

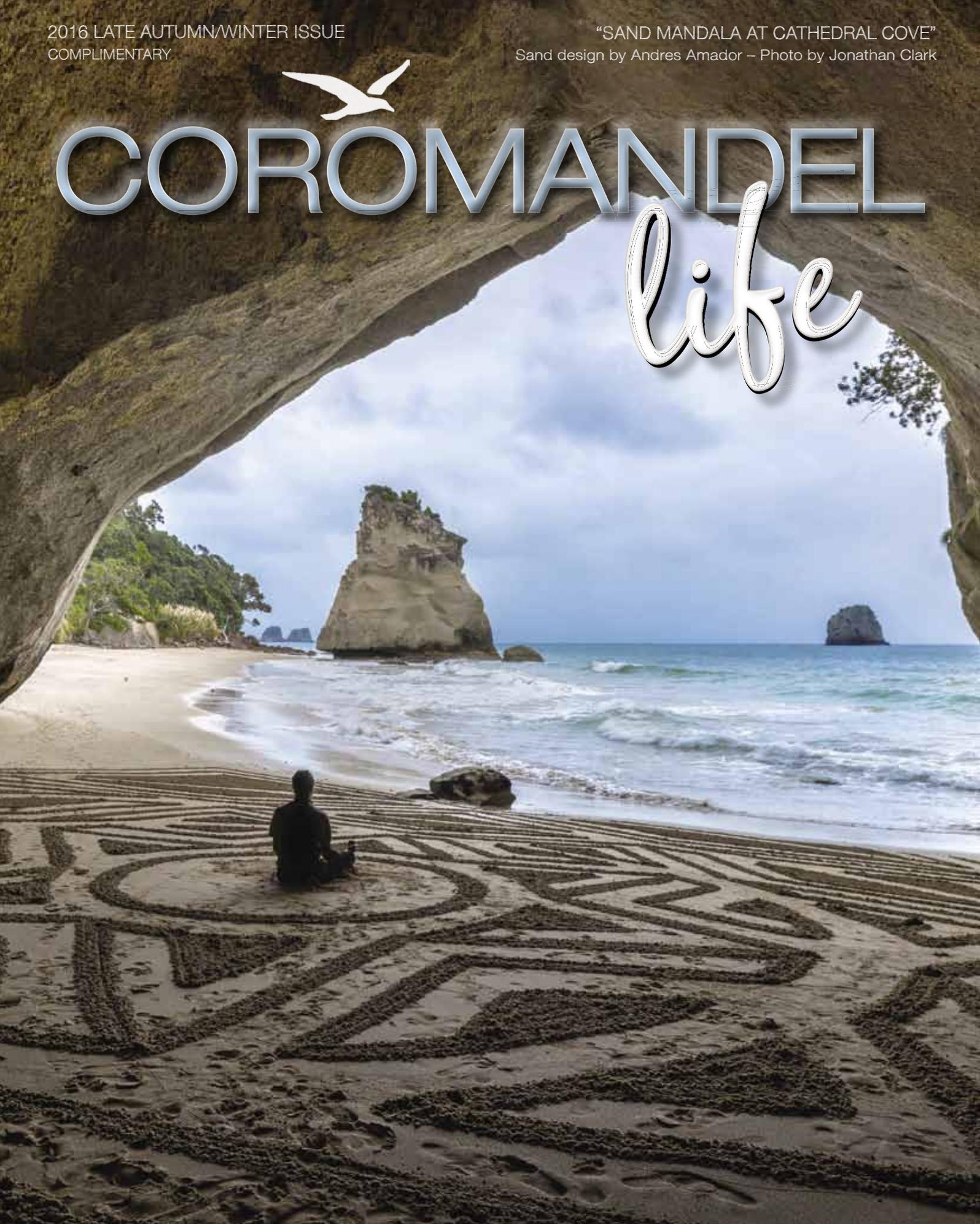
2016 LATE AUTUMN/WINTER ISSUE
COMPLIMENTARY

"SAND MANDALA AT CATHEDRAL COVE"
Sand design by Andres Amador – Photo by Jonathan Clark



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"Gannet over Mayor Island"



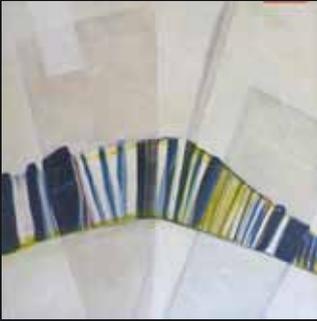
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"Storm Brewing at Sea"

LATE AUTUMN / WINTER 2016

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Kia Ora...



How fortunate we were to enjoy such a long extended summer! It was easy to start taking those continuing 'Summer-like' days for granted, thinking they would last forever. How wonderful to enjoy those walks on the beach – warm sand and yes, even warm water – all the way through May.

Here I am (above), on one of those gorgeous days in April with Lorinne, a dear old friend (old friendship that is) from Vancouver. She travelled all that way to 'nurse' me back to health after my surgery. (One of her friends commented that I must have really wanted her to come see me in NZ to go to such lengths to get her here.) With her help I bounced back better than expected and continue to do so.

And to the others that helped on my healing journey as well – many thanks for all the prayers and blessings. I know they contributed to the positive result achieved. One of the doctors described me as "a mini-miracle that had been clutched from the jaws of death".

"Fun" became part of my strategy: think positive thoughts, cross off a major bucket list item (like a cruise around NZ), and experience more laughter, hailed as the "best medicine".

To help with that, Carol gave me a colouring book with inspirational sayings and emailed me lots of LOL videos ('Simon's Cat' was always good for a chuckle). Greg's mother posted me get well cards almost every week for eight months – all different and uplifting.

I came across a quote from George Carlin, American comedian, (may he RIP) that brought a good belly laugh (see page 54).

I was also lucky enough to have a view of ocean, estuary and Paku Mountain while working. Now I hope to be out and about soon enjoying more of this beautiful place. Here's Greg and I (below) doing just that – a day out on the *Hahei Explorer*. We did not have Cathedral Cove to ourselves as did cover story sandscape artist, Andres Amador. (See story page 8-11.)

Till Spring!



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Small Town Living

A guide for small town newbies



Shannon Okey saved
to **Tips and Tricks**

Having recently returned from London and choosing to live in a small town rather than the city, I thought I'd offer a few insights into 'settling in' for those who are in a similar situation.

I've often read novels where the protagonist gets stressed out in 'The Big Smoke', and through various twists of fate ends up in a small seaside or country town. She always seems to find lifelong besties within the month and have an honest, steady man pursuing her soon afterwards. Of course the book ends with her settled in the new neighborhood and her budding friendships strengthened by the community hardships they've been through together (saving the town hall, evicting the local baddie, getting a run-down farm back on track – you get the idea).

Having read enough of these books, I had a vague idea what happens when you relocate to a quiet area – I have only to show up and the small town magic happens. Things didn't quite pan out this way.... As obvious as it sounds, you have to make an effort to get to know people.

Common interests are probably the safest bet, so I set out to join a few clubs and groups. We're lucky enough to have a great town Facebook page in Whitianga and I gleaned a lot of information there. The local Waka Ama group was encouraging new members to join, so I decided to give it a go. I meant to start with a social paddle but somehow ended up going out with the men's team – a very energetic beginning! Experiences so far range from rowing out to see a pod of dolphins (picture below, I'm in the second seat); to catching fish off the back of the Waka (and learning to fillet them afterwards – a whole other story!). If you have a Waka Ama group in your town (or anything similar) I highly recommend giving it a go.

Being a passionate reader I was keen to join a book club, but not finding any, I created my own. Utilising the community Facebook page I posted to see if anyone was interested in joining – and the 'Whiti Book Club' was born. As well as books, a shared love of wine and cheese formed the foundations of our group. Book clubs are a great way to meet people – so if you don't have one in your town, start your own!

There are a lot of fitness and sports groups about – I'm currently enjoying a morning Zumba class in town, a weekly yoga class and am part of a social netball team.

As well as all these groups, working for *Coromandel Life* has been a great way of getting to know people. I've met many locals doing research at the museum, interviewing people for articles and going to see our advertisers.

One of the things I love about living here is seeing a familiar face most places I go. There's something heartwarming about saying a cheery 'hi' as you pass by, or even stopping for a quick chat. So different from living in London, where the social norm is to keep your head down – and god forbid you make eye contact!

So, moving here wasn't quite the picturesque story I imagined – but when is life ever like that? I love being in such a peaceful environment and being able to walk my dog on the beach every night. It's taken longer than expected but I know quite a few faces around town and am involved in many local activities. Small town living might still be the life for me!



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Souzie Speerstra
Paintings



SAT 22TH OCT – 16TH NOV 2016

Exhibition opening 12 midday 22nd Oct

"A reflective look back in time, at the ageless beauty of the land and sea scapes we inhabit here beneath the rainbow."

- Souzie Speerstra

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Past cover artists... come aboard for this issue!



PAUL DEACON

Paul immediately came to mind as we planned the HMS *Endeavour* article. We were so thrilled with the image of the painting 'The Meeting' that we decided it was worthy of full page size in the centre spread.

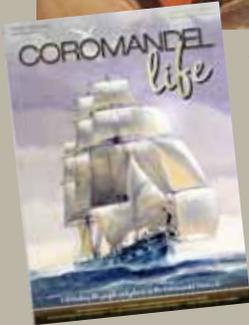
As a leading NZ marine artist, he and his paintings will undoubtedly be in high demand as the big 250 year commemoration ceremonies gear up for 2019 (see article and paintings on page 28).

You may remember his radiant oil of the HMS *Buffalo* (left) that graced our 2015 Winter cover prior to the HMS *Buffalo* Homecoming last year. Paul created a number of Buffalo paintings specially for the Homecoming Week festivities, which we showed on the inside feature story.

