

COROMIND



Issue 24

THE TAONGA OF PAEROA

Darby Tuhaka on kotahitanga and cultural preservation with Anusha Bhana

Sharing Beaches with Shorebirds

How communities can help safeguard Coromandel's coastal birds

A Ladder to the Soul

Singer-songwriter FĒI LÍN shares the magic behind her music with Elvisa van der Leden.

sipping smart

Mike Taylor's guide to wines that won't break the bank

Audio 
Version



GIVING BY GIFTING

the GB Pledging Tree

1. Choose your pledge

2. Give Gifts for chosen pledge

3. Place under GB Tree

Our GB Tree

Is laden with PLEDGES to fulfill

Co-ordinated with **Whitianga Social Services** for distribution

Pledge cards are anonymous stating gender and age only

Everyone deserves a gift at Xmas and every year **LOCALS** pledge **Gifts** to the young, the old and families who will really appreciate them. Pop in and chose your **PLEDGE**.

Please have your Gifts to **Guthrie Bowron** by **Tuesday 17th December**

2/9 Joan Gaskell Drive, Whitianga
07 866 0035 sales@gbwhitianga.co.nz
www.facebook.com/gbwhitianga



GB
 Guthrie Bowron
 Whitianga

Inspiration starts here.

COROMIND ArtWorks



Over 50 artists, including painters, sculptors, potters, textile artists and musicians, unite for five mind-expanding exhibitions over two months, celebrating diverse artistic expressions and live performances.



30 Nov	Exhibition Opening	Live Music	06 Dec	Live Music
	Emma Evangeline Ali Gustafson Sandy Gaskell Ashley Thor	Taylor Sol Soul Bossa Duo		Francie Lidgard Ash Rogers <small>Happy Hour From 3:30 PM</small>
14 Dec <small>From 3:30 PM</small>	Exhibition Opening	Live Music	20 Dec	Live Music
	Roimata Taimana Jenny Mcleod Darby Tuhaka Murray Rainey	DJ Matt Rapid Roimata Taimana & Friends		Let's Go Descarrego! & Friends Swizl Jager <small>Happy Hour From 3:30 PM</small>
26 Dec <small>From 3:30 PM</small>	Exhibition Opening	Live Music	29 Dec	Live Music
	Shane Walker Kinney Deavoll Kay Ogilvie	Amir Yusoff Fabian Roberts & Friends		Hāni Dread
09 Jan <small>From 3:30 PM</small>	Exhibition Opening	Live Music	03 Jan	Live Music
	Toka Matai Jason Tahatika Fiona Gates	DJ Pelroy Corrosive Moses		DJ Rocha Fire DJ Corysco
21 Jan <small>From 3:30 PM</small>	Exhibition Opening	Live Music	18 Jan	Live Music
	Caitlin Moloney Tony Calsafferri Genevieve Morley	FĒI LÍN and Elsa Klein DJ SunRay		Benji from Flaxxies & Friends <small>Happy Hour From 3:30 PM</small>
02 Feb <small>From 2 PM</small>	Wrap up party!	Live Music		
	Prisoners of War, Corrosive Moses, theband.com and more TBA!	TBA		



Toi Stage powered by **SHURE**

www.coromind.nz



Welcome to the 24th issue of Coromind! We're stoked you picked up this community and arts magazine, which has been bringing a little extra colour to the Hauraki-Coromandel for two years.

Coromind is a collaborative project that keeps growing. The magazine in your hands has gone from 32 to 40 pages, thanks to the incredible support of local artists, writers, and businesses who know that shining a light on the good in our rohe keeps us all going.

This summer, we've launched our first physical space – Coromind ArtWorks! You'll find us at 14 Coghill Street, Whitianga, where our pop-up art gallery offers incredible pieces from top local artists, a shop, a creative hub, a podcast corner, live music, and more. (Go back a page for the details and come say hi!)

We're also thrilled to see our online numbers breaking records every month. Everyone's scrolling anyway, so why not add some colour and positive stories to the mix? Head to coromind.nz to read past issues, listen to audio versions of the mag, and stay updated on events.

If you're new to the area, just passing through, or picked up Coromind for the first time – how lucky you are! Our team works nonstop to create a vibe in the Coromandel that makes it even more special for locals and visitors alike.

Now, we tried to avoid the classic end-of-year message, but hey, maybe clichés are clichés for a reason. So here goes: we all know the world feels a little wild these days, but there's still so much good happening out there. If you're feeling a bit powerless or unsure how to help, start small – make some art, call an old friend, patch things up with someone in your whānau, or be nice to your neighbour (you never know when you'll need each other). We believe that when you live with respect and love for those around you, you're already part of the change you want to see. Give thanks, and leave whatever doesn't serve you behind in 2024.

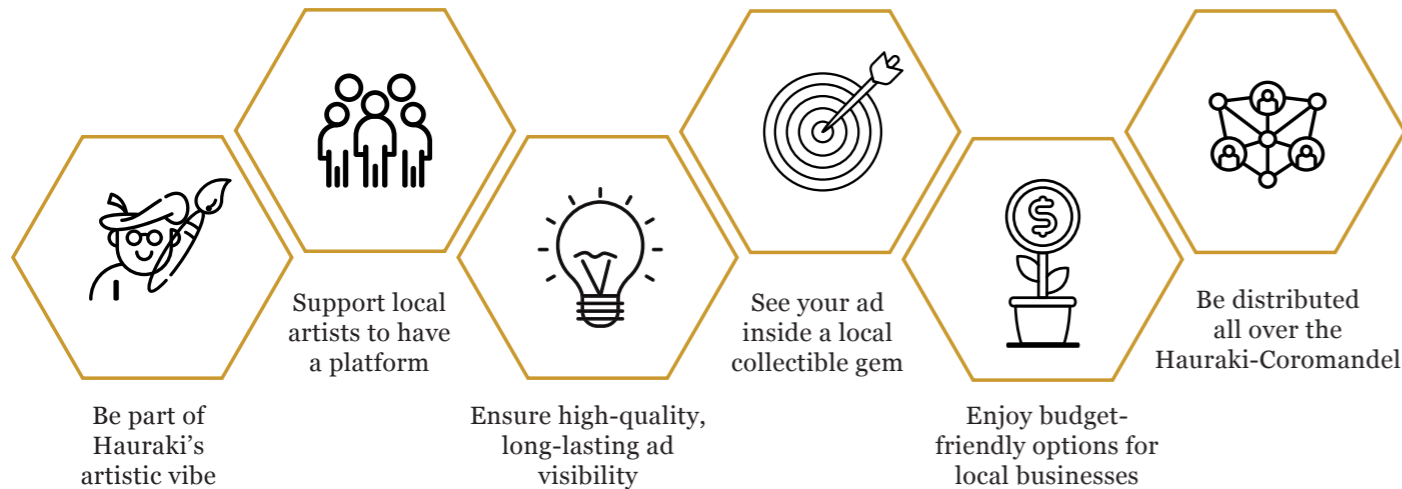
Now go on, enjoy what we've put together for you this month!

Peace,

The Coromind team



Reasons for your business to advertise on Coromind



Not a business owner, but keen to support Coromind and receive exclusive perks? Go to www.coromind.nz and become a member of our growing platform! With a small contribution (\$5 per month!), you can make a big impact on our community project!



Get in touch: ✉ hello@coromind.nz

- 5 **Tony Calsafferri**
Featured Artist
- 8 **Born of Fire**
Hahei's hidden coastline
- 9 **A Ladder to the Soul**
Kiwi-Asian artist FĒI LĪN on love, friendship and songwriting
- 13 **Destination Market – Waihi Beach**
Waihi Beach Saturday Farmers Market draws visitors from near and far
- 14 **Sharing Beaches with Shorebirds**
Protecting shorebirds is a team effort
- 15 **Coromind Games**
- 18 **Hauraki-Coromandel Tracks and Trails**
Te Moengahau-o-Tamatekapua (Mount Moehau)
- 19 **Memory as Muse**
Genevieve Morley's art as an act of discovery and reflection
- 22 **Couple Power Series: Presence Over Presents**
Listening like you mean it
- 26 **Reflect, Release and Realign**
A simple practice that can change everything
- 27 **Ross' Ramblings**
Aussie Antics Part 1
- 30 **Proud to be Local**
Nina Winter (McGillan)
- 31 **Time to Indulge: Sipping Smart**
Mike Taylor's guide to wines that won't break the bank
- 35 **The Taonga of Paeroa**
Darby Tuhaka's call for unity

Team

Art Director

Taylor O.G.

Administration, Marketing & Production

Leonardo Magri, Lorelay Magri

Design/Layout

R. Cesar Rodrigues

Audio Version

Lana Garland

Cover Art

Tony Calsafferri

Contributors

Altbays, Anusha Bhana, Connor de Gier, Coromandel's CFM, Department of Conservation (DOC), Ella Knoblock, Elvisa Van der Leden, Genevieve Morley, Gonzales Painting, Hahei Explorer, Helen Oliver, Kaitlyn Gooch, Lana Garland, New World Whitianga, Nina Winter, Ron Morgan, Ross Liggins, Four Square Buffalo Beach, Four Square Coromandel Town, Four Square Paeroa

Proofing

Helen Oliver

December 2024 - 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.

TONY CALSAFERRI



“Stop and smell the roses”, “Seek solitude and learn to be silent”, “Plant seeds”, and “Life doesn’t get easier, only more beautiful”

Tony Calsaferrri recently sold his paint palette. The buyer wanted to acquire Tony’s palette simply because it was a work of art, with his paint piled high like small piles of single-coloured pancakes. His work has become popular and could be closely linked or likened to ‘pop art’ for some. Many homes in Coromandel Town and the surrounding area have a Tony Calsaferrri on their wall. After 24 years of painting, Tony’s work has found its place, with him completing 100 paintings annually. His colourful, creative pieces are well-liked and ‘becoming’ to interior decoration strongly influenced by Central American style and flair. Tony’s artwork is all about bringing colour into people’s homes and wanting to increase the energy vibration of the person who views his work. “The colours are the bright colours, the colours of the rainforest, the colours of the Mayan culture,” says Tony.

A master of quotes, Tony has lived an unusual life. *“Stop and smell the roses”, “Seek solitude and learn to be silent”, “Plant seeds”, and “Life doesn’t get easier, only more beautiful”* are a few unique gems of wisdom. He first qualified as a civil engineer, then pulled out of the international corporate lifestyle to travel and surf. Living a bachelor’s dream, he travelled to Guatemala, where he carved hardwood supporting a sustainable community ecotourist venture on a Mayan ruin overlooking Lake Peten-Itza near Tikal. Malaria would bring him back to New Zealand, and he would then return to Guatemala.



Eventually, the third bout of malaria brought him back home, and what ensued was a surprise.

Tony started painting, creating a style based on Mayan glyphs and symbols, which then became a lifestyle. His work is colour therapy, and his studio, covered with his colourful works, seems to fit perfectly, a style and vibrancy that spells a certain rhythmic and qualitative education of higher learning from an ancient civilisation.



“Maya script is the most sophisticated and highly developed writing system in the pre-Columbian Americas. The civilisation is also noted for its art, architecture, mathematics, calendar, and astronomical systems”. Tony is right into all of these things.

