing to its unique identity.



I never thought much about my whakapapa. Portugal colonised Brazil, and many settlers from different nations found opportunities there. I always knew about my Italian lineage from my father's family, but 'escaping WWII to find a better life on a different continent' never sparked my curiosity. After many conversations with Kiwis interested in their ancestral lineage, I realised I needed to learn more about my history. Mum says that, unfortunately, my

grandmother had a harsh upbringing. She was adopted by a Portuguese man and does not know much about her biological family, but apparently, her birth father was German, and her mum's mother was indigenous! I've got work to do when visiting home ...

The ALT BAYS Show transcends borders and unites cultures through the power of conversation. Each episode allows listeners to broaden their horizons and gain new perspectives. Our podcast serves as a gateway to understanding and celebrating the beauty of diversity.

JOIN THE ALT BAYS COMMUNITY!

Are you ready to embark on a journey of cultural discovery and celebration? The ALT BAYS Show warmly welcomes you to be a part of our vibrant community. Watch our livestreams on the ALT BAYS Youtube Channel, every Tuesday and Thursday at 7 pm. The videos are available permanently on the same channel. You can also listen to the shows on your favourite podcast platform; just search for 'Altbays' and you will be exposed to thought-provoking discussions, heartfelt stories, and the voices of individuals from diverse backgrounds. Our podcast is a safe space for open dialogue, fostering understanding, respect and unity among cultures.

WWW.ALT BAYS.NZ

SCAN THE QR CODE HERE TO WATCH ALL THE GREAT ALT BAYS SHOWS ON THEIR YOUTUBE CHANNEL.



THE BESS HANDZ
EMBROIDERY & MONOGRAMS
 WE SUPPLY CAPS, TEES, POLOS AND MORE ALTERATIONS, ZIP AND HEM SERVICE
 If you can wear it... We can Embroider it!
022 1589 782
021 0891 5857



MATARANGI
 PLUMBING
 Andrew Richardson 0274 712 247
 Certifying Plumber MATARANGIPLUMBING@GMAIL.COM

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



REAL NUTRITION
 Need a personalised meal plan this week?
 Rebecca Smith 021 540 863
realnutrition.co.nz rebecca@realnutrition.co.nz



buffalo lodge
 +64 7 866 8960
 860 Buffalo Road, Coromandel NZ, 3506
 Lodging Events Retreats
www.buffalolodge.co.nz  



Philip Hart
 Chartered Accountant
 46 years developing long-term relationships with clients and their families, continually looking at ways to advance your business and lifestyles.
 Specialising in Business Development, Taxation, Farm Accounting, Structuring and Accounting Systems
 For an obligation-free discussion and appraisal of your business needs, call me:
021 960494



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



Call Deb - 0274590093



deb@prefabspaces.co.nz

www.prefabspaces.co.nz