"From my formative years and throughout my life I've been influenced by the sea and art", says Paul. "My father was a fisherman in Devon and my mother quite artistic, so from birth I was surrounded by material

items connected with these elements from crab pots to oil paints".

This jaunty portrait, by colleague Gavin Chai above, really captures Paul's nautical spirit. View a selection of Paul's paintings at the Mercury Bay Museum. See more of Paul's work or sign up for a workshop at www.pauldeaconartist.com, facebook or ring him at 021 259 0646.



GINNEY DEAVOLL

Ginney offers a dramatic 'bee's eye' view of our valuable manuka shrubs, which provide not only medicinal honey, but a healing essential oil as well. (See story and her stunning art on page 22).

Ginney was once again an award winner at the Mercury Bay Art Escape launch at Hot Waves Cafe (see page 36) and her Hahei art studio was a popular stop on the MBAE open artist tours.

An avid kayaker, Ginney's outdoor activities have brought her a genuine affinity for sealife, birds and plants of the region. 'Stony Bay', her stunningly bold painting of sea urchins, took our breath away. We were thrilled to have it as cover of our 2014 Spring issue.

See her paintings at the Bread & Butter Gallery in Whitianga or online at www.ginneydeavoll.com/



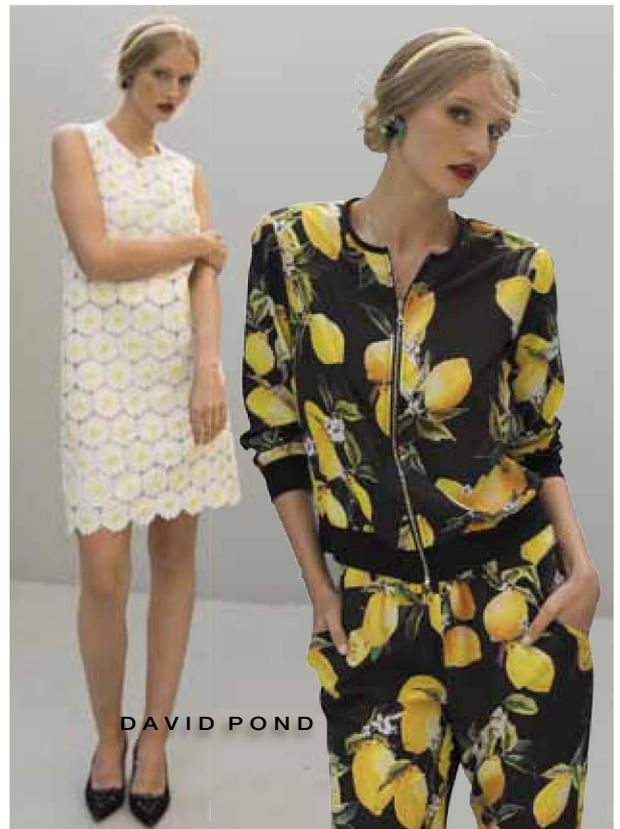
JANE GALLOWAY

Raglan artist Jane Galloway's 'Summer Magic', inspired by many summers spent at Front Beach on the Coromandel, was the cover art for our 2013 Spring Issue.

See her stylish colourful print of a kiwi family in our Art Scene section, and the 'Silver Morning on Mercury Bay' painting topping our calendar. The original painting can be seen hanging at the Bread & Butter Gallery in Whitianga (see page 45).

Jane, who continually impresses us with her talent and array of styles, graduated with First Class Honours from Elam School of Fine Arts in Auckland. Inspired by our beautiful, natural surroundings, this multi-talented designer/artist has produced a remarkable stream of work which includes distinctive paintings – both watercolour and acrylic – photography and digital designs focusing on NZ flora and fauna.

Also view Jane's work at The Little Gallery in Tairua, or at www.palmparts.co.nz. View Jane's work in her home/studio by phoning (07) 825 0083 to make an appointment.



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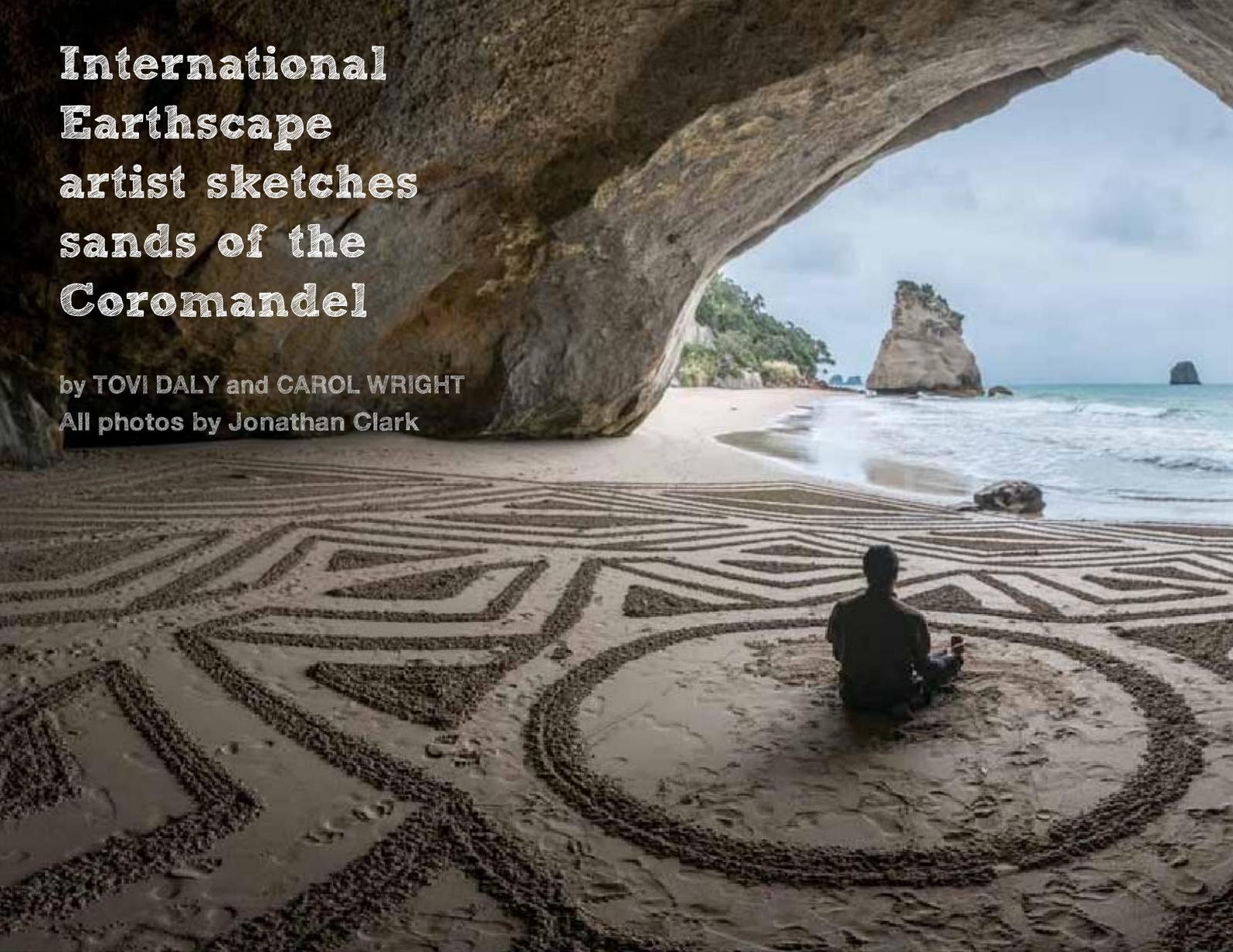
Note: You can order these and other past issues of *Coromandel Life* (and our previous *PakuViews* magazine). See page 54 for info to order issues (5 for \$10 inc shipping) & subscriptions. View them online at www.coromandelife.co.nz.

See our website and facebook for more new arrivals
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International Earthscape artist sketches sands of the Coromandel

by TOVI DALY and CAROL WRIGHT
All photos by Jonathan Clark



Lines across Aotearoa

Could this photo be real? Cathedral Cove attracts up to 2000 visitors per day and on a typical day looks more like the photo below. How could this person be sitting there in the centre of an intricate sand sketched mandala ... ALONE?

This photo had been shared on Managing Editor Carol Wright's FB timeline. Her further research revealed it was indeed Andres Amador, and this stop was part of a three-month New Zealand sand 'campaign'.

I was thrilled with Carol's discovery – not only of Andres' unique project, but also of the awesome photos capturing the visit by talented Kiwi born photographer Jonathan Clark. It is an honour to share this collaborative partnership with readers as our cover story. – Tovi Daly



What was the famed Earthscape sand artist Andres Amador doing here? And WOW...how did he get 'alone time' at Cathedral Cove?

Happenstance. Andres shares the answer, "A gorgeous beach with a dramatic tunnel that joins 2 stretches of sand. I know this is a very popular beach, with upwards of 2000 people a day during the summer. We had the rare experience of being the sole people there for several hours when workers closed the trail while paving the trail (ugh!) to the beach. We had gotten there before the work had commenced (arriving before dawn) and so were actually trapped on the beach! A great place to have to spend a few hours!"

What an unexpected opportunity! Happily trapped, Andres 'painted' the masterpiece shown above, undisturbed by the usual crowds visiting one of the most popular spots on the Coromandel. Wish we were there!

WHY NEW ZEALAND?

"I've been intrigued for a number of years about New Zealand," says Andres. "Nature and people drew me. It seemed the perfect place to do an extended visit and an opportunity to do my art projects. It is truly the land of beauty,

with spectacular landscapes at every turn."

And Andres does not just 'doodle' at the surfline. Impressive works similar to this one at Cathedral Cove were sketched at about 25 locations throughout North Island during his three month journey. They can take up an entire beach, crowd between tidepools, stretch up an inlet's sandbar, or wrap halfway around an island (see following pages for more photos).