This summer, Tony will also be exhibiting his work at Coromind ArtWorks in Whitianga, located at 14 Coghill Street, alongside Genevieve Morley and Caitlin Moloney. The opening night is on 21st January, featuring live music, food trucks, and drinks. The exhibition runs from the 21st to the 31st of January.



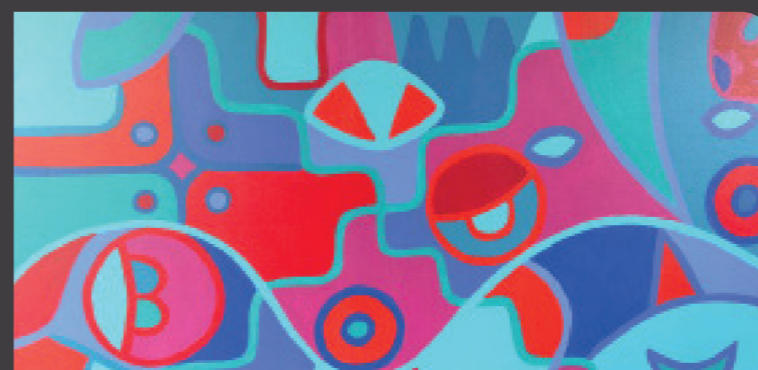
Words by **Genevieve Morley**



To watch Tony’s interview and see more of his art

← Scan Here

or visit: coromind.nz/tony-calsaferrri

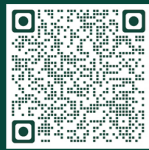




Hunting & Fishing®

NEW ZEALAND

NZ's LARGEST OUTDOOR RANGE - 100% LOCALLY OWNED & OPERATED



Follow us on Instagram

WHITIANGA

2 REWETI DRIVE, WHITIANGA
07 260 5014

STORE HOURS

Monday to Thursday: 8am - 5pm
Friday: 8am - 6pm
Saturday & Sunday: 8am - 4pm

THAMES

103 KOPU ROAD, KOPU
07 868 8260

STORE HOURS

Monday to Thursday: 8am - 5pm
Friday: 8am - 6pm
Saturday: 8am - 2pm
Sunday: Closed

FRIENDLY STAFF - EXPERT ADVICE & INSPIRATION



BORN OF FIRE

HAHEI'S HIDDEN COASTLINE

Tucked along the south coast of Hahei lies one of the Coromandel's secret gems. Running from Great Barrier Island through the peninsula to the Kaimai Range, the Coromandel Ranges are the remnants of ancient volcanoes – a landscape quite literally born of fire. Over 18 million years, this dynamic landscape has evolved into a series of secret caves, archways and hidden bays shaped by the relentless force of the ocean.

Our south coast is dominated by rhyolite – rock born from slow-moving lava that cooled quickly at the Earth's surface. Whether you're a geology nerd or not, there's something pretty cool about the thick, sturdy rock layers, the towering sea stacks, and the intricate natural patterns carved by wind and waves. Over time, these layers of rhyolite have been shaped into cliffs, coves, and rock formations that make this coastline unlike any other.

Hahei Beach offers an impressive view of Mahurangi Island, whose name is often translated as 'rock reaching for the sky'. For many visitors to Hahei, this sight has become an iconic part of their holiday experience. On the island's western side, it's easy to see how Mahurangi earned its name – sheer rock faces tower above, with a network of caves shaped by centuries of erosion.

Those same ocean forces have eaten away at other parts of our coastline, sculpting magnificent structures. Among these formations lies Waiora Ana, or 'The Blowhole' – a towering, cylindrical structure whose ceiling collapsed long ago. Only accessible by water, this spot feels like a hidden sanctuary, tucked away from the world. Guests who are lucky enough to visit Waiora Ana describe it as a deeply humbling, almost spiritual experience.

Just a short drive from Hahei lies Hot Water Beach, famous for its natural geothermal springs. Generations of families have flocked here to dig their own hot pools in the sand, tapping into a warm spring heated by the Earth's core. This is made possible by the Orua fault line which runs beneath the sand, channelling geothermal energy to the surface. The same fault line also created one of our coastline's highlights – Orua, New Zealand's second-largest sea cave. As you approach the cave, you can see the fault line running vertically down the centre, a powerful reminder of the seismic forces that shaped this rugged coastline.

For an up-close view of this amazing landscape, the Hahei Explorer is the way to go. Known as the original Cathedral Cove boat tour in the Coromandel, the Hahei Explorer has been guiding visitors along this dramatic volcanic coast since 1992. The one-hour scenic cruise takes you to hidden coastal spots and rich marine habitats. With purpose-built boats and a team passionate about the coast, the Hahei Explorer offers a deeper look into this breathtaking region, born of fire and shaped by the sea.



HAHEI EXPLORER

BOOK NOW

www.haheieplorer.co.nz

info@haheieplorer.co.nz
[haheieplorer](https://www.facebook.com/haheieplorer)



0800 268 386
[haheieplorer](https://www.instagram.com/haheieplorer)

Thank you for support throughout 2024
MERRY CHRISTMAS
from Whitianga Flooring Xtra

Book your free measure & quote with us to get your 2025 projects rolling!



WHITIANGA FLOORING XTRA

68 Albert Street
P: (07) 866 2836
www.flooringxtra.co.nz



HERE FOR THE COMMUNITY

- Community Foodbank
- Budgeting Advice
- Counselling Services
- Community Connection Services
- Family Support
- Elderly Support and Care Services
- Computer Training
- Youth Services
- Local Transport Services
- Medical Appointment Transport Services
- Mobility Equipment Provisions
- Office and Meeting Room Provisions

100% of donations and proceeds go back into the community

WE ARE HERE TO HELP

reception@wcst.org.nz
www.wcst.org.nz
2 Cook Drive - Whitianga
07-866 4476

Visit our OPSHOP
15 Coghill St - Whitianga
07-393 0043

Words by **Ella Knobloch**

A Ladder to the Soul

KIWI-ASIAN ARTIST FĒI LÍN ON LOVE, FRIENDSHIP AND SONGWRITING

Whitianga-based musician FĒI LÍN sat down with fellow Kiwi-Asian Elvsa van der Leden to share some insights on some of the elements that bring her music to life.

I hear you've recently released a couple of songs! What are they titled and when did they come out?

Love is a Ladder was released on 4th October. My other recent single, You are the Mirror, released last month on 15th November – I was fortunate to get funding from NZ On Air to shoot my first music video for it!

Those are really lovely song titles. Can you tell us more about what inspired these songs?

Love is a Ladder is a dreamy jazzy tune, inspired by the pull between the comfort of one's own company, and the gentle hope to share it. That love isn't only an outwards, romantic experience, but like climbing a ladder inwards, to meet your true self. To share that journey with someone is really special, but also requires a great amount of vulnerability and courage to expand.

Like exploring that vast limitlessness of potential?

Yes, that's it! And then You are the Mirror is a song about friendship and how when you're in any kind of relationship with someone, they're going to be your mirror. It's a song about how I'm really grateful for that with my friends. They will always help me see the things I forget to see in myself, and vice versa. Like, any time they're doubting themselves, as a friend you lift them up and say "No, you got this!"

I love that. I have a motto where I try to 'surround myself with people I want to be like'. The idea that you're more likely to become like those you hang out with. Do you feel the confidence to recognise that you bring a light into other people's lives?

Yeah, a friendship should be like a reciprocal relationship where you're both enhancing each other's lives and can lean on one another when you need the support. I would love to think that I enrich my friend's lives as much as they enrich mine. I started playing music through the inspiration and encouragement of friendship. That's an invaluable gift

What instruments do you play and what inspires you to play them?

I sing and play guitar. I was raised listening to a lot of different music and was always an avid music lover and gig goer. But what inspired me to play originally was my father dropping me off at my first guitar lesson as a 12 year old and speeding off before I could jump back in the car! Now I'm grateful for that little push, as it's thanks to my dad for

giving me that foundation that I've picked it up again later in life. It wasn't until I moved to the Coromandel five years ago that I started to play guitar again and learn to sing, finding confidence in musical community. I have always written a lot of poetry, so the transition to songwriting came naturally. I like to write about whatever is present in my heart or on my mind.

I noticed your lyrics are very poetic!

Yeah, I love poetry because when you're reading or sharing a poem, people are going to get different things because it's not always literal. You can take away your own personal experience of what the poet is expressing. I love hearing what

someone will read in my poem or hear in a song, because sometimes I don't even know what I'm writing or singing about and then I'll be like "Oh my gosh, that's so true!" It's just very therapeutic. And I also love listening to music in other languages where you don't even know what the lyrics are but you can still feel and understand the music. The whole combination of vocals, the instruments, balance, rhythm and space can speak to something deep.

Would you say you like to listen to quite immersive music?

I listen to everything; soul, funk, folk, jazz, R&B, rock, country, classical, reggae ... and so on!

How would you describe your music?

Indie, folk, jazz? But my recent single Love is a Ladder is very much jazz and I'm a sucker for a sax or trumpet solo. You are the Mirror is poppy with tones of R&B and funk. It's a bit more upbeat – my debut single I released last year The River Beneath Us, had a chill bossa folk vibe. So I like mixing it up. I don't really want to be contained to one genre.

Where can we listen to your music?

Anywhere you usually stream your music! Search for 'FĒI LÍN' on Spotify, Youtube, Apple Music, Bandcamp etc! :)

And do you have any upcoming gigs where we can see you perform?

Yes, I'm excited to be playing a show in Whitianga at the Monkey House Theatre on Friday, 13th December! I'll be joined by my friend Elsa Klein, a singer-songwriter who also plays the grand harp and flute. Please come along! Tickets are \$10 + booking fee from UTR.co.nz, or there will be door sales if not sold out!

Elsa and I will also be performing at the Coromind ArtWorks (14 Coghill Street, Whitianga) on 21st January!



This article is brought to you by

NEW WORLD
Whitianga

Celebrating our incredible local art scene!

7 days - 7am to 9pm
1 Joan Gaskell Drive
07 867 1900

for online shopping access: www.newworld.co.nz



To buy tickets or listen to FĒI LÍN's songs

← Scan Here

or visit: www.coromind.nz/a-ladder-to-the-soul/



Conducted by
Elvsa Van der Leden



Photography by
Christian Tjandrawinata and Azrie Azizi

CR art dealer

christine rabarts

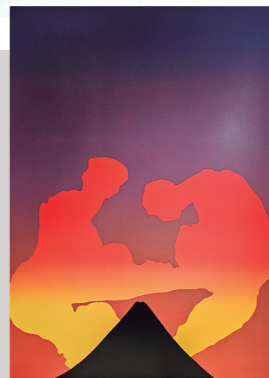
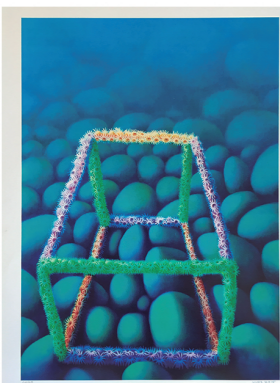
Internationally renowned New Zealand master artist Michael D Smither is revered for his diverse and captivating creations, encompassing paintings, screen prints, sculptures, harmonic colour work, music, and drawings.

Blending realism and abstraction, Smither's distinctive style explores the interplay of light, colour, texture, and emotion.

To discover and acquire Michael D Smither's available works, visit:

Christine Rabarts Art Dealer
Bread & Butter Gallery Virtual Art Space
www.breadandbutter.co.nz

Enquiries to Christine Rabarts
E: Art@christinerabarts.com

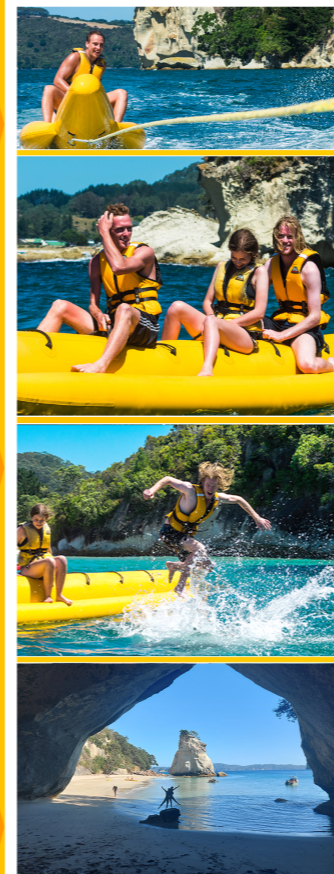


RIDES FOR ALL AGES

021-0832-8350

\$20 - \$30 RIDES

NO BOOKINGS REQUIRED



WWW.BANANABOATWHITIANGA.WEBLY.COM

THE BEST WAY TO VISIT
CATHEDRAL COVE!

FROM \$75
BOOKINGS REQUIRED

BOXING DAY TO WAITANGI
ESPLANADE BEACH, WHITIANGA
OFF-SEASON BOOKINGS

RIDES FROM
\$20

@BANANABOATWHITIANGA



BAYSIDE
CONSTRUCTION
RESIDENTIAL BUILDS
AND RENOVATIONS

baysideconstruction.co.nz
caleb@baysideconstruction.co.nz
027 537 5953



COAST 2 COAST
BUILDING SERVICES LTD

- ▲ SCAFFOLDING
- ▲ SHRINKWRAPPING
- ▲ SECURITY FENCING
- ▲ SAFETY NETS

Office/Bookings
07 866 5771

info@coast2coastbuildingservices.co.nz
www.coast2coastbuildingservices.co.nz

mc Est. 1995
MAINLY CASUAL
LIFE'S TOO SHORT TO WEAR BORING CLOTHES

TOP LABELS

- Foxwood
- Orientique
- Charlie Jane
- Elm
- Duo
- Huffer
- Zafina
- Foil
- Preen
- Junkfood Jeans

Plus lots more!

36 Albert Street, Whitianga - 07 866 4243
636 Port Road, Whangamata - 07 865 9697
570 Pollen Street, Thames - 07 868 6253

www.mainlycasual.com

WAIHĪ BEACH SATURDAY FARMERS MARKET DRAWS VISITORS FROM NEAR AND FAR



Since 2023, the market has defied expectations and is now established as one of Coromandel's must-visit destinations. The market is primarily based on locally sourced produce and food, fresh organic veggies, berries, staples, delicatessen and artisan goods. While maintaining its focus as a farmers market, it features a uniquely Waihi Beach flavour by including selected high-quality crafts, garden art and local Waihi Beach pottery art.

The four organisers are passionate about creating a relaxing environment with live music and picnic blankets; the kids' playground at Waihi Beach School adds to the community vibe. "It doesn't matter if you have a little or a lot to spend, the market is for everyone. Whether you're looking

for a place to meet locals, have a coffee with a friend or relax with the kids, the market welcomes everyone." Anita Allan (Market Organiser – Golden Cross Honey).

The organisers are volunteers who focus on their fellow stallholders to create a positive vibe at the market. "If stallholders are happy, customers are happy and the good vibes are infectious in a good way." The intention is to create more trade locally and give Waihi Beach and Coromandel an economic boost.

The organisers also combine with the Waihi Beach Info & Events planners to put on feature events for the town, which has helped to put it on the map as a key destination for visitors on their Coromandel travels.



When? Every Saturday 8.30 am - 12.30 pm, rain or shine
Where? Waihi Beach School, 100 Beach Rd, Waihi Beach
Dogs: On a leash

Feature Events



21 Dec 24

X-Mas at the Market: Open craft market, free Kids' Entertainment + more.



waihibeachfarmersmarket



www.waihibeachfarmersmarket.co.nz



brought to you by
Department of Conservation
Harauki Coromandel



Sharing beaches with shorebirds

Protecting shorebirds is a team effort.

The stunning sandy beaches of the Coromandel Peninsula are not just a playground for people; they are essential habitats for native shorebirds including tūturiwhatu / dotterel, tōrea pango / variable oystercatcher, tarāpunga / red-billed gulls, tarāpuka / black-billed gulls, and tara / terns.

These remarkable birds depend on our coastlines to breed and raise their young, yet they face constant threats from human activities, pets, introduced predators and storm surges.

DOC Ranger Frouk Miller says shorebirds nests are simple by design.

"Dotterel and oystercatcher nests are often just shallow depressions in the sand known as scrapes," says Frouk.

The natural camouflage of pale, speckled eggs help nests blend to evade predators but makes them vulnerable to human disturbance. Eggs can be overlooked and crushed by beachgoers, dogs and vehicles.

To protect their young, shorebirds distract predators by feigning a broken wing, flapping or chirping loudly. If you see this, it means you are near a nest so it's best to quietly move away.

Frequent disturbances can force birds to leave their nests, exposing eggs and chicks to extreme temperatures, predation or lack of food, which can lead to fatalities.

One of the best ways to protect shorebirds is by respecting nesting areas. Beachgoers should avoid fenced-off zones marked with signs indicating dotterel and oystercatcher nests.

"Giving them space reduces disturbance and greatly increases chick survival rates," says Frouk. A reminder: chicks will not stay within fenced areas but will of necessity forage along the beach.

If not managed, cats and dogs pose a serious threat to shorebirds. Frouk says a lone cat can single-handedly wipe out multiple nests.

Dotterel Minders, like Alison Henry (Cooks Beach), protect nesting areas and update the community over the breeding season.

Images by Peter Drury, part-time local, long-time photographer in Cooks Beach



"Last year we saw a loss of 10 chicks when a member of the public lost her cat for 5 days during the peak of the breeding season. It's devastating."

It is essential to keep cats indoors or enclosed at night and ensure dogs are leashed and under control in coastal areas. Being aware of nesting sites at local beaches and following dog exercise rules is an important part of being a responsible dog owner.

Frouk has been overseeing the Coromandel Dotterel Minding programme for more than 10 years.

"We are fortunate to have a network of Dotterel Minders across the peninsula – dedicated volunteers who advocate for and protect nesting shorebirds, manage nesting sites, and keep the community informed," says Frouk.

Alongside dedicated Dotterel Minders, there are many conservation groups that trap dunes for introduced predators, including Purangi Conservation Trust, Ōtama Reserves Group, Pest Free Tairua, Ōpoutere Ratepayers and Residents Association, Whangamatā Harbour Care, and Coastcare groups, to name a few.

Leanne Irvine, DOC Senior Community Ranger, says with only a few thousand individuals remaining in some shorebird species, every breeding season is precious.

"Supporting predator control efforts is crucial. We're grateful to have many community groups actively trapping sand dunes to protect shorebirds," says Leanne.

All our actions contribute to the protection of shorebirds and their breeding success.

How you can protect shorebirds

- Be a responsible pet owner – cats indoors and dogs controlled.
- Give space to nesting sites – stay away from fenced areas.
- Keep vehicles off the beach where possible – only use official beach access points to launch and retrieve marine vessels, drive slowly and avoid the soft sand.



Tertiary level education
right here locally.
All programmes
NZQA approved.

50 KOPU ROAD
THAMES



Valley Education
free courses • free transport

Call or text us
07 868 7892
027 314 1577

HEY WAIHI.
COME IN
AND TRY
SOMETHING
NEW.

freshchoice waihi

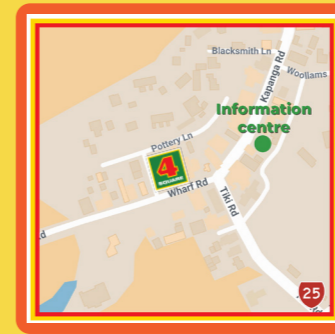
6 Consols Street, Waihi. Open 7am-8pm, 7 days.

FreshChoice.co.nz 07 863 3519

FreshChoiceWaihi



BUFFALO BEACH
 3 ALBERT STREET, WHITIANGA
 OPEN 7 DAYS
 6.45AM - 7PM



COROMANDEL TOWN
 50 WHARF ROAD, COROMANDEL
 OPEN 7 DAYS
 7.30AM - 7PM



WORD FIND

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

- | | | | |
|---------------|------------|-----------|---------|
| VULNERABILITY | EXPRESSING | INTENTION | TERRAIN |
| OYSTERCATCHER | PLAYGROUND | PHYSICAL | SECRET |
| CIVILISATION | CAMOUFLAGE | SOLITUDE | SCENIC |
| DELICATESSEN | COLOURFUL | RHYTHMIC | LADDER |
| QUALITATIVE | VIBRATION | ARCHWAYS | MARKET |
| COMBINATION | GUATEMALA | RHYOLITE | WORLD |
| INCREDIBLE | COASTLINE | ANCIENT | MAYAN |
| CONFIDENCE | SANCTUARY | GEOLOGY | NESTS |
| FOUNDATION | ENHANCING | THEATRE | |

THE WORDS IN THIS WORD FINDER GAME ARE CHOSEN FROM THIS EDITION OF COROMIND, CREATING AN ADDITIONAL CHALLENGE OF FINDING THESE WORDS THROUGHOUT THE ENTIRE MAGAZINE.