Amador arrived with his wife Ember and young son Kavi in early February in search of sandy coastlines to begin his 'Lines Across Aotearoa' project, part of a larger campaign, 'Lines Across the Earth'.

As he visits the planet's continents, he collaborates with local artists to create 'ephemeral' cultural designs on their sands. And in NZ, he sought out Maori.

Andres' creative process is recorded in stills and video (often using drones) by collaborator, NZ born Jonathan Clark. Their larger project includes a major movie, *Capturing Impermanence*.

"This feature length film will cover everywhere the project has taken us. So far, San Francisco, Cape Cod, Cape Town, Ireland and NZ. Without words, it will be carried by imagery and sound".



Andres Amador meditates alone in the centre of his Cathedral Cove mandala.



Our cover artists...

Award winning Kiwi photographer Jonathan Clark captures the artistry of sand artist Andres Amador.



Photographer **JONATHAN CLARK**

NZ born Jonathan Clark was thrilled to reconnect to the country and in particular the Coromandel, where family ties go back generations. His father grew up in Whangamata and later Jonathan would spend many memorable family holidays at their bach there. "When I left New Zealand 17 years ago to see the world, the Coromandel beaches were often popping up in my dreams, like some sort of DNA intertwined with me."



This award-winning cinematographer/photographer met 'Earthscape Artist' Andres Amador in 2009 at the quirky Burning Man desert arts festival (see Jonathan's photo essays on his website). "We reconnected after I wound up living in San Francisco three years later and – sure enough – Andres was doing his art on the beaches there. We fell into some sort of a natural groove where he would create the art on the beach, and I would use any technological means to document it. Much like musicians in a band jamming together until they find a harmony that syncs, which leads us to where we are right now."

Jonathan documents Andres' creative process in film as he draws the sand mandalas on the California coastline. Though his work with Amador primarily involves capturing stunning aerial sandscapes, his other photo projects draw him to foreign lands where he engages, eye-to-eye, with the people. "My photos are all about people and their environment", he shares. "It is this very essence of humanity that also allows me to understand myself. The camera allows me to capture the common element in every human being, their soul and the soul of a place. These common elements help me to bridge connections between cultures on the planet and our relationship to one another."

Jonathan's professional specialities range from cinematography, motion graphics, photo journalism and commercial photography. He brings his directing and editing skills to commercials, corporate videos, documentaries and music videos.

His images have graced the pages of *National Geographic*, *National Geographic Traveller*, and *Lonely Planet*. And his talents have won him numerous awards such as 2011's National Geographic Photo Contest (Arts & Music category), and several of Canada's Prix du Public 'Objectif Plateau'. In NZ, he was a finalist for the 2008 *New Zealand Herald's* Kiwi OE award.

His ongoing work with Andres Amador includes a feature length movie, *Capturing Impermanence*, based on their 'Lines Across the Earth' project. See more at www.jonathan-clark.com.

OTHER COROMANDEL BEACHES ADORNED WITH ANDRES' ART

Andres was in NZ for about three months, spending half that time on the peninsula, raking his designs on our pristine beaches. "I loved being on the Coromandel," he told us. "We spent more time in this area than anywhere else – only the far north got as much attention. You have a special country, which I think you already know!" Below, he begins a project on Clark Island near Whangamata.

continued on page 11



ANDRES AMADOR International Sand Artist

Few of us can create a repeating pattern on an A4 sheet of paper even with the aid of technical drawing equipment, let alone conceive of a scale-accurate pattern that would cover an entire sandy beach. But Andres Amador has perfected this skill. So what is the back story of this precision sand artist? And what brought him to our country to delight us with his incredible art on our sandy beaches?

Born and raised in San Francisco, Andres graduated in Environmental Sciences from UC Davis. He then served in the Peace Corps where he developed conservation education curricula for rural schools in Ecuador. Upon his return he began his exploration journey into the art world immersing himself in a variety of artistic expressions from dance and movement to painting and sculpture.

Andres was drawn to ancient geometric art after studying crop circle reconstructions and did his first 'sand painting' in 2004 on a beach near his home. He was inspired to the current theme of his work which he terms 'Earthscape Art' while he explained aspects of geometry to a friend. "I was creating circles and triangles on the beach with a walking stick. It occurred to me that I could do these designs in the sand – that their size could be virtually unlimited."

Although his artworks do not last long, Andres does not grieve their loss but revels in this transience, saying this confirms how regenerative both nature and man can be.

Andres' work has not gone unnoticed being featured on the BBC, CNN, Discovery Channel, and numerous TV programmes including TVNZ One News and Seven Sharp in NZ, and periodicals globally. Many of his works have been featured internationally, some commissioned by corporates and individuals in the US and Europe. His artwork has appeared on beaches in the US and internationally, with his primary canvas being the Northern California coastline.

Amador also holds workshops that encourage participants to unite to create sand art while exploring the value of collaborative expression.

See page 14 for more info, a list of resources, print products, and web links. See www.andresamadorarts.com and Andres' FB page to follow his progress and be alerted to his 'sand schedule'.

Andres Amador with wife Ember and son Kavi, age two.



Internally, the act of making the art is a zen experience. I become extremely focused and most all else falls away. My whole body is engaged – all my senses as well, appreciating the experience as the experience is happening.

- Andres Amador

Whangamata



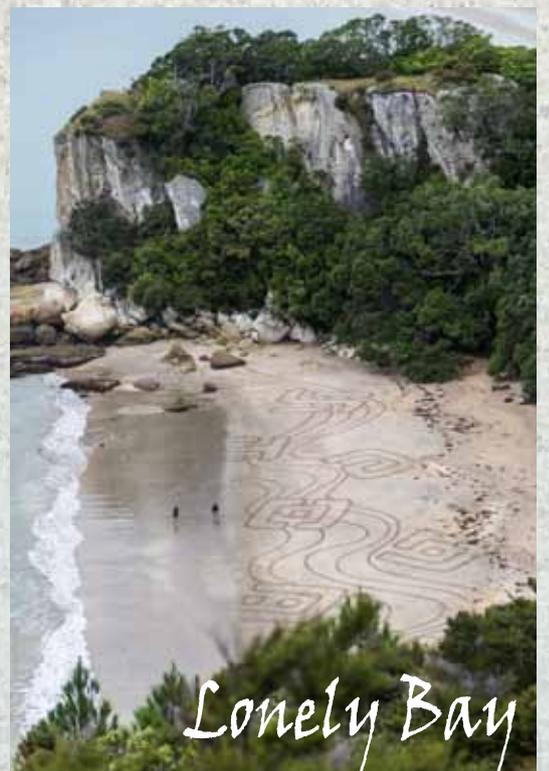
Above and above right, a giant star mandala at Hauturu (Clark Island) off Whangamata. Note Andres is sitting in the centre, to give an idea of the overall size.

The Google map, left, shows the proximity Cooks Beach and Lonely Bay. The Cooks Beach mandala boasts a geometric design – can you see the illusion of the 3-dimensional cube?

Below, Lonely Bay, located south east of Shakespeare Cliff, is adorned with a random interwoven glyph pattern covering the entire length of its sandy expanse.



Cooks Beach...



Lonely Bay

continued from page 8

One notable place for photographer Jonathan was Whangamata where he spent numerous holidays at the family bach. At Hauturu (aka Clark Island) they created the immense star mandala shown at left and above.

"We were blessed with a very low spring tide which gave us a good beach canvas to work from", Jonathan said. "The island is famous for the sand bar access of walking through knee deep water, and I found it important to somehow capture that too, by filming local beach goers and paddle boarders crossing the 'underwater bridge'."

A major design site was Waikawau Bay where five works were completed in all. Over 100 volunteers created a massive spiral with waves and leafy vines (see next two pages). Other peninsula areas shown below left were Lonely Bay and Cooks Beach, with its 'crop circle' feel.

"The Coromandel presented us with so many beach options that we could have spent months there working on pieces," Jonathan adds. "The quality of the sand, the landform with surrounding native bush, the nature of the tides and the light are all critical ingredients to designing and documenting the art. We got this there...in abundance!"

FURTHER AFIELD INCLUDING TA MOKO DESIGN IN MOUNT MAUNGANUI

Further afield, Amador worked on Piha Beach over several visits, the incredible 90 Mile



Beach (below), Maitai Bay, Karekare, Te Pahi sand dunes, and a beach-long design working with Tauranga artists at Sandy Bay in Mount Maunganui. The design was in collaboration with ta moko artist and wood carver Pohe Luttenberger, his brother Rikirau and son Tuks. The chosen beach was at the base of this sacred mountain as a tribute to it and the sea life that sustained his people.

This project caught the attention of Seven Sharp

that aired the feature on 4 April.

During the TV segment, Andres commented, "Maori art has called me for a long time... and I am showing them my world as they are showing me theirs, so there is a melding... Culture, on the beach".

After the sand project is completed and seeing the tide come in, Andres says to son Kavi, "We know what is going to happen, eh? We get a fresh canvas tomorrow. Yay!"



Left: A Maori-inspired sun design works intentionally with rocky obstacles on this tiny sandy space on an outcropping on 90 Mile Beach.

Below: "This artwork is a group creation that I led for a memorial for the friends of a boy who died in an accident. I chose Maori design elements in honour of the boy's Maori roots."



HOW THEY ARE MADE: TAPE MEASURES, RAKE BRUSHES AND MAORI MOTIFS

We wondered if this 'Eandscape Artist' designed and drafted the patterns before upscaling them to the beach? He uses Google to search for beaches to scout. Amador will then normally sketch or draft each pattern before recreating the grand design on the sand – measuring, staking out, and sketching in key lines and points.