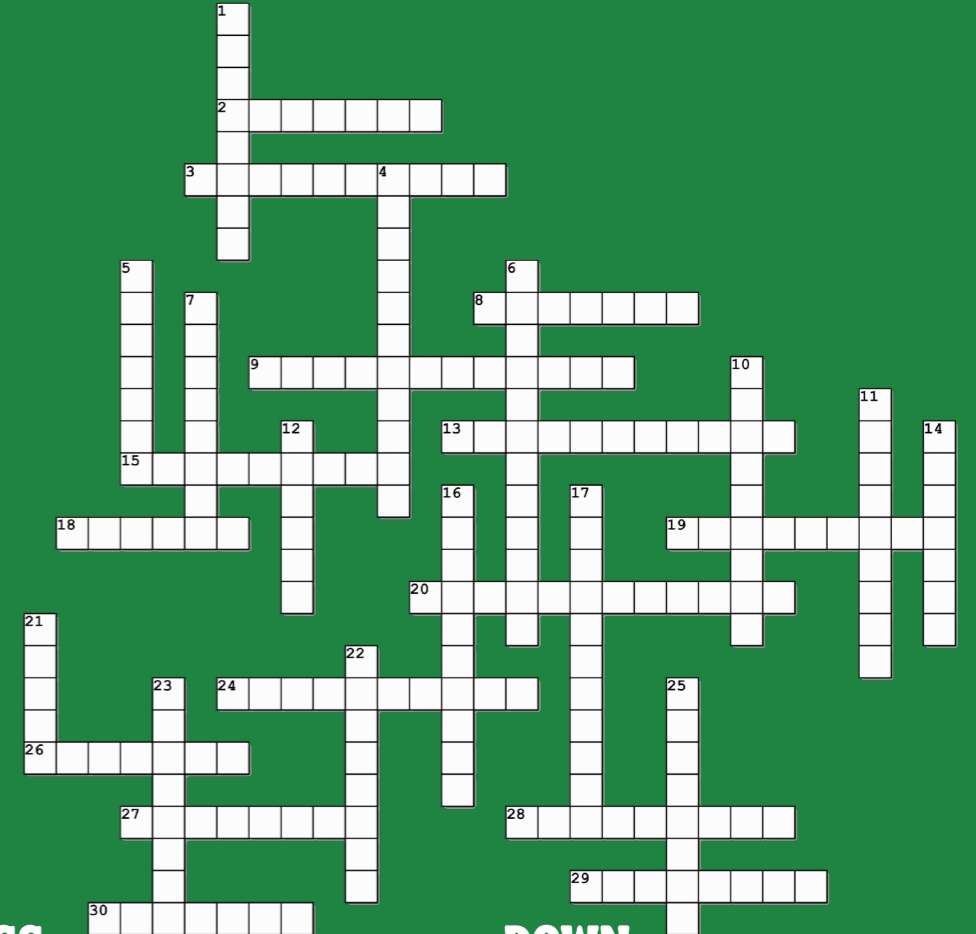


PAEROA
 104 NORMANBY ROAD, PAEROA
 OPEN 7 DAYS
 MON TO SAT: 7AM - 8PM
 SUNDAY: 8AM - 8PM



FOR ALL YOUR GROCERY NEEDS!
 FOURSQUARE.CO.NZ

CROSSWORD



ACROSS

2. A vital nutrient for the body.
3. Relating to the islands of the central and southern Pacific.
8. A regular series of actions.
9. The act of protecting natural resources.
13. Accepted or applicable everywhere.
15. The state of being alive or real.
18. The son of your sibling.
19. Leaving no mark or evidence behind.
20. Made eternal in memory or fame.
24. Perceived below the level of conscious awareness.
26. A great victory or success.
27. Repetition to improve a skill.
28. Music that compels you to move your feet.
29. A tropical flower often seen in vibrant colors.
30. A colorful arc in the sky after rain.

DOWN

1. A large orchestral composition.
4. Stranded due to a maritime disaster.
5. The feel or appearance of a surface.
6. What you give to a cause or effort.
7. Full of imagination and original ideas.
10. One who directs or produces movies.
11. Someone who serves drinks at a bar.
12. A sequence of pleasing musical notes.
14. The opposite of 'inside.'
16. A musician who plays a brass instrument with a slide.
17. The end point of a journey.
21. Confidence in someone or something.
22. A quality of being nice and considerate.
23. Māori word for children.
25. Relating to or caused by eruptions of magma.

Looking for the solutions to our games? Scan this QR code or visit coromind.nz

Scan Here



Art Soft
STUDIO
PORTRAITS & OTHER ARTWORKS
www.artloff.co.nz Raewyn Helms-Davis Art

PINNACLE COFFEE
THAMES OWN FRESHLY ROASTED VIETNAMESE COFFEE
Check out our website for more details:
PINNACLECOFFEE.NZ
027 525 4740

COVE CONSTRUCTION
BUILDING SENSATIONAL HOMES
GOT A PROJECT?
We have the team and skills to bring it to life.
AWARD WINNING BUILDERS
Check out our portfolio at:
www.coveconstruction.co.nz
CALL NICK TODAY: 021 666 350

Hana Balinese
Massage
Just relax and unwind
* Relaxation * Deep tissue * Couple * Pregnancy
* Reiki * Reflexology * Mobile * Gift Voucher
Summer Special
Couple massage deluxe
70 Minutes \$198 (For two)
Mobile massage available for family group booking:
Please text
021 931 353 or 022 186 1884
60 Catherine Cres Whitianga
hanabalinesemassage.co.nz

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

BURTON'S
LUNCH BAR & CATERING
ON POLLEN
The Chef & The Butcher
invite you to check out our Lunch Bar
Catering for any event large or small,
in-house or out
404 Pollen Street, Thames
Phone 022 380 9735
https://burtoncatering.co.nz

COROMANDEL
TILING CO.
DEAN RANKIN
Ph. 022 417 4911
Email. hello@coromandeltiling.com
Whitianga based but travel throughout the Coromandel.

SO DOPE
NZ hemp skincare
www.sodope.co.nz

Essential Therapy Aotearoa
Tanja Lajunen
Dip Holistic Aromatherapy
Massage & Aromatherapy products
Product website & Book online
essentialtherapyaotearoa.co.nz
ph: 022 039 1216
Currently based at the Earth Store in Whitianga

REAL NUTRITION
Ready to change your relationship with food?
I witness people change their lives
over three months, never looking back.
1:1 coaching spaces are limited. Beginning February 2025.
Rebecca Smith 021 540 863
realnutrition.co.nz rebecca@realnutrition.co.nz

Hauraki-Coromandel Tracks and Trails Te Moengahau-o-Tamatekapua (Mount Moehau)

Mt Moehau is an incredible mountain located at the northern end of the Coromandel, in the range which extends from the settlement of Colville northwards to the tip of the peninsula.

Mt Moehau is also known as Te Moengahau-o-Tamatekapua ('the windy sleeping place of Tama-te-kapua') who was the commander of the Te Arawa canoe, and was buried on the summit of the mountain. His grandson, Huarere, gave his name to the tribe Ngāti Huarere. Mt Moehau stands as the tallest mountain in the Coromandel at 892m above sea level. The summit is sacred to the collective Marutūāhu iwi, and for this reason, reaching it isn't possible, so please respect the mountain and its boundaries. You can still reach the saddle at 835 metres though, via Doctors Knob track.

The view from the saddle is breathtaking. Walking via Doctors Knob track can take 4-6 hours return, but people with a higher fitness level might complete it quicker.

Mt Moehau is an important home for the tiny rare Archey's and Hochstetter's frogs. The trail starts at Stony Bay, at the back part of its campsite. The route is steep and narrow, so proper hiking shoes are recommended.

My friends and I hiked Mt Moehau on a stunning clear Saturday at the end of April 2024. We were so excited, just thinking about being at the top of the highest point in the Coromandel!

The drive from Whitianga to Stony Bay took 2 hours, and we arrived at 10 am. We quickly set up our tent at the campground, and after 20 minutes of trying to find the start of the track, some people in the campground helped by giving us a map, so we officially started the track around 11 am. It was a late start, however we were prepared if night fell.

Walking through the first quarter of the track was quite steady and okay-conditioned terrain. The slope of the track was steady, flattish, with some incline. After stopping for lunch, we continued towards the slope of the mountain, where the track got steeper and steeper the higher we went up! We didn't have trekking poles, however we found some sticks that greatly helped.

The path to Doctors Knob (altitude of 600 metres) was quite

steep, but after that, it eased off, giving our legs a bit of a break. The higher we inclined, the colder the air felt, so I highly recommend bringing good quality clothing like fleece, gloves, beanie and (depending on weather conditions and season) long or short pants.

Once we were a good 100 metres from the saddle, the views already seemed amazing. But the last part of the hike was an absolute nightmare!



We had to make a turn-off so we could get down to the saddle, and that track was very muddy and slippery. We clung to the trees for assistance as we slowly and steadily descended. We slipped over countless times, but that provided a few laughs. As we reached the bottom of that part of the track, all of our excitement erupted as we ran the last 20 metres up to the lookout of the saddle. Dopamine filled our brains and the sense of accomplishment was truly something! The views were worth every muddy slip. I was truly in disbelief when I looked in Auckland's direction and realised I could see the city and the Sky Tower. From looking down at Stony Bay to seeing the horizon, everything was beautiful up there.

This experience is something I will always remember and I highly recommend this hike!

Words by
Connor de Gier

Learn more about this track or watch Connor's adventure:
Scan Here



Distance:
4.04 km
Grade:
Moderate
Access:
From Stony Bay,
Te Hope Stream or Port Jackson
Access:
Mt Moehau via Doctors Knob
Track, Coromandel Forest Park

We acknowledge the mana of the Hauraki-Coromandel forest and its significance to the whenua and people.
Kia kaha te tiaki i ngā taonga o te taiao." (Be strong in caring for the treasures of the environment.)

MEMOIRY *as muse*

GENEVIEVE MORLEY'S ART AS AN ACT OF DISCOVERY AND REFLECTION

By participating in the Coromandel Open Studios Arts Tour and interacting and conversing with approximately 200 people, I discovered a few new 'themes' about art. I would like to take this opportunity to share these experiences.

Colour and a blank canvas of the mind are the two prerequisites I need to create, and from that beginning, a range of decisions start to unfold. Which colour is 'there', and what to do 'here'? Each painting is individual and comes from the unconscious. It represents a memory or a theme. As I paint, I can often be transported to another world of my imagination. It then becomes my challenge to depict this on the canvas. Not 'usual', my work seeks to provoke against what I consider mainstream, repeated and 'acceptable' art. It offers a unique expression, reincarnating my memories and hidden worlds.

Currently working with gouache paints, I look forward to returning to painting with oil. I enjoy how oil paint bounces off the canvas when compared to acrylics (however, I was told by an experienced artist that with high-quality acrylic paint as well as a quality acrylic sealer, the colour is just as good as oil paint and the surface hardens to a similar durability).

Selling art takes real perseverance; just because a piece of art has been exhibited and not sold does not mean it will not sell one day. I don't have thick skin, but I do have incredible endurance which is its own kind of strength. Also, conservation values and the state of the world have always been close to my heart and a constant inspiration over the years. When I was 17 years old, I had my first art exhibition in Hauraki House, Coromandel. I organised and curated an exhibition featuring a range of beautiful work from Coromandel artists, including my art mentors Tony Calsferri and Tāme Iti. The exhibition was titled 'No Mill', and it was all about raising awareness

about the proposed sawmill that a multinational company wanted to build in Whangapoua. This would have been the year of 2004. It was commented that to do something like that at the age of 17 shows a certain degree of bravery and guts. What better endeavour for a young person.

This summer, I will be exhibiting alongside master potter Ashley Thor at Christine Rabart's 'CR' Exhibit Space in Coromandel Town. I am privileged to be able to share my paintings from the 26th of December to the 8th of January. I look forward to meeting those who come to the gallery, as Ashley and I will be minding the gallery for the majority of the show. I will also be exhibiting at Coromind ArtWorks alongside Tony Calsferri and Caitlin Moloney from 21st to 31st January. To see more about me, check out my Instagram page @genevieve_morley



Words by **Genevieve Morley**



To watch Genevieve's interview and see more of her art

← Scan

"Morley's colourful and bold landscape painting scenes draw the viewer in and can leave them staring for hours as their imagination fills in the gaps to whatever kind of picture they want to see."



THE OFFICE COFFEE SHOP

Opening Hours
Monday To Friday 6 30am 12 30pm
Saturdays 7 30am 12 30pm

BROPHY'S BEACH SCARPARK

Coffee . Iced Drinks
Frappes . Granola Bowls
. Coro Pies

PIES THE OFFICE CORO PIES Yum. THE OFFICE

ARTWORK BY DAVID BAYER DESIGNS

Art Market Every Sat. 9am-1pm
Grahamstown Hall, Pollen St, Thames
T.A.T.A.T. - Thames Art Treasures and Textiles
Email: thamesartandtreasures@gmail.com

the coromandel artbeat



OPEN 7 DAYS / 9AM - 5PM

35 Albert St, Whitianga 3510
Phone 07 866 5800

www.blackjacksurf.co.nz

3 months
of arty things
1 peninsula
1 artbeat

The coromandel artbeat spring festival is a lineup of creative, local art events all over the Peninsula and runs for 3 months each year from September to December



check
out the
program

the coromandel
artbeat
spring
festival

here
→ coromandelartbeat.nz

facebook.com/CoromandelartbeatFestival
instagram.com/coromandel_artbeat_festival



Presence Over Presents

Listening like you mean it

You know what I've been thinking about lately? Those endless Christmas ads showing partners unwrapping shiny new gadgets with delighted faces. (Spoiler alert: No one is actually that excited about getting a vacuum cleaner, even if it is 'smart'!)

Here's a question for you: When was the last time you truly listened to your beloved? Not that half-listening we all do while mentally preparing tomorrow's shopping list or scrolling through social media. I mean really listened – the kind of listening that makes someone feel like they're the only person in the world?

Let me share something that happened in my own relationship recently – a moment that reminded me how easy it is to slip into autopilot, even when you teach this stuff! There I was, 'listening' to my lover share something about his day. You know, the kind of listening where you're nodding along while mentally composing your shopping list and wondering if you remembered to hang out the washing. (Oh come on, we all do it!)

Then I caught myself. Here I am, someone who literally writes about the power of presence, pulling the classic half-attention move! So I did what I'm always encouraging others to do – I took a breath, put down my phone, turned to fully face my man, and actually tuned in. The look on his face when he realised he had my complete attention? It was like watching someone step into sunlight. And you know what? That quick chat turned into one of our most connected conversations that week.

This is what I love about relationships – they're constant opportunities for growth. Even when you know all the techniques, even when you teach them to others, you still have to choose presence again and again. And sometimes (okay, often!) you mess it up, catch yourself, and start fresh. These moments of genuine connection are where your Couple Power truly activates – transforming everyday conversations into opportunities for deeper intimacy and understanding.

Want to try this at home? Here's how to master these three game-changing moves:

- 1. PAUSE:** *This is your moment to get present. Put that phone away (yes, even if it's face-down!) Turn toward your partner. Let your face show you're all ears. This isn't just listening – it's listening body, heart and soul. Stay fully present. Do NOT start mentally preparing your response while they are speaking, just listen.*
- 2. PLAY BACK:** *Before you jump in with your own thoughts, how you are going to solve it, or a story about when that happened to you, mirror back what you've heard. "So what you're saying is ..." It's not about being a parrot – it's about checking you've really got what they're saying. Sometimes they'll even say, "Well, not exactly ..." and BOOM – you're already having a deeper conversation!*
- 3. PROBE with curiosity:** *This is where it gets juicy. Instead of problem-solving (I know, it's tempting!), stay curious. Ask things like "What matters most to you about this?" or "How are you feeling about it now?" These questions aren't just about getting information – they're about showing you care enough to want to understand their world.*

Here's the beautiful thing – this kind of listening isn't just for deep and serious talks. It's for all talks, when they're sharing a random thought, or even when they're just telling you about that weird dream they had. Every time you listen like this, you're basically saying, "You matter. Your thoughts matter. Your feelings matter."

So this Christmas, while you're wrapping those carefully chosen presents, remember – the gift of your presence, your genuine attention, your curious heart – that's the present that keeps on giving. And unlike those Christmas socks, it's one size fits all!

Aroha nui,



Words by
Lana Garland & Matiu



47 Years developing long term relationships with clients.

Specialising in Business Development, Taxation, Farm Accounting, Structuring, Accounting Systems.

For an obligation-free discussion and appraisal of your business needs, call me:

021 960494

Whitianga Office (Mon-Wed)

26a Albert Street, Whitianga

Office number:

07 866 2907



The home of BIG SCREEN
entertainment on the Coromandel
COMING SOON



For our screening schedule and trailers visit:



1 Lee Street, Whitianga, 3510
Phone: 64 (7) 867 1001
mercurytwin cinemas.com

CEDAR REVIVAL LTD



Our comprehensive service covers complete restoration and ongoing maintenance of your timber cladding.

Contact us for a free, no obligation quote.

Doug - 021 235 8056
Inge - 020 493 0501
doug@cedarrevival.co.nz
www.nzcedarrevival.com

"Your local Cedar restoration specialists operating throughout the Coromandel"

NANNY NEAR U

Child Care
Registered Teacher
Dog Sitter

021 776 039

Whangapoua, Matarangi, Tairua
Kūaotunu, Whitianga, Coroglen,
Whenuakite, Hahei, Hot Water Beach



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

MH REALTY LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

BAYLEYS ALTOGETHER BETTER Residential / Commercial / Rural / Property Services

A PAINTING
COMMERCIAL & PRIVATE

Residential Painting
Restoration
Furniture and Kitchen Effects
Special Effects
Staining
Commercial Buildings Small or Large
Private Newly Builds and Old Villas

0210 282 6803
coastalbaj1@hotmail.com

COMBAT-ZONE Whitianga

FUN & ZONE

ADVENTURE + FAMILY PARK
...come and have a blast!

www.funzonewhitianga.co.nz
Ph: 027 386 9663 / 0275 266 228




+ Archery, Paintball and MORE!

coromandel physiotherapy+orthopaedic rehabilitation
"Injury Rehabilitation Centres"

Mercury Bay Physiotherapy Clinic

Robert Lindsay - Dip.Phly(Otago),ADP(OMT),DipMT,PG Cert(Voc)Rehab,MPNZ
Rodney Grant - MPhly(Otago),ADP(OMT),DipMT,CKPT,PG Cert(Voc)Rehab,MPNZ
Crystal Vause - Bch Health Science(Physiotherapy),PG Cert Acupuncture(Western),MPNZ

24B Lee Street, Whitianga ☎ 0800 868 9579
www.thamesphysio.co.nz

DESIGN WEBSITES

salty pipsis STUDIO

BRANDING DIGITAL

Scan for a free website audit



MASTERCRAFT KITCHENS WHITIANGA

☎ 07 866 4111
✉ info.whitianga@mastercraft.co.nz
www.kitchensoncoromandel.co.nz



Keeping The Real in Real Estate

Matarangi / 07 866 0322
www.richardsons.co.nz

Discover the refreshing difference of partnering with a real estate agency that is dedicated to transparency, trust, and a shared passion for outstanding service. With Richardsons Real Estate, it's not just about closing a deal — it's about making a real difference.

/Richardsons Real Estate Ltd MREINZ Licensed REAA2008

Simone Parr Licensed Agent REAA2008 027 657 2980

Keith Goodall Licensed Salesperson REAA2008 021 276 6474

Peter Sharp Licensed Salesperson REAA2008 021 388 833


Daisy Armstrong Licensed Salesperson REAA2008 027 277 2405



CRAFT HAUS
Gastropub Est. 2022

711 PORT ROAD, WHANGAMATA
07 865 6300
crafthauswhanga.co.nz
@crafthauswhanga

- . CRAFT BEER
- . NZ WINE
- . GOURMET PIZZAS
- . BURGUERS & MORE
- . DAILY DEALS
- . HOME OF WHANGAMATA'S FAMOUS \$1 BUFFALO WINGS
- . PRIVATE FUNCTIONS



Prebuilt Homes

To learn more about our ready-to-go transportable houses or to schedule a viewing of available houses in Whitianga, contact us at

027 497 1183
evanshomes@xtra.co.nz
www.evansgroup.co.nz

Evans Homes





WHITI CITY CABS

Door to Door | Pubs & Bars | Private Hire | Airport Transfers

07 866 4777

enquiries@whiticitycabs.co.nz | www.whiticitycabs.co.nz



OVERDRIVE
TOTAL AUTOMOTIVE

WARRANT OF FITNESS | VEHICLE SERVICING
 ALL MECHANICAL REPAIRS | TYRES & WHEEL ALIGNMENTS
 BATTERIES & DIAGNOSTICS | AUTOMOTIVE PARTS
 AIR CONDITIONING

07 866 0606

65 Cook Drive - Whitianga | Join us online

overdriveautomotive.co.nz

Elizabeth Kyle's Private Gallery

726 Queen Street, Thames

Open 1-4 pm, weekends and public holidays or by appointment.

Group bookings available for a gallery tour with Elizabeth.

For more information, contact:
 Ron: 027 955 2460
 Elizabeth: 022 350 3043

Reflect, Release and Realign

A simple practice that can change everything

Hi everyone, I hope this issue finds you well. If you haven't noticed by now, my 'modus operandi' is optimal health. And optimal health doesn't just cover physical health; it's the food you're eating, the people you are spending time with, the media you are consuming, the business or job you are giving your time to – each of these impacts your overall optimal health.

And this is a continuous journey – sometimes it all seems to be ticking along smoothly and other times we are thriving in a couple of areas, and not so much in others. Life is fluid and the choices we make change; I've found it can be helpful to check in regularly to see if we are en route to a life we like, or if there is a slight pivot or course correction that needs to be made.

If you want to start a new practice and commit to this monthly, it's a good idea to get a designated journal or 1b5, so that it's easy to reflect on the previous months.

What am I currently loving in my life? List all the things that are a full vibe for you here.

What am I currently not loving so much right now in my life? List all the things here that really aren't lighting a smile in you.

This previous month I am grateful for (or insert timeframe here)? List everything you are thankful for that happened in the last month.

What am I leaving behind from the month that was? List all the things that you didn't love, or wished were different or you feel like are holding you back.

category, then maybe it's time to start looking for a new one.

It also allows you to see on paper what you are absolutely loving and think of other experiences and opportunities you want to be a part of.

Another way I really like to use this practice is when my mind is absolutely swirling. I may have had a fight with someone, I may be annoyed at the way I was treated, I may just be feeling frustrated and ruminating on things that aren't serving me – and journalling works a treat. I get all of my thoughts, anger and pain onto paper being as aggressive and nasty as I like – and when I'm done, I burn* the paper. It always feels like a huge weight has been lifted.

*If you do this – please remember to burn your paper responsibly.

And that's it for me. I hope this practice is as helpful to you as it is to me and my clients.

I'd love to hear about your experiences. Let me know. You can find me over on Instagram: @lifeaskaitlyn

My favourite and most simple way to do this is through journalling. Some people run when they think about the aspect of putting pen to paper; however, I've found with clients that journalling allows some of the biggest aha moments, as it's really hard to hide on paper. This is a small practice that can be done monthly or bi monthly and really allows you to make the most of your time, focusing on the things that are most important.