"I rarely use rope," he clarifies, "only when

circles are really large and need consistency. For other elements of the design, everything is done using just my rake." An adjustable-width garden rake is used to draw lines with a set thickness. The artist usually pulls the rake back and at his side – an accomplished dancer, he sweeps skillfully as he creates the patterns.

Although dozens of community members may help create a massive piece as part of

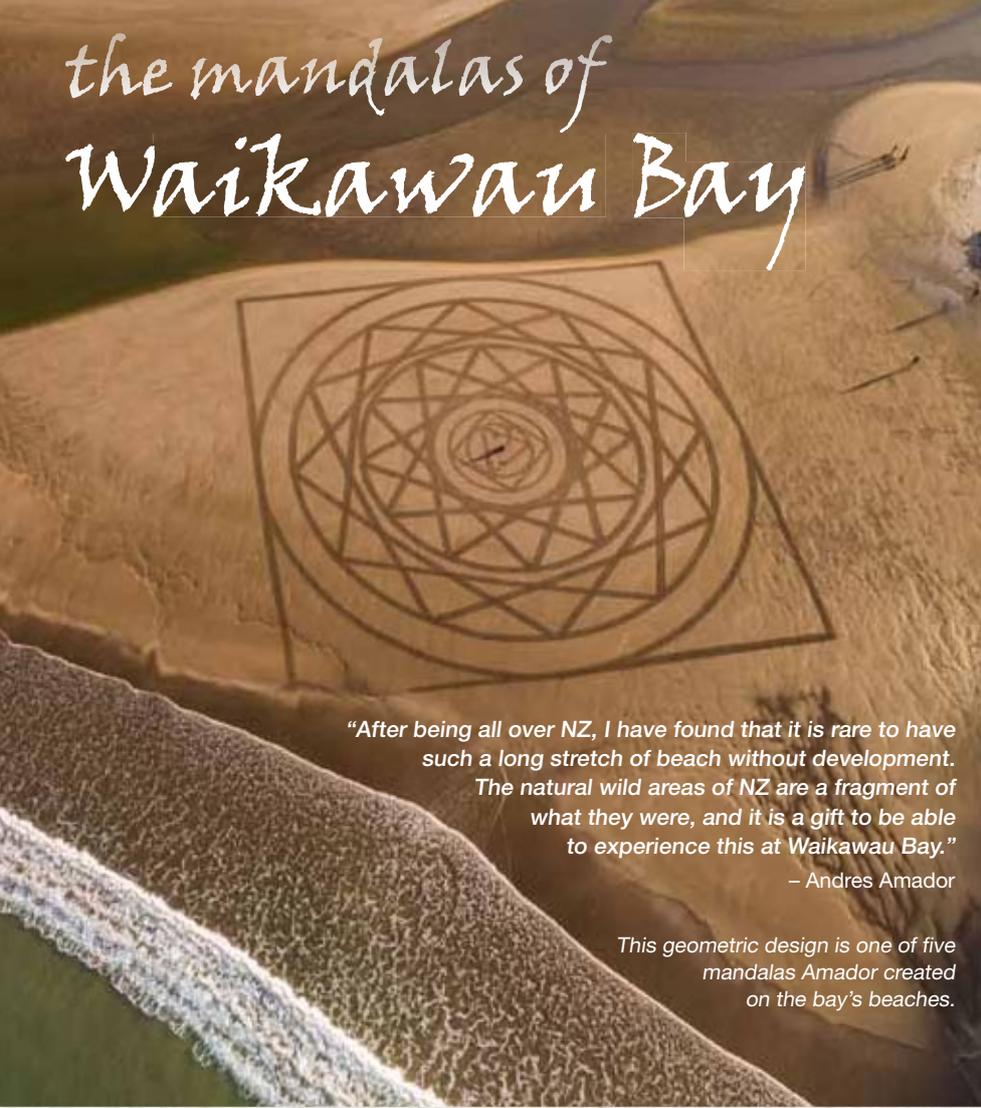
a workshop, Andres himself can rake one of these patterns in just a few hours time.

In NZ, Amador embraced Maori patterns (such as the spiral koru) which he practiced on the sands. "Having recently been in an organic imperfection phase," adds Andres, "this trip has found me in a geometry revival. I am fascinated by the Maori artwork that blends geometry so beautifully with organic forms."



Learn how to draw these shapes!
Check out the online tutorials at www.Andresamadorarts.com/tutorials

the mandalas of Waikawau Bay



"After being all over NZ, I have found that it is rare to have such a long stretch of beach without development. The natural wild areas of NZ are a fragment of what they were, and it is a gift to be able to experience this at Waikawau Bay."

– Andres Amador

This geometric design is one of five mandalas Amador created on the bay's beaches.

WAIKAWAU BAY

On April 23rd, with only ten days notice, 100 people joined Andres to create a community artwork as part of a publicity event to bring attention to the effort to keep Waikawau Bay free from development. A memorable day in the long history of efforts to protect this scenic treasure (more than fifty years worth). The bay offers one of the longest protected beaches on the peninsula. Learn more at www.savewaikawaubay.com.

Andres first laid out the spiral design at right and others filled in the shapes with rakes on the tide flats at the south end of Waikawau. Later more joined in to expand the design with free-form flowers extending outwards. "Kids, parents and grandparents all shared a magic day together creating art on the sand."

Andres created a total of five mandalas along the bay over the next few days, including the two shown featuring more geometric shapes.

THE MANDALA AND OTHER FORMS

These vast round creations Andres calls 'mandalas' are circular forms common to many spiritual traditions; they are used for meditation and concentration. "The Meditational Artwork is the more intentional side of my group large-scale art-making", he explains. "It is a walking meditation, an opportunity to simultaneously focus and release our thoughts, feelings, and desires as we create a huge artwork together."

Some of his art is reminiscent of a labyrinth, maze or his original inspiration, the crop circle. Andres draws many other patterns such as decorative borders and individual glyph symbols, some influenced by Aztec designs. A less structured net design might link rocks, stressing the dynamics of the relationship between the boulders. And of course, his work with Maori motifs.

Most are of such immense size that unless the viewer is high on a cliff – or happens to have a video drone – the entire creation cannot be seen. However, one can 'walk it' as a co-creator, mingle in it, race through its delightful patterns, and then mourn (or splash playfully) as the tides and winds wipe the surface, or 'canvas', clean.

THEY WILL RETURN, COME NOVEMBER

On May 3 they finished their visit by completing the mandala below. "This piece was done with friends who joined me on my last full day in the country", Andres shares. "I spontaneously led them in meditation and together we came up with up with this design. It's a 'prayer of appreciation' and thanks for a fulfilling experience and more to come. "Today we say goodbye to NZ. It's been a full three months filled with exploration, nature, art, and connecting with new friends. What an amazing time! We are already planning our return by November to continue the 'Lines' project in which I will collaborate with traditional Maori artists. I will also offer public workshops and demonstrations."

"I hope to inspire others – offer the message that the path is more important than the destination, that the journey should be the focus. When one is experiencing joy, then the world also receives that joy.

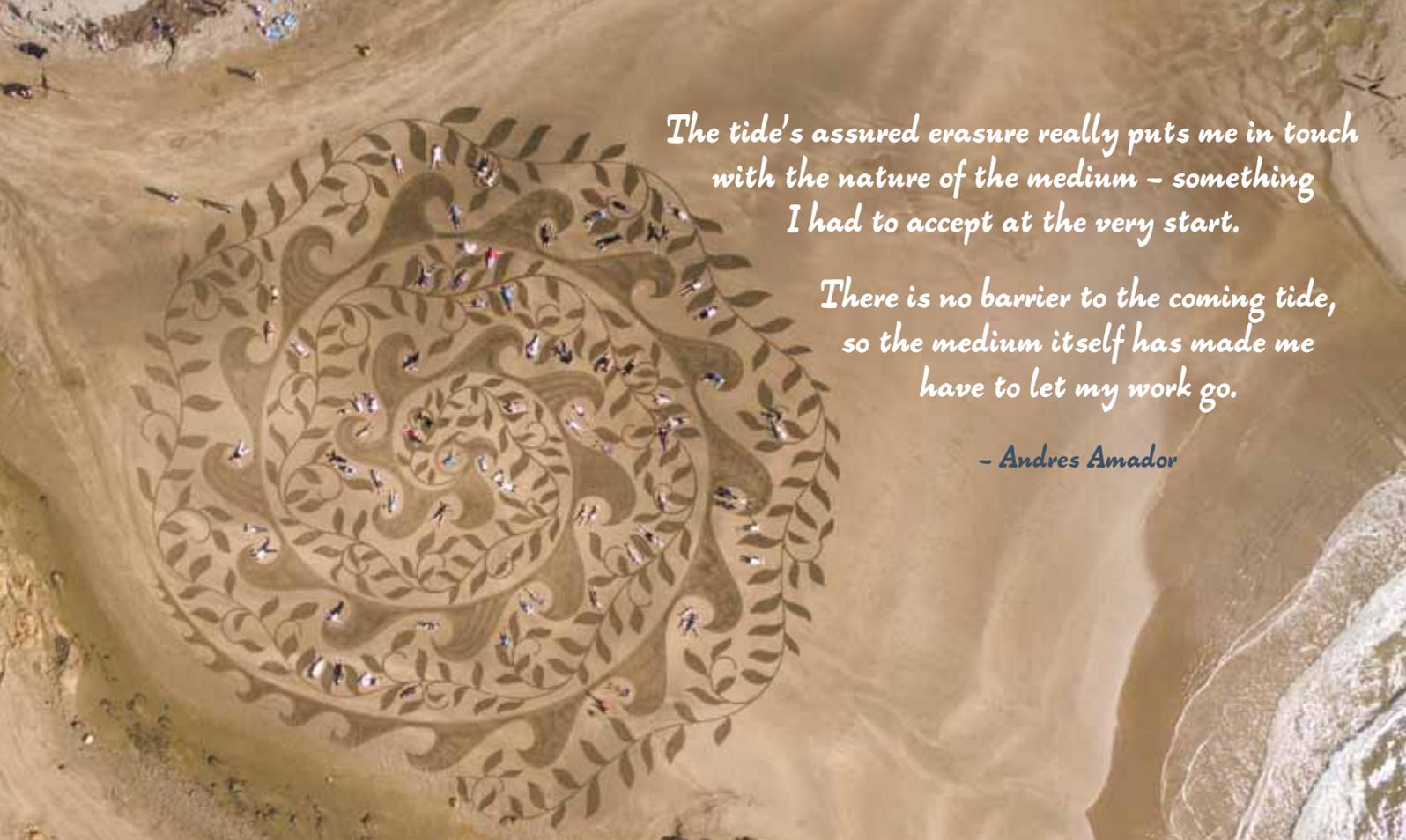
And the world can always use more joy."