Personally I like to do this practice at each new moon, allowing myself to reflect on the month that has been, what I set out to achieve, what I actually achieved and where I want to keep heading. It allows you to have a mini check in and evaluation of life and where you're at.

I am in the process of ...? Then list the things you are in the process of doing or embodying.

These six simple questions allow you to take pause and just be honest with yourself about where things are for you in life right now. You don't have to immediately change things, but if you notice it's the third month you've put your job in the 'what am I currently not loving so much right now in my life'

Words by **Kaitlyn Gooch**

Welcome to Yoga Whitianga where we teach Iyengar yoga.

Iyengar Yoga classes are based on alignment through a precise, deliberate, and systematic style of teaching. Through alignment comes physical awareness, strength and flexibility.

Our vision is to create a sanctuary where you are able to have time for yourself while fully integrating your body, mind and breath.

YOGA TO SUIT EVERYONE

Steph Anderson 0272841178
www.yogawhitianga.co.nz

Holistic Health Collective www.holistichealthcollective.co.nz

A website hosting health and wellbeing practitioners, services & products.

Holistic Health Massage | Christina Wu Acupuncture | Shannon Psychic Medium | Massage & ConTact C.A.R.E. | Massage & CranioSacral | Sumi Asano Spiritual Healing | Live It Up Naturopathy | Body Kneads Massage



Ross' Ramblings

AUSSIE ANTICS PART 1

A JOURNEY THROUGH SYDNEY'S UNDERBELLY

The walk from my backpackers home in Sydney's King's Cross to the Matthew Talbot Hostel for homeless men in Woolloomooloo during the early eighties was colourful to say the least. On stepping out the door at 8 am during the first couple of weeks of my new job, I was surprised to see the used syringes lying on the pavement, ladies of the night still lounging on street corners offering different prices for the various services they could provide and outside the hostel itself small groups of men sitting or lying on the footpath jealously guarding the paper bags containing the bottles that were the cornerstone of their lives. These were some of the homeless alcoholics that the Catholic St Vincent de Paul Society were trying to help by providing a safe environment, meals and a bed in Australia's largest city. I learned later that on benefit day the paper bags hid bottles of cheap wine, but as the week went on and the benefit ran out the wine was replaced by a cheaper product they called 'ghum', named after the sound that is made when a chilled bottle of meths, bought from an unscrupulous nearby dairy owner, is opened.

After arriving in Sydney, I had found some casual work on building sites which paid well but didn't really provide a lot of work satisfaction. So, I started looking for something a bit more interesting. I applied for a job as education officer at Long Bay prison. I was granted an interview and met some of the inmates I would be teaching. Unfortunately, or perhaps fortunately given the volatile characters of some of my would-be students, I failed to get the job and so applied for another one which looked interesting. It was a 6-month relieving position as a social worker, standing in for a nun who was going on leave (not the maternity kind). I was interviewed by the manager of St Vincent de Paul, a very nice man who was the brother of a well-known Kiwi broadcaster at the time. He liked the fact that I was also a Kiwi and he must have seen something else he liked because he gave me the job despite the fact that I wasn't a Catholic. My job was to manage halfway houses and interview men who frequented the hostel but wanted to find a more satisfactory living situation by moving to one of these houses that St Vincent de Paul operated in Sydney's western suburbs.

I had previously supported my dear old mum at a few AA meetings in Auckland where the 12 steps of Alcoholics Anonymous as guiding principles to help addicts overcome their addiction, were outlined. They involved, amongst other things, the concepts of honesty, admitting the existence of their alcohol problem and their powerlessness over it, faith in a higher power to help overcome the problem and the courage to make an honest evaluation of themselves and to develop strategies to overcome their addiction. The meetings always ended with the serenity prayer, "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

During my first few days in the new job, I attended several AA meetings at the hostel. The 12 steps are grounded in the belief that while drunkenness can be a choice, alcoholism, or the now more accepted term of alcohol use disorder (AUD), is a disease of the mind, body and spirit and often involves cycles of remission and relapse. Figures concerning recovery and relapse vary widely but attending some meetings reacquainted me with the steps and connected me with some of the men I would be working with.

I was in my early thirties, didn't drink, was quite idealistic and more than a little naive about my ability to help some of my wards. I remember my first interviews with prospective halfway house tenants. I told them about how the houses operated. There were six men in each house, supervised by a house leader who would liaise with me concerning the running of the house and any problems that arose. No drugs or alcohol were to be consumed in the house, no women were to be there and the men were asked to attend an AA meeting each week, and encouraged not to visit the local pubs. All food, drink and supplies would be delivered weekly by St Vincent de Paul. There was also a budget for hobbies or projects the men wanted to undertake, as well as support for those who wanted to do odd jobs. I was to visit each house twice a week to see how the men were getting on. I thought that it was a pretty worthwhile programme to be a part of, so off I went in my van keen to help these men who I thought were trying to help themselves.

At first things seemed to run smoothly and I enjoyed my visits to the men, thinking that their move from the hostel had improved their lives. The house leaders generally gave me good feedback about the group they were responsible for, and of course I believed what they told me. Some of the men really did benefit from their new circumstances. However, my naivety soon became apparent when one of the men informed me that his house leader, together with several of the men, had been taking the food that was delivered each week down to the local pub and raffling it off to the highest bidder. The proceeds were then spent at the bar. A few days later, another inspection at a different house revealed evidence of drug use and the disappearance of the offender. When, as part of my job, I included such disrupting incidents in my weekly report, those involved were usually expelled from the house.

I slowly became wise to some of this abuse that was happening and decided to vary the days and times of my visits which had previously happened at 11 am on Tuesdays and Thursdays. So, one day I arrived earlier than usual on a Wednesday only to be greeted by loud, thumping music and the sound of female voices. I went into the living room where a full-blown party was happening attended by the house tenants and a group of randoms from who knows where. The house leader Jerry, who I thought had been doing a stellar job managing the house, greeted me with a bottle of beer in his hand and offered me a drink. I politely declined and took him aside for a wee chat. He said he had met the people at the pub and they had all ended up at their house. "It's 10 o'clock in the morning," I said dumbfounded. "You've been partying all night?" "Well, you know Ross. We live here with all these rules about what we can and can't do. Sometimes, we just need to let our hair down."

To be continued ...



Words by
Ross Liggins



Scan this QR code to listen to Ross's latest ramblings!

Scan Here



Brought to you by

Windborne
Charters



There's a schooner
in the offing

Her topsails shot
with fire

My heart has gone
aboard her

For the islands
of desire.

Windborne Sailing Charters:
The Sign of Summer
www.windborne.co.nz
ph: 027 475 2411





Ashley Thor - Pottery
Genevieve Morley - Painting
CR Exhibit Space
Coromandel Town
26 Dec - 8 Jan 25

Opening Night - 26 December, 4pm, Wine & Cheese
Enquiries Phone: 022 457 5930

PAMPER ME
MEDISPA



SKIN & LASER CLINIC
WHITIANGA

Award-winning paramedical skin therapist offering advanced skin and medical laser therapies for:

- Pigmentation, sun damage and age spots
- Vascular conditions, spider veins, facial and leg veins, rosacea, diffused redness
- Laser Genesis for collagen induction, brightening, and improved skin texture and health
- Tattoo removal
- Skin Consultations & Prescriptions

Next Clinic: 13-16 January 2025
Location: 16 Lee Street, Whitianga
Customised treatment plans and clinically proven results.

Email: info@pamper-me.co.nz
Bookings (07) 868 7058



FARMER AUTOVILLAGE



- Service
- WOF
- Tyres
- Wheel Alignments
- New/Used Vehicle Sales
- Motorhomes

Farmer Autovillage Coromandel
6 Abrahamson Drive - Whitianga
07 866 4134
www.farmerautovillage.co.nz

Trading Hours

- Loan Cars Available
- Parts & Services
- Monday - Friday: 7:30am - 5:00pm
- Sales Available by Request



PROUD TO BE LOCAL
Nina Winter (McGillan)

PROUD TO BE LOCAL — SPONSORED BY CFM — IS OUR INSPIRATIONAL FEATURE, HIGHLIGHTING HOME-GROWN COROMANDEL PENINSULA FOLKS DOING WONDERFUL THINGS OUT IN THE WORLD.



WHAT ARE YOUR FAMILY LINKS WITH MERCURY BAY?

I spent my childhood years in a small mining town in Western Australia (WA). At 13 my family turned up at my Perth boarding school towing a caravan. Surprise! - they said. We have sold up in Hedland and you're not going back. A couple of months later they brought me to New Zealand on holiday. While I was staying with relatives in the South Island, they rang and said Surprise! We've bought a house in a town called Whitianga. You're not going back. And so, I moved to Mercury Bay in winter 1986.

WHERE ARE YOU LIVING NOW?

I have been based in a construction camp in the Saudi Arabian desert near the Red Sea for two and a half years. I work as a manager for technical writing in the engineering space at NEOM, which is part of Saudi Arabia's Vision 2030. It is made up of several regions, including THE LINE, a floating industrial city (Oxagon), a mountain destination and ski resort (Trojena), plus multiple luxury island and coastal resorts in the Gulf of Aqaba. I work with people from 100+ countries who are reimagining what a sustainable future will look like in 20 to 30 years and building it today.

The highlight for me is that 95% of NEOM will be protected for nature, including planting 100 million trees

and plants. They are rewilding with fauna long gone from here as well as developing coral nurseries and new ways of growing food.

It's hot. It's remote. It's often challenging. But living where I do gives me the opportunity to travel at least once a month to Europe, Africa, and other Middle Eastern countries.

WHAT HAVE YOU BEEN DOING SINCE SCHOOL?

After MBAS, I braved the Hamilton damp to study English Literature and Japanese at Waikato Uni.

My curiosity and innate restlessness have since led to several careers in faraway places, including Tokyo, London and Doha. In 2016, I wandered for a year in the Caribbean writing stories and drinking rum.

I qualified as an editor in 2005 and started in academic publishing, then moved into the oil and gas, mining, and rail construction industries as a technical writer and communications specialist.

My goal is to live between WA and Tokyo and spend my summers in Whitianga.

WHAT ARE YOUR FONDEST MEMORIES OF MERCURY BAY?

What I enjoy most when I return to NZ and to Mercury Bay is to get out on the ocean. My dad takes me in his boat to catch fresh fish (and used to dredge for

scallops), which my family prepares with home-grown potatoes and veges from their garden, paired with some tasty Marlborough wines. Or we just snorkel and feed the fish at the Te Whanganui-O-Hei Marine Reserve.

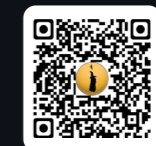
Oh, and I love Chuck-a-Chook night at the Mercury Bay Game Fishing Club although I haven't yet won a chook.

My fondest memories of Mercury Bay are perhaps linked to journeys out of Mercury Bay. The rugby and netball trip to Rarotonga when I was 15, then a Lions Club exchange to Japan the next year.

I am most grateful to the Mercury Bay Lions Club and to my mother for giving me the gift of the exchange. It was just 6 weeks but opened my mind to so many new tastes, ideas, adventures. I have stayed in touch with my host family and recently visited Okinawa to see one of my host sisters. I will visit the other in Yokohama next year.

Brought to you by **Ron Morgan**

Nina shared more beautiful photos and memories from her life in the Coromandel.



Scan Here

The full story at coromind.nz

TUNE IN TO

WEST COAST **94.0 FM**

EAST COAST **95.1 FM**

LISTEN ON

iHeartRADIO





COFFEE
Lala
ROASTERS

18 awards

Orders: www.coffeelala.com 07 866 5373



HOUSE SITES
RETAINING WALLS
LAND CLEARING
PILING AND FOUNDATIONS
ROADING AND DRIVEWAYS
LANDSCAPING
DRAINAGE

GROUND PREP CIVIL LIMITED

027 4757 262

andrew@gpcivil.co.nz



PLANNERS PLUS LIMITED

5 Monk Street, Whitianga

Office Ph: 07 8671087

Email: info@plannersplus.co.nz

David: 027 4994833

Tracey: 027 4907988

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

WORD
smart



Paul Blackman
Founder
+64 27 237 9086
paul@wordsmart.app



@wordsmarkids
www.wordsmart.app



Give your child the gift of literacy to unlock knowledge, opportunity and the power to create their own stories.



MATARANGI
PLUMBING

Andrew Richardson
CERTIFYING PLUMBER

0274 712 247

MATARANGIPLUMBING@GMAIL.COM

Coromind | 31

BROUGHT TO YOU BY LIQUORLAND WHITIANGA

Time to
Indulge
series

• **sipping smart** •

Mike Taylor's guide to wines that won't break the bank

Mike Taylor has over 20 years of history working in the wine industry as a Financier, Consultant and Company Director. This history has principally been a business journey, but has also provided a rich opportunity to try wines from a vast number of producers (both NZ and global) at all manner of price points, ranging from very expensive to cheap.

This article captures independent thinking on wines that consumers can enjoy this summer, affordable and approachable wines with character that won't empty your wallet. I also touch on wine/food pairings to complement your dining experience whether that be in a restaurant, lunch on your balcony, a BBQ or friends over for an afternoon tittle.



I hope these ideas bring some extra joy to your table and provide helpful guidance to those seeking good value quality drinking.

I will concentrate on NZ white wines but also explore my favourite red variety, shiraz. NZ wines are renowned for crisp lighter fruit-driven styles with punch and balanced acidity. NZ's cool maritime climate and fertile soils are highly conducive to quality wine production. In particular, sauvignon blanc from Marlborough is a global star, very sought after throughout the world. This regional variety best emphasises NZ's point of difference with cool climate whites.

The first thing I like to remind people is not to confuse price with quality. The supermarket shelves

are packed with wines at \$20 that punch way above alternatives at \$50 plus. I look beyond the romance of labels and so called iconic brands, focusing purely on what my palate actually enjoys irrespective of brand or price point. Drinking wine you like should always be the objective. Reflecting on my own wine appreciation journey, a big milestone was learning to put aside snobbery about price and prestigious brands, getting far greater enjoyment from simple commercial wine styles which are not excessively big or rich - thereby enabling a second glass!

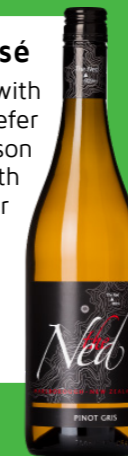
This summer I have identified some wines which you should be able to source locally. Coromind has included the prices for these wines at Liquorland Whitianga:



Words by
Mike Taylor

Lunchtime with pinot gris or rosé

The Ned Pinot Gris is an affordable wine with tons of character and generous fruit. I prefer darker rosé and Seifried from the Nelson region is affordable, matching easily with salads or light meals of most kinds. A lighter style rosé I drink regularly is Esk Valley. Rosé is best drunk young, it's advisable not to age it. (Rosé tends to be lower alcohol than pinot gris, so bear in mind the impact of volume consumed).



The Ned Pinot Gris - \$16.99
Esk Valley Rosé - \$17.99



Is your preference low alcohol? Give riesling a go

Try Giesen Riesling from Marlborough as a classy wine carrying limited alcohol content. Giesen have done an outstanding job with this particular variety for over three decades

Giesen Riesling - \$14.99



My favourite wine variety: chardonnay

This year, I have been drinking Tohu from Marlborough at a very sharp price. This wine is weighty and has some complexity with stone-fruit flavours and nice texture. It pairs well with white meat, seafood and salads. Hawkes Bay is the chardonnay region I respect most in NZ. Try something from Sacred Hill which I am confident will consistently deliver value and quality.

Tohu Chardonnay - \$15.99 (2 for \$30)

A great companion with your barbecued red meats: shiraz

I love shiraz from South Australia, particularly McLaren Vale or Barossa. These regions normally produce dense wines with dark fruit flavours and none of the 'green' unripe characters that can make reds taste bitter. Try Sandpiper from Barossa or McLaren Vale Ink by Grant Burge. These are staples for me, very affordable but stylish wines. Note that these wines are high in alcohol content.



Grant Burge Shiraz - \$21.99
Sandpiper Shiraz - \$21.99

Marlborough sauvignon blanc with your seafood choices

This wine is strongly aromatic and races out of the glass, followed by an array of crisp herbaceous and tropical fruit flavours. Sauvignon Blanc is also generally best drunk young so purchase a current year wine. Age will often deteriorate this variety faster than others. Two well-priced wines from the 2024 vintage are Allan Scott and Villa Maria. The Scott is herbaceous and dry (good with food) and the Villa is fatter and fruitier/sweeter but lovely easy drinking.



Allan Scott Sauvignon Blanc - \$16.99
Villa Maria Sauvignon Blanc - \$14.99

Liquorland Whitianga has all the wines featured in this story and many more!

STOP BY AND FIND

your perfect summer beverage!



LiquorLand

Locally Owned and Operated
1A Lee Street - Whitianga
07 866 5942
whitianga@liquorland.co.nz

Supporting equity in the workplace



**COROMANDEL
WORKERS
COUNCIL**

027 296 5276

tautoko@cw.org.nz

cw.org.nz

We're here to advocate for all workers across the Coromandel Peninsula. If you have questions or concerns about your employment we offer free advice.

Get in touch today

From the first call to the final farewell we're here for you and your loved one every step of the way



TWENTYMANS
FUNERAL DIRECTORS
Since 1867

07 868 6003
funerals@twentymans.co.nz
www.twentymans.co.nz



WHITIANGA
TOWING & TRANSPORT

Roadside Assistance
Battery Sales
Towing
Accident Recovery
Storage
Vehicle Lock Outs
Jump Starts



Phone or Text 0274 517 952 - Grant
24 hours, 7 days a week

W * A * N * T
WAITAIA NURSERY

85 Waitaia Rd, Kūaotunu, RD2, Whitianga

Thursday to Sunday 8.30am - 4.30pm
or by Appointment

Cam Hill: 021 620 798

www.waitaianursery.co.nz

Coastline Pool and Spa Ltd

• SALES

Chemicals | Pumps | Filters | Covers | Heaters

• SERVICE/REPAIRS • MAINTENANCE

Ph: (07) 211 9445 | 021 653 907
E: info@spapool.co.nz



07 866 5787
027 452 1298

mgsdwhitianga@gmail.com

"DO IT BY GEORGE AND YOU'LL BE RIGHT"

DIRECTORS: HAYLEY GEORGE & MIKAERE WATERHOUSE



**Whangamata
SUMMER
FESTIVAL**

TWILIGHT MARKET 27/12/24 2PM - 8PM

MARKET DAY 28/12/24 9AM - 3PM

FREE COMMUNITY EVENT

PERFORMANCES BY

SARAH SPICER & THE BLUE RIDERS
JOYDAH MAE - CORAL - PACK ANIMALS
GRIM! - LOUIE CAMPBELL
DAVE MARKS - DAN MARKS
DONNY ALLAN - HANWHO - MALAKIWI
MAGIC MAN - FREE LUNCH STREET THEATRE
& BUSKERS ON THE LAKE FIELD STAGE

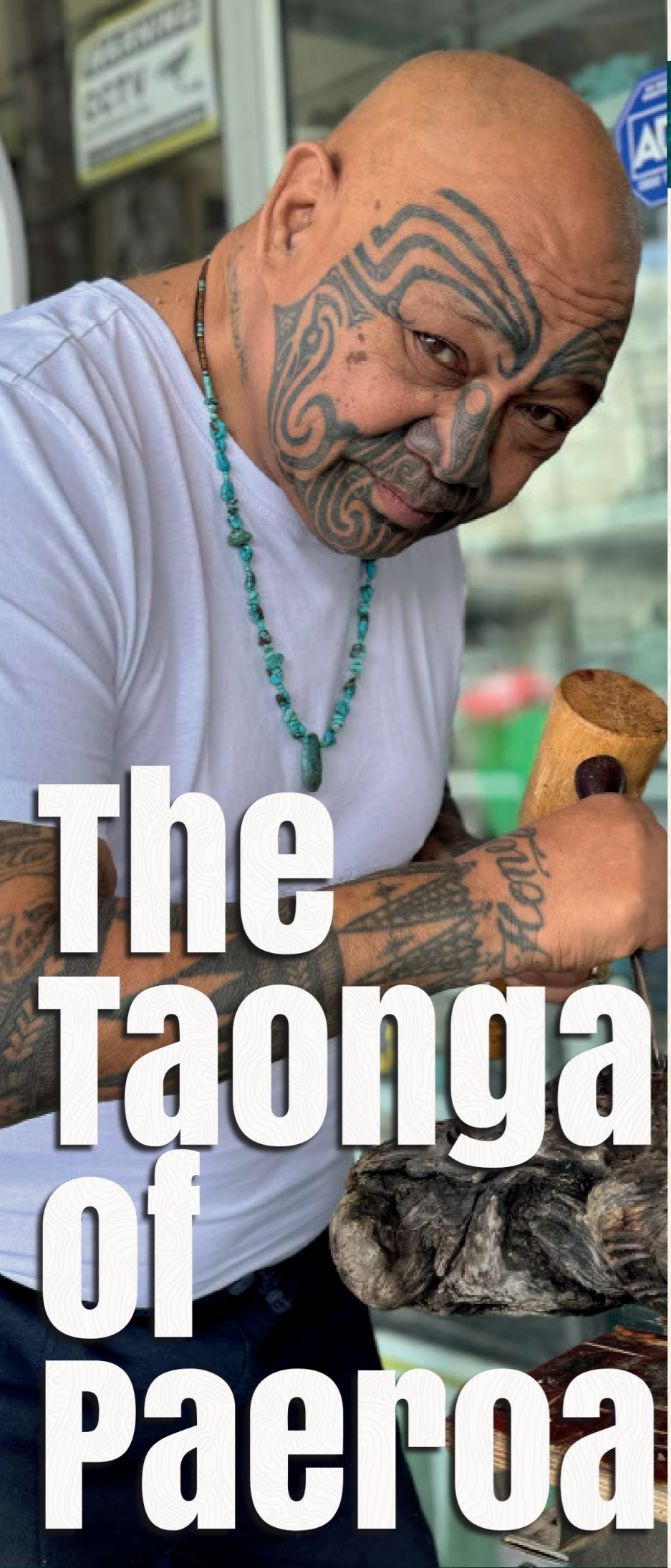


Williamson Park, Whangamata

Eftpos cash out available

Find us on Facebook f/whangasummerfest for stage times





The Taonga of Paeroa

DARBY TUHAKA'S CALL FOR UNITY

Nestled in Paeroa is a place that lives and breathes Te Ao Māori, and a man who is the living embodiment of kotahitanga – unity, togetherness, solidarity.