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The tide's assured erasure really puts me in touch with the nature of the medium - something I had to accept at the very start.

There is no barrier to the coming tide, so the medium itself has made me have to let my work go.

- Andres Amador

Both sand mandalas here are on the same portion of south Waikawau Beach. Participants, below, lay on the design while Jonathan Clark's drone soared above to get the birds-eye view of the mandala (above), with each waving participant now a mere speck of colour. See video here www.vimeo.com/166463333

The geometric sand mandala at right is being nibbled by the incoming tide. Down the long beach beyond the treeline is the scenic Waikawau Bay Campgrounds. The weather cooperated with blue sunny skies, in contrast to the previous weekend, when major storms flooded roads and campsites: www.doc.govt.nz/waikawaucampsite.



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impermanence...

To reflect upon the nature of impermanence, serves as a reminder that the act of joyous creation is its own reward.

THE IMPACT...OF IMPERMANENCE

Amador is well aware that these huge creations make an undeniable impact. He comments in the video *Andres Amador Artist Profile*, "It takes so much time and effort to create these, and so temporary are the creations. It is like standing up with pride in the face of our own mortality. I can only laugh and appreciate that I have the opportunity to do this at all!"

And how does Andres fund his projects? Obviously, one cannot buy an 'original' sand painting, however some of the stunning photos taken in NZ are available to order. He sells postcard sets, calendars, a photo book *Between Worlds*, and photo prints on his website, and offers workshops and commissions (see below). Andres plans to create various products from his works here in New Zealand, including a film called *Lines Across Aotearoa*.

If you are interested in ordering a canvas print or poster of the Cathedral Cove cover art, you may also contact Tovi at 07 864 9908 or through our website, www.coromandelife.co.nz.

Andres Amador Arts and Capturing Impermanence

WHERE TO LEARN MORE

On Facebook:

To see photos and videos of Andres Amador's sand creations in NZ, search posts dated March – May, 2016.

- Andres Amador Arts
- Capturing Impermanence
- Jonathan Clark Studio
- Save Waikawau Bay

Visit Websites:

- www.andresamadorarts.com/
- www.jonathan-clark.com/
- www.capturingimpermanence.com/

BOOKS, PRINTS, CALENDARS AND WORKSHOPS

You can support Amador's projects by enrolling in a workshop when he is in your area and by buying "Playa Prints" (photos of various sizes/surfaces), postcard sets, books, fill-in-the-date calendar, and other products.

- www.andresamadorarts.com/
- smugmug.com/



The essence of impermanence entices our imagination. Indeed, the very definition of it in Wikipedia shows a photo of footprints in the sand, edged at an engulfing surf line. Sand challenges us to act and live, knowing 'it' is not forever, best to savour what is in the moment, and make 'meaning' here and now.

Andres is fascinated by impermanence and uses the patterns we see in nature from the ripples in water to cracks in mud as inspiration.

He enjoys how the serenity he experiences when creating his works contrasts with the dramatic landscapes he chooses as his canvas.

It is often a race against the incoming tide, with many works being eroded by the relentless waves before they are even completed.

Another Sense of Sand

In the realm of wisdom and poetry, 'sand' claims various positions. What can be poured like water, yet winds push and shape it as a wave? What can be tightly packed, yet water still flows through it? Sand.

A grain of sand can be the irritation in your eye, or the core of your oyster's pearl. What is soft underfoot, yet can polish a diamond?

Sand is the 'place to bury your head' and where to 'draw the line'. But sand is not the place to build your castle, nor the foundation of your faith and beliefs.

What defines time through the hourglass, yet is so wedded to impermanence? Sand.

"It isn't the mountain ahead that wears you out. It's the grain of sand in your shoe."

– Robert W. Service, British/Canadian poet

"The more sand has escaped from the hourglass of our life, the clearer we should see through it."

– Niccolo Machiavelli

"He behaved like an ostrich and put his head in the sand, thereby exposing his thinking parts."

– George Carman, English barrister

"The man who stands firm in order to protect a sandcastle can never be relied upon; for he has given away his common sense."

– Winston Churchill

"You can't leave footprints in the sands of time if you're sitting on your butt."



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impermanence

DISSOLUTION of the TIBETAN SAND MANDALA

Buddhist monks also use sand to express the concept of impermanence, but in artfully painstaking detail, tapping tapered metal funnels filled with fine coloured sand. The mandala designs themselves are filled with symbolism.

The creators then destroy their own work; the masterpiece is ritually brushed from the edges to the centre in a dissolution ceremony, then the collected mingled 'healing' sand is offered to the waters of the ocean.

Last October, monks created such a mandala: see "Waiheke Island Sand Mandala of Medicine Buddha" on Facebook and view video on YouTube.

Thoughts from others-

"This existence of ours is as transient as autumn clouds. To watch the birth and death of beings is like looking at the movements of a dance. A lifetime is like a flash of lightning in the sky, rushing by, like a torrent down a steep mountain."

- Guatama Buddha

"Awareness of impermanence and appreciation of our human potential will give us a sense of urgency that we must use every precious moment."

- Dalai Lama

"Impermanence is a principle of harmony. When we don't struggle against it, we are in harmony with reality."

- Pema Chodron, American, Tibetan Buddhist nun

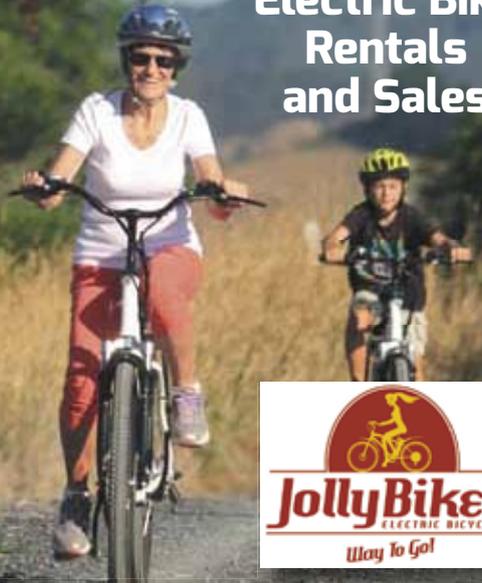
"How keen everyone is to make this world their home forgetting its impermanence. It's like trying to see and name constellations in a fireworks display."

- Nadeem Aslam, prize-winning British-Pakistani novelist

"Nothing in the world is permanent, and we're foolish when we ask anything to last, but surely we're still more foolish not to take delight in it while we have it."

- W. Somerset Maugham, British playwright and novelist

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TRANQUIL TRAVEL

Via the Waterways of Europe

by **Monett Johnston**
on Uniworld River Cruising

When we purchased our home on the Whitianga Estuary we were fortunate to meet an elderly resident of Whitianga, who, as a boy, had lived on the same property. When he was 8 years old, he helped his father build our stone wall on the river.

He told us a lot about the Whitianga of the early days – where the Wharf used to be situated and about nearby properties. He shared that Maori traders would canoe up the river bank to his home and trade their gum, probably coming down the river from Gumtown, now known as Coroglen.

It was all fascinating stuff, hearing about the river trade, the timber milling and the thriving community on the Whitianga River. Times have changed and transport on the river today, apart from the local ferry between Whitianga and Ferry Landing, is mainly for leisure.

THE RIVER CRUISES OF EUROPE

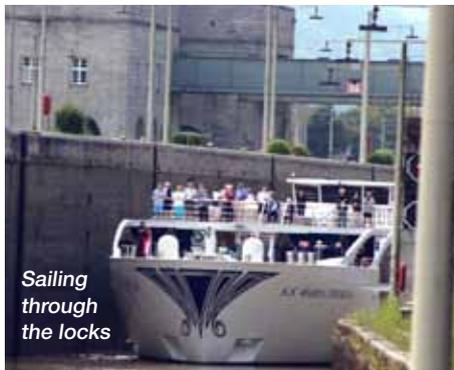
The Rivers of Europe were the 'highways of trade' in Medieval times, and as a consequence, villages were developed in strategic riverside locations. Many are now UNESCO world heritage sites.

Over time and huge endeavours, the magnificent river locks were built connecting The Rhine, The Main and The Danube. This formed a waterway across Europe developing both commercial and leisure cruising.

One relaxed afternoon sailing between one of the 68 locks on the rivers, we enjoyed an

incredibly interesting talk from a local expert on how the locks were finally planned and constructed. We then enjoyed many hours watching the intricacies of the long river vessels negotiating through the locks. Equally fascinating were the commercial ships – with cargoes from tidy crates to massive piles of quarried stones. And some with small homes – children's swings and the family car on deck – all onboard going about their daily business.

A river cruise is one of the best ways to experience Europe. It is a treasure trove of quaint villages and important cities with such differing scenery. There are the smells of course, especially closer to populated areas and then there is the tranquillity of the river, far from the traffic. Beds of wild flowers, local industry, camp grounds with families holidaying together, fishing, swimming, and boating.



Sailing through the locks

You don't have to spend every day looking at ancient castles and hamlets; excursions are organised to meet most interests. There are the walking tours around the cobbled streets and visits to spectacular historical buildings, breweries and famous car plants as well as musical events, foodies trips and opportunities to cycle and walk in the countryside. And if you don't feel like visiting anywhere you can stay aboard your floating home and chill out.

There are no busy airports and train stations to negotiate. No frustrating queues or crowded restaurants – and you don't need to worry about finding a good place to eat, as every day your on-board chefs are creating the local specialities for you to enjoy.

Don't worry about buying drinking water, as it is provided every day, to take with you on your planned excursion. And best of all at the end of the day, you can just wander back from the local township or be dropped off by your coach right outside your ship's mooring – ready for a relaxing time on deck... or perhaps a swim in the on-board pool – still with time to get ready for another pleasant evening with new friends. You might even hear an update from your cruise director on what happened today and what there is to look forward to... tomorrow.

Find out more! Ring Monett Johnston at YOU Travel in Whitianga (previously United Travel), 07 866 4397.



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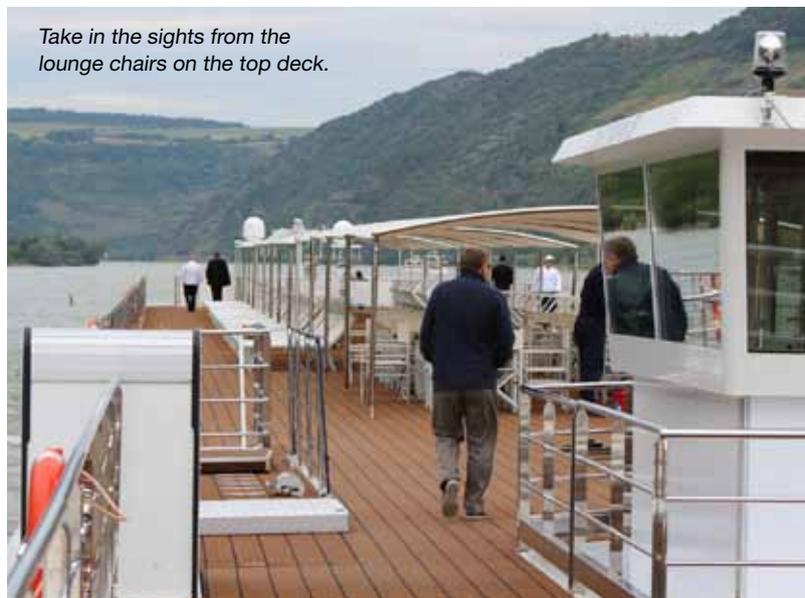
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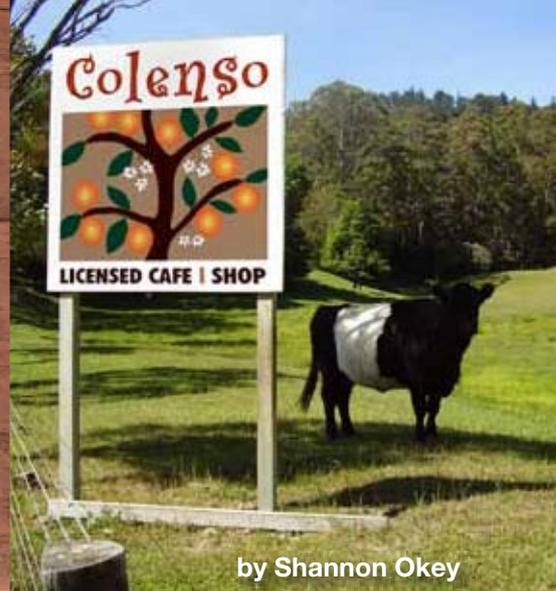
drawn back to the Coromandel

After 'cheffing' around the world, Emily Thomas returns to help run the family business

The award winning Colenso Café is located on SH25 just north of the picturesque beach town of Tairua on the road to Whitianga. It has long been a favourite stop of ours – as it has been with both visitors and locals for nearly 30 years.

Current owners Judy and Gary Inglis purchased the café and farm in 2013 from Ruth and Andy Pettitt, the original owners. These retirees spent over 40 years 'evolving' the grounds to include the café, a unique giftshop, gallery, prolific gardens and a family friendly playground. Colenso Café became a renown Coromandel destination.

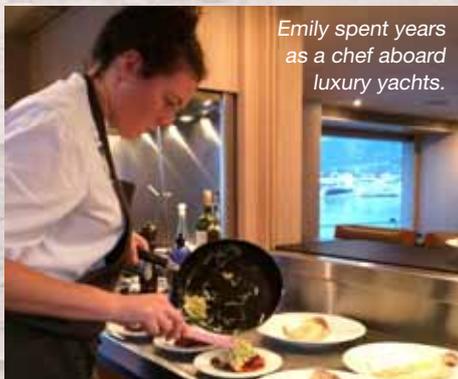
Ironically, Judy and Gary themselves had earlier retired – previously owning Smitty's in Whitianga (now called Frankies). But after just six months, they were ready for a new adventure. A country café? They were in. The Inglis', along with Emily, continue the legacy – introducing new ideas and special touches – hopeful of creating an even better Colenso. – Tovi Daly



by Shannon Okey

Since recently returning to the Coromandel from the UK, I've heard many locals recommend Colenso Café – so I jumped at the opportunity to meet the faces behind this family-centred restaurant. I was also keen to find out more about new menu offerings and the adventurous background of the present owners' daughter and chef, Emily Thomas.

– Shannon Okey



Emily spent years as a chef aboard luxury yachts.

While Emily Thomas was overseas, parents Judy and Gary Inglis called to tell her they were buying the iconic Colenso Café and invited her to come home and be involved.

Now, with their globe-trotting chef securely back on the Coromandel, the Colenso Café is truly a 'family affair': Judy and Emily share management of the café, with Emily running the restaurant and Judy the gift shop. Gary handles the books, and Emily's partner Greg manages the mandarin, fig and plum orchards.

Emily walked me through the café's impressive gardens – raised vegetable beds, various herbs and flowers – now in transition to autumn/winter mode. Herb lovers will relish a stroll through lavender, French sorrel, lemon verbena, basil, parsley, rose geranium, rosemary, sage and more. Flower gardens boast select roses and the ever-popular sunflowers that end the season with eye-popping brilliance.

"Anything we don't grow, we source from local growers," Emily explains. This means all their ingredients are 'farm fresh', complementing those delicious meals they are famous for. (Even their water is fabulous, flavoured with Taggerty – a variety of marigold which gives the water fragrance and flavour.)

"We now have an 'all day breakfast' menu and an expanded salad selection – both warm and cold." Emily's salad creations have unique combinations that hit all the senses – such as pairing tangy sauces with sweet vegetables on a slightly salty base – a must try if you're after something a bit different. Choosing was

difficult, but I was totally pleased with my Smoked Salmon Salad selection.

Inside I was immediately side-tracked by the many unique bits and pieces in the gift shop – everything from Colenso's homemade muesli and chutneys, to rustic aprons and unique kitchenware. This is Judy's domain and she does a great job of selecting an awesome array of items. I watched as delighted customers perused racks full of artistic cards, jewellery, pottery of beautiful colours-patterns-and-shapes, scented soaps, hand-crafted candles and whole rooms worth of other gems.

Judy excitedly announces, "We just learned we are one of only 3 finalists in the Best Rural Café section of the 'NZ Café of the Year' for the upper North Island!" No surprise. Colenso also won runner-up for best café in NZ in 2011.

Emily incorporates recipes inspired by food she experienced on her travels, with specials such as soups like Sri Lankan Spicy Tomato/Coconut and Vietnamese Chicken Noodle. These soups, stews and ever-popular pies are sure to warm you up throughout the upcoming chilly season.

Off-season works well for hosting and catering weddings, meetings, and private lunches. "We just hosted a group of ten for a 'mens lunch',

and often have bookings for small groups, birthday parties and clubs".

Last year's monthly 'Winter Dinners' proved so successful that they plan to do it again. With menus based on seasonal ingredients and a roaring fire, this really is the best spot to be on a chilly winter night. There may even be a possibility of Emily's chef brother Eliot Thomas returning from his travels to cook a dinner or two this year!

EMILY COOKS HER WAY AROUND THE WORLD

The last eleven years overseas have been varied and dynamic for trained chef Emily as she gained valuable experience in her profession, 'feeding' her passion for travel, fresh produce and cooking. It all started working with celebrity chef Bill Grainger in Sydney, where Emily was introduced to her next employers at a food festival – Rose Grey and Ruth Rogers.

Confirming her employment at the renowned River Café meant Emily could head to London where she received a profound understanding of fresh seasonal produce. "And I might still be there," she adds, "but the restaurant was damaged by a fire."



Chef Emily Thomas picks veggies, herbs, lettuce and other greens from one of Colenso's many garden beds, bringing 'farm fresh' flavours to those yummy menu selections.



Colenso Café owner Judy Inglis with daughter Emily.



A three month trip to Italy found Emily spending time as a “woofer on a goat farm...milking goats and making cheese”. Then she was back to London for the grand re-opening of the River Café.

A year later, Emily returned to Australia, starting in Sydney selling A-grade produce and Italian goods to restaurants and keen home cooks, then to Melbourne to work with a ‘local produce’ driven chef Nicky Reimer at Union Dining as well as completing a certificate in Nutrition.

Next? Emily simply couldn’t resist the chance to chef aboard super yachts in the Caribbean and Mediterranean including the VVS1 – a Kiwi boat that belongs to Michael Hill Jewellers.

The owners favour healthy and nutritious meals, which suited Emily perfectly. The vessel was based in Spain, but sailed to Italy, Croatia, Turkey, Greece, France and Albania.