Darby Tuhaka is an artist, advocate, activist, cultural preservationist and healer. His business, Healing Ink Studio, is a multi-faceted venture, home to tā moko (traditional tattoo), whakairo (carving) and rongoā (traditional medicine). It's also what he calls "a destination for discarded taonga (treasures)".

When I ask his whakapapa, he surprises me with his response, "I whakapapa to all the tribes, because we're all related. I use whakapapa really as a foothold, to stabilise myself in an area." For the next hour, I am completely captivated by his story and philosophy on life.

He starts by sharing his travels to northern Europe in his mid-twenties, "I was on a divine mission thought of by my old people a long time before I was born, so this was just another chapter of that journey ... my destiny over there was already set, I know that sounds wishy-washy airy-fairy ... but they said, go as far north as you can. How far north? I asked. As far north as you can, Darby ... you just need to trust yourself, and look, my journey was unbelievable!"

Arriving in Denmark in the middle of a blizzard, his possessions on his back, and about \$16 bucks in his pocket, he took a train to a town called Groningen and stopped at a blues bar for a beer. "I was a musician at that stage, so I had my gear with me, and this guy asked would you like to play tonight, and so I had a job." From there Darby joined the support team for Native American activist Leonard Peltier (a story for another time). "Then I just ventured out into tattooing – tattooing all over northern Europe, into Scandinavia, trying to learn about their style of old traditional tattoos, and I found it with the Norwegians. Once I found that, I was away, there was no looking back."

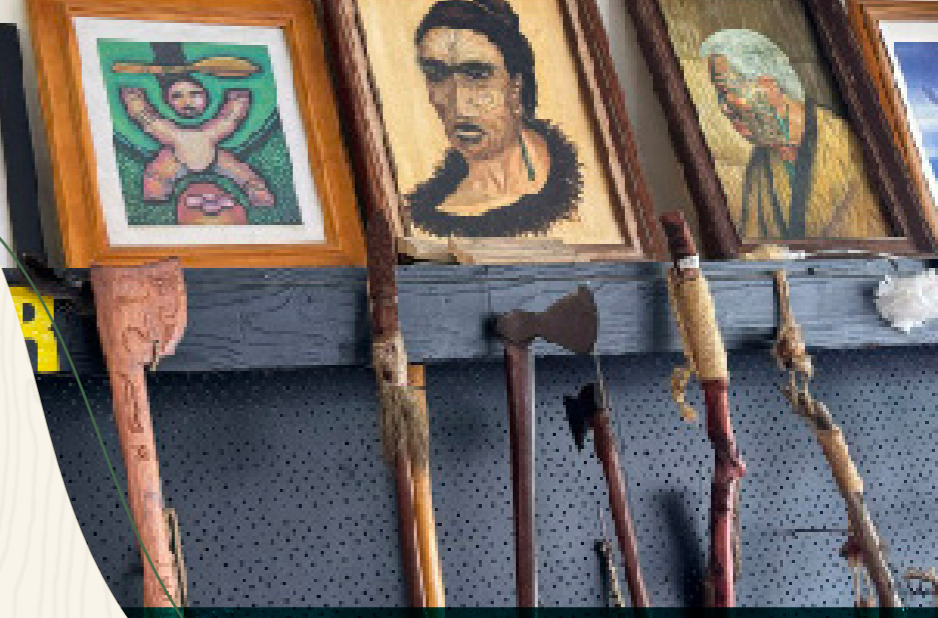
The next 25 years were spent tattooing, travelling and learning. His dream was to revive traditional tā moko in New Zealand. "It had actually gone to sleep, there was no one tattooing in that style". Traditional tā moko is a method of tattooing skin with uhi, 'broad notched combs of varying widths (traditionally made from bird bones) dipped in dark pigment and struck into the skin with small mallets known as tā. The teeth of the comb pierce the skin and deposit the pigment.'¹

Upon his return to New Zealand in 2014, he and his whānau stopped in Paeroa for fish and chips. "I had absolutely no motivation to live in this town. But a series of events happened within about 10 minutes, and I realised I was being shown a vision here. I need to pay attention." Across the street was a shop for lease for \$150 a week. The landlord was happy for Darby to lease it for however long he needed, "So I paid for a month, crossed my fingers and said here we go, we're throwing the anchor out."

Since then Healing Ink Studio has grown into a successful business, but for Darby it's more than that. "I wanted to create a business that could make a difference, not just sell greenstone and tattoos." He feels a sense of urgency to uphold traditional Māori arts, "I'm dedicated to the arts, as a vehicle to lift us, not just Māori, all people. The arts have been put in place not only to build the spirit of people, but to heal them." You can find Darby regularly working on carvings outside the shop, greeting people with a hearty Kia ora!

Alongside his whakairo and tā moko, he also practices rongoā, traditional Māori healing through 'native plant-based remedies (rongoā rākau), massage (mirimiri) and spiritual healing through prayer (karakia)'.² Darby doesn't pick and choose who he treats, "People are suffering from trauma, globally, in different forms. I don't see colour (as in race). I see the colour of a person's spirit and heart. I look at the hā of the tangata, the breath, the life force of that person, and then I work from there." He proudly displays a copy of the Tohunga Suppression Act of 1908 (legislation intended to oppress traditional Māori wisdom and medicines) in his shop, to help people understand where we came from, and where we are now.

This inclusive philosophy drives his cultural preservation work as well. "One of the things I noticed in this District (Hauraki), people are not only beginning to lose the language, but they are beginning to lose their own reflection. They look in the mirror and they see something that society and conditioning has turned them into ... there's two generations that don't hold onto traditions of their old people, and that includes their treasures." He's not just talking about Māori treasures; his shop has become home to taonga of all cultures, with museums like Te Papa coming to purchase what he has. Some taonga are donated to the shop, others are found by Darby, some have even been found at the rubbish tip! The positive side is the countless taonga that Darby has returned to their rightful owners.



"I've made a stance, and it's loud, proud and bright!"

From there our kōrero naturally progresses to the current political environment, and he reminds me of kotahitanga, "The direction that we're moving in is volatile, but it doesn't have to be ... Kotahitanga is about oneness, and one is all, not that section over there that's white or this section that's Indian, or that section that's Samoan; no, it's all, kotahitanga, as one, move forward as one." He says there is a lot of movement to divide us, but Te Tiriti o Waitangi was intended to unify, not divide.

Darby's parting whakaaro (thoughts) are of his community. "We've done a lot of work to bring people together, so I want to thank the people of Paeroa for helping change the narrative."

1 - collections.tepapa.govt.nz/object/703621
2 - www.canopy.govt.nz/ngahere-maori/species/rongoa/

Words by **Anusha Bhana**



SUMMER 24/25 **GIG GUIDE**
LUKES KITCHEN
 EST 2009

- 8TH DEC. LOCAL JAM NIGHT FREE
- 29TH DEC. HANNNWHO FREE
- NYE POOL HOUSE + DJ SUNRAY TICKETED *R18 GIG
- 10TH JAN. SANOI SUNDOWNER DJ GIG FREE
- 14TH JAN. LANA FIA FREE
- 18TH JAN. P DIGSSS TICKETED *R18 GIG
- 19TH JAN. OSCAR LA DEL FREE
- 24TH JAN. DAN SHARP FREE
- 1ST FEB. BOBBY BRAZUKA FREE
- 15TH FEB. FLAXXIES TICKETED *R18 GIG
- 1ST MAR. LIZ MORGAN FREE
- 8TH MAR. TIKI TAANE TICKETED *R18 GIG

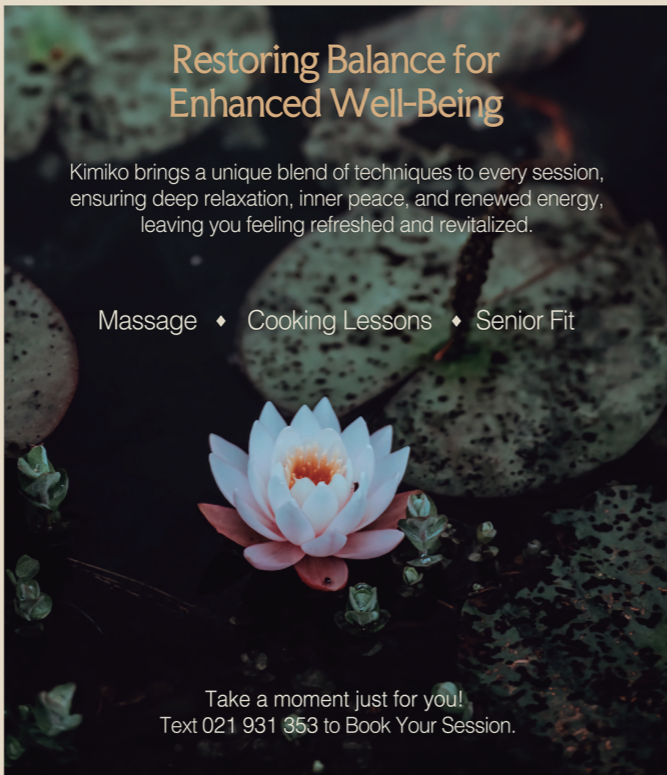
BUY TICKETS:
www.lukeskitchen.co.nz

KIMIKO
 MASSAGE & WELLNESS

Restoring Balance for
 Enhanced Well-Being

Kimiko brings a unique blend of techniques to every session, ensuring deep relaxation, inner peace, and renewed energy, leaving you feeling refreshed and revitalized.

Massage ♦ Cooking Lessons ♦ Senior Fit



Take a moment just for you!
 Text 021 931 353 to Book Your Session.

www.kimikowellness.co.nz

JOIN NOW



**FROM \$19.95
 PER WEEK**

Includes a fully equipped 24-hour gym, group fitness classes and showers to use before/after work.

EVOLUTION FITNESS
 WHITIANGA | 24HR GYM

07 866 4301 www.evolutionfitness.co.nz



PLUS SPECIAL GUESTS
HELLO SAILOR

**CELEBRATING 50 YEARS
 ...NOW FOR THE ENCORE!**

**FRI 3 JAN
 COROGLLEN TAVERN**

ON SALE NOW

ECCLES THE SOUND



**draax
 projected
 live**

Plus special guests
**Mitch James
 Wet Denim**

summer 24/25
**Tue 31 Dec
 Coroglen Tavern**

On sale now!

ECCLES ZM



**CAMO &
KROOKED
CHAOS IN
THE CBD**

MOZEY KATCHAFIRE

DAVID CASSÖ DAILY J

DALLAS + 1 MORE TBA

BBYFACEKILLA CASSIE HENDERSON LUCY

THE WINCH FLAXXIES BECCIE B MATT RAPID

BUTTERMILK + MATTY THE FRIEND PONZ

FRANK ON TAP DJ SUNRAY HUTCH TRIAGE