Emily later cooked in a tiny kitchen on a race boat based in the Caribbean before returning to the VVS1 for a trip to Fiji last October.

Although this ‘global’ chef thoroughly enjoyed her time overseas, “I am glad to be home with family and feel lucky to be part of such an iconic café in such beautiful surroundings”. She loves working with her Mum. “We’ve been cooking together since – forever!”.

As I was leaving, I watched as some excited children rushed to see the resident donkeys, Molly-Rose and Katie. These friendly pets add to the country-comfy aura when you arrive.

Some places just feel good to be in and around – Colenso Café & Orchard is one of them.

Celebrate Winter – mention Colenso’s ad or article in Coromandel Life and enjoy a 10% discount through August on any purchase over \$20!



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BETTER VISION

...and preventing macular degeneration

There are measures you can take to help your eyes function their best throughout your lifetime, actions that may also help reduce the risk of developing age-related macular degeneration (AMD).

'MUNCHING' YOUR WAY TO BETTER EYESIGHT

Keep your eyes healthier with good nutrition. Two important eye nutrients that help eyesight and may reduce risk for macular degeneration and cataracts, are lutein and zeaxanthin – a class of organic compounds called carotenoids. These yellow pigments, found in the retina of the eye, specifically the *macula*, tint it a yellowish colour.

In nature, these two elements appear to absorb excess light to prevent damage in plants from too much sunlight, especially high-energy blue light rays. This same ray-absorption quality helps create a barrier in the macula of the human eye, which keeps rays from reaching the underlying structures in the retina. This reduces the risk of light-induced oxidative damage that could lead to macular degeneration.

Formulated supplements specific to eye health often contain both substances, lutein and zeaxanthin. Or one can get these compounds naturally by eating a diet rich in colourful fruits and vegetables. A study in Los Angeles found that people who had higher levels of lutein and other antioxidants in their blood also had healthier blood vessels, decreasing the risk of developing cardiovascular disease.

Look for green leafy plants and colourful produce such as peaches, broccoli, celery, zucchini, mango, orange pepper, kiwi fruit, kale, grapes, green beans, squash, kumara and carrots. If this sounds like too many salads, try juicing for a concentrated energising jolt.



Egg yolks, spinach, and corn have high concentrations of zeaxanthin. Pistachio nuts also contain lutein. Omega-3 fatty acids, found in fish and some nuts, may also reduce the risk of macular degeneration.

WHAT IS MACULAR DEGENERATION?

Macular degeneration is the leading cause of severe vision loss in people over age 60 (1 in 7 over 50 is affected). It occurs when the small central portion of the retina, known as the macula, deteriorates resulting in loss of central vision (peripheral vision is not affected).

"The retina is the light-sensing nerve tissue at the back of the eye and processes all visual images", explains Visique optometrist Heather O'Hagan. "It is responsible for your ability to read, recognise faces, drive and see colours clearly. Along with what we want to see, comes also damaging UV light rays. And, the older we are, the longer our eyes have been subjected to this sort of tissue damage."

Although age is the number one AMD risk factor, the prime preventable cause is smoking. The retina has a high rate of oxygen consumption, and anything affecting oxygen delivery to the retina may damage vision.

BLUE BLOCKING LENSES FOR GLASSES

Early diagnosis of macular degeneration is crucial as loss of vision cannot be restored once the damage has occurred. Standard eye exams help detect any problems and your optometrist will advise the best treatment. "Glasses with CRIZAL UV coated lenses absorb those damaging UV blue rays thus protecting the eyes from harmful rays and the risk of AMD", says Heather. "These rays can also cause skin cancer so coated lenses also offer protection for the eyelid area."

Heather reminds us that damaging rays also come from computer monitors, tablets, and phone screens, often viewed at short distances for long hours. "The coated lenses offer protection here as well".

For more info about AMD see www.amd.org/what-is-macular-degeneration/

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A BONANZA IN THE BUSH...

This regional ecocrop offers more than just honey blossoms. Not only do the summer blossoms of the manuka contribute nectar for our precious healing honey, the essential oils distilled from the leaves of both the manuka and lesser known kanuka, are powerhouses of healing components.

These two indigenous 'tea tree' species may strike you as undignified and scrubby looking and in fact, farmers often refer to a manuka/kanuka covered hillside or paddock as 'scrub'. However, these hardy, thriving natives – that often perform a nursery function by providing shelter for younger seedlings to germinate – are anything but peskily mundane.

There are now 80 known species of the tea tree. Maori depended on the healing powers of NZ's manuka (*Leptospermum scoparium*) – and also the kanuka (*Kunzea ericoides*) – to treat a wide variety of health problems. They used the plants' bark, leaves, sap, and seed capsules in beverages and medicinal preparations. The wood was also used for gardening tools, fishing, structures, and weapons. Aborigines in Australia also found many uses for their own indigenous species of tea tree, the *Melaleuca alternifolia*.

Manuka was discovered by Europeans in 1769, when Captain Cook landed the HMS *Endeavour* in Mercury Bay off the Purangi River. The expedition's botanists, Joseph Banks and his team of seven, steeped the leaves and found this 'tea' beneficial in treating the sailors' scurvy and digestive problems. (See pages 32-33)

The tree has been known by its common name 'tea tree' ever since and, when discovered by Cook and Banks, its Aussie mate was called the same. Generally they belong to the same family, Myrtaceae, as the myrtle and eucalyptus.

VIVE LA DIFFERENCE!

Those distilling essential oils from the little leaves of these two 'ukas' know the difference. The blossoms alone differ. The manuka has single larger flowers, in white or pink, than the clusters of smaller white kanuka blossoms. If the blossoms are gone, look at the remaining seed capsules – again the manuka's are larger. The manuka has sharper greener leaves than the softer shaped and coloured kanuka (see photo page 25). As shrubs, the outer shape of the two look similar, but the kanuka can grow forest tall. Unfortunately, the manuka is more likely to be infected with a black sooty mould growth, while kanuka seems resistant.

On comparing the distilled essential oils, the kanuka will be sweeter smelling and have a lighter feel. Kanuka is indeed lighter, and is freed from the leaves by steam distillation in 40 minutes versus the few hours needed to dissolve and release the manuka's thicker oil.

Both oils have their distinctive chemical profiles, and the chemical composition of individual oil samples



BEES ON MANUKA BLOSSOMS

by Ginney Deavoll

Manuka and Kanuka



can be determined with great accuracy. Chemical variations can be influenced by the weather, the day's temperature, soil moisture, age of plant, species variations, seasons, and the region.

The primary bio-active ingredients for the more popular manuka (of approximately 120 compounds) are referred to as triketones (three oils: leptospermane, isoleptospermane, and flavesone). The region which grows manuka with most potent levels of this triketone "chemotype" is around East Cape.

Kanuka, although not as directly bio-active, imparts an important synergistic quality. It has few of the heavy 'tri' oils, but contains high levels of the 'mono' oil, the lighter monokones. Its light nature allows it to be more easily absorbed. Some producers (such as **Earnhillfarm** of Kuaotunu) favour the use of just one 'pure' oil. Others, like **NZ Coromandel Mountains Tea Tree Oil**, prefer to use a synergistic blend of the two. (See following pages.)

MANUKA STUDIES CONTINUE

Manuka plantation studies are underway – for both oil and honey uses – and researchers acknowledge this "variability in essential oil chemistry." Not just species or region-to-region differences, but variations in one manuka variety within a single growing plot. This illustrates just how complex it is to find the perfect tree – that powerful 'elite line' and best 'regional ecocrop' – for commercial scale honey production or oil extraction.

Studies will continue for years perhaps, but are promising enough for a government report! The government estimates that exports of manuka honey alone will top \$1 billion per year by 2025, with additional value coming from the managed-forest sale of branches for oil extraction. Even 'carbon credits' and farm subsidies are part of the profit picture! For this reason, paddocks are now actually being planted with manuka for honey production.

(See brief of strategy here: www.kauriparknurseries.co.nz/manuka-1b-industry-2025/)

Studies like this were previously carried out by the Aussies to isolate tea tree plant varieties with high levels of terpinen-4-ol (the oil's primary active ingredient). They had a history of plantation oil production going back to the 1920s, and the 1960s saw an upswing in essential oil use paralleling the public's growing interest in natural healing.

In 1982, the late Peter Molan of the University of Waikato discovered the "exceptional type of antibacterial activity bioactivity of our manuka honey", and interest in these oils and honey has grown ever since. You may now start to see kanuka honey for sale as well.

The plantation level production guide (noted above) recommends periodic herbicide spraying to keep down weeds. But smaller private New Zealand oil producers can boast 'organic', 'wild grown' and 'hand harvested' to appeal to the discerning health-conscious consumer. They often own the land their trees

are on, so can guarantee that the branches, blossoms, and land have not been sprayed. Some producers also have their distilled oils lab tested for active ingredient content. (Manuka honey has several rating systems to indicate its medicinal strength.)

USES OF ESSENTIAL OILS: MEDICINAL AND AROMATHERAPY

These essential oils fall into two use classifications: for aromatherapy and to directly treat conditions such as bacterial/fungal infections, acne, cuts, boils, inflammation, and sinusitis (the oils are breathed in by steam).

It is suggested that for skin application, these strong essential oils be diluted with a carrier oil (add a few drops to the oil you plan to use) as the essential oils may be too drying and irritating used 'neat' or straight.

Some oils may be toxic when used internally, but dilute forms for mouthwashes or herbal tea blends should be safe.

Aromatherapy is based on the effect of oil vapors on smell and emotion. Manuka and lavender are relaxing, while others like rosemary or peppermint are mentally stimulating. The oils might be gently heated, perhaps in a candle or heating element; drops might be added to room sprays, mixed with soaps, and added to lotions or massage oils. And, of course, perfumes. – Carol Wright

DISTILLING... THE MORE IT STAYS THE SAME



The basics of steam distilling oils have not changed much over the centuries. Plant materials are placed in a container and hot steam rises through the bundle dissolving the oils. The steam is cooled and condensed by water in the barrel (as shown above). The oily liquid is then collected, and the floating oil siphoned off.

Illustration from the 1557 German Renaissance Adam Lonicer's "Kreuterbuch" (literally "herb book")
See www.christstresures.blogspot.com/2013_05_01_archive.html

Read about many other oil extraction methods here: www.naha.org/explore-aromatherapy/about-aromatherapy/how-are-essential-oils-extracted/

As far back as 3000BC, the Egyptians used aromatic plants for medicinal and cosmetic purposes, as well as for the embalming of the deceased.

In 900AD, Avicenna, famous child prodigy and physician from Persia, wrote many documents describing 800 plants and their effects on the body. Although sometimes credited with the development of the distillation process for essential oils, it is more probable that he greatly refined it, for archaeologists have found primitive distillers that date from before his lifetime.

Today distillation is still the most common process of extracting essential oils from plants. The advantage of distillation is that the volatile components can be distilled at temperatures lower than the boiling points of their individual constituents and are easily separated from the condensed water.

Of course, more valuable than leaf or herb sourced oils are those from flower petals and blossoms for use in perfumes. These more fragile materials demand gentler or non-heated extraction processes.



This woodcut from the mid-16th century depicts the process of distilling essential oils from plants with a conical condenser.

Via the Wellcome Library, London



Coromandel's essentials...

by Kate Palmano

25 years distilling New Zealand's manuka and kanuka oils

NZ COROMANDEL MOUNTAINS TEA TREE OIL

Coromandel 'Oil' Man 'Talks Story'

The Coromandel never ceases to surprise and delight, not only for its stunning natural beauty and magnificent vistas around every corner, but also for the variety of entrepreneurial enterprises tucked unassumingly away in the landscape.

At Moewai Farm, located on a picturesque hillside just outside of Whitianga, you will find one such enterprise utilising our native tea trees (manuka and kanuka) which grow abundantly in natural groves on the property, for the production of organic tea-tree oil.

The antibacterial and healing properties of manuka honey are well known, but tea-tree oil, extracted from the leaves of both kanuka (*Kunzea ericoides*) and manuka (*Leptospermum scoparium*) trees, also has potent therapeutic properties: antimicrobial, anti-inflammatory and pain relief properties. Apparently, their healing properties have been long known to the Maori.

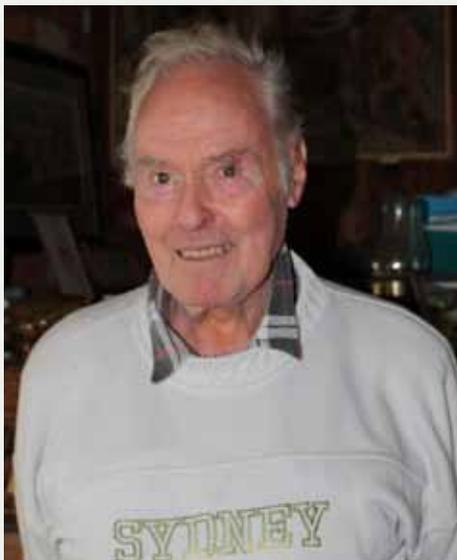
This relatively small scale home-grown industry was pioneered 25 or so years ago by Nicholas Murray-Leslie, with expert contributions from neighbour Professor Dick Mertz (formerly of the DSIR) and Dr Cedric Hassall (FRS), who hailed from "just up the 309". The business grew into a commercial operation trading as **NZ Coromandel Mountains Tea Tree Oil Company**, and was awarded BioGro (organic standards) certification in 1998.

Today the product is mainly sold domestically, as pure oil or incorporated into soothing soap, but it also enjoys a global reach, bottles of oil being sent to Tokyo twice a year, and there is also an annual shipment of oil to a dental clinic in Milan. "We've sent it there for the past 20 years; they use it for dental surgery," notes Nicholas. "One drop on a cotton bud applied to the tooth and the pain will go!"

NICHOLAS TAKES TO THE SKIES, FINDS LAND

Nicholas, now an octogenarian, is a colourful character with a great deal of interesting history to relate. Born in London to Scottish parents (clans MacKenzie and Leslie), he won a 3-year scholarship to La Brosse in France just after WWII, to study agriculture, viticulture and horticulture, acquiring knowledge no doubt useful for his later tea-tree oil venture.

Back in the UK he worked as office boy for Belgian Airlines ("I wanted to learn to fly but



Nicholas Murray-Leslie was a Qantas 747 pilot before moving to a valley outside Whitianga. His Tea Tree Oil business came after retiring. "We had read a bit about the tea tree", he recalls, "and when we looked around we realised that's all we've got really".

they wouldn't take me seriously"), followed by two years in the British Army, serving with the Middlesex regiment (the Die-hards) at Mill Hill London.

Having contemplated emigrating to Canada ("too cold") or Australia ("too hot") he thought that New Zealand sounded "just right", so 60 years ago he sailed into Lambton Quay, Wellington on the T.S.S *Captain Cook* (he proudly displays the ship's menu from the last night at sea), and was promptly transported by bus to New Plymouth where he was employed largely as a dairy herd-tester, testing the butter fat content of milk.

This was followed by a spell as a bulldozer driver at the Huntly coalmines, where "the good pay" enabled him to pursue his passion for flying; at Hamilton Airport at Rukuhia, he began training towards a commercial pilot's licence.

When the coalmines closed, he took up a job cleaning cement mixers ("using a sledge hammer") but very soon afterwards his career in flying took off in earnest. His trajectory to the skies is impressive.

"I flew as an instructor for the Tauranga Aeroclub as a starter," he says. He then worked his way up through Bay of Plenty Airways and NAC, finally (and at the tender age of 34)

graduating to captaincy of 747s for Qantas, where he remained for 20 years or so...apart from a year's stint at Singapore Airlines.

It was while he was based in Singapore that Nicholas developed an interest in herbal medicine, another foreshadow of things to come. Nicholas first flew into Mercury Bay as a 22 year old trainee on his first cross-country flight, landing his Tiger Moth – "lovely plane, it gave the British a big advantage over the Germans in the war" – at Renfells Strip, the original Whitianga landing site.

But it was later, as a seasoned 747 pilot with Qantas, flying regularly back from Tahiti across the Coromandel peninsula ("Kuaotunu was the reporting point – still is") that he used to look down on Mercury Bay and think "I would like to own a farm there one day".

Not many of us get such a bird's eye view opportunity to choose our future slice of paradise! Nicholas has many fascinating exploits to relate about his time in the skies, and it is testament to the calibre of the man that he volunteered to fly into Vietnam to evacuate Anzac troops at the fall of Saigon. This under enemy fire, a feat for which he was awarded numerous medals.

As a comparative youngster (23 year old) he had already been awarded honorary Maori status by the Tuhoe kaumatua for saving the life of a pregnant Maori woman (and her baby) by emergency airlifting her from Motiti Island to Tauranga (and hospital). It was a dramatic and highly risky rescue mission in a small Piper plane. "The weather was dreadful, it took five attempts to land at Motiti Island; I kept getting blown off course", says Nicholas.

Adding yet further to the rich tapestry of his life Nicholas muses "I used to play bowls with the Shah of Iran you know, when our flights were in stopover in Tehran. He just wandered across to us one day..."

DOWN ON THE FARM

After retiring from civil aviation Nicholas and his family bought the 360 acre Moewai Farm property and – according to one of his impeccable pilot log books – moved in on December 18th 1986.

He first cut firewood from the land as a living, a friend trucking the wood down to Whitianga to sell. Then came 500 sheep, which gave way to cattle after 2 years because the logistics of transporting and shearing the sheep "was a helluva job". Nicholas also introduced 40



Flowering manuka and kanuka cover the hillside of Moewai Farm outside Whitianga.



Owner Nicholas Murray-Leslie harvesting freshly pruned manuka branches.



Bee hives at the ready for the blossoming of manuka trees and production of the honey.

Oils that is!



The kanuka, above left, has smaller flowers and leaves, but the tree can be tall, often growing in groves, with exposed trunks and branches beneath. The manuka to its right has larger blossoms and plumper leaves. At right, distilled oils ready to store in gallon jugs. The darker oil is manuka. It takes a tonne of branches to produce a kilo of oil.



goats ("they did a marvellous job of clearing the bramble in the paddocks"), and peacocks also roamed the property, "eating all the grubs".

Nicholas still has one goat on the property ("Gordon, named after the British Prime Minister Gordon Brown") and some cattle, but half the original acreage has been sold off and the farm operation is now essentially given over to tea tree oil production.

It seems that good old fashioned pragmatism was the inspiration for tea tree oil. "Well," says Nicholas, "we had read a bit about the tea tree, and when we looked around we realised that's all we've got really". Taking a leaf out of Captain Cook's book (he named the tea tree as such as he used the leaves to make tea for his crew), Nicholas tried brewing tea from tea tree leaves collected on sheets under the trees but declared "the tea was ghastly!"

"The Maori had already discovered that tea tree was good therapy for the skin and other ailments so we got into this side of things.

We had to start with a plant we knew nothing about and then find out how to extract its oils". Nicholas still has copies of the original graphed data from the early '90s when Dr. Hassall was conducting laboratory steam distillation experiments, extracting the oils and measuring the sesquiterpene content (one of the many components of essential oils). With the steam distillation process optimised, the ever resourceful Nicholas then built the production scale oil distillery himself, using an old German design from the 17th century.

The oil is still being produced on the farm, but after 20 or more years of operation, the original apparatus is now being replaced with more modern equipment to improve the efficiency of the process. To ensure maximum yield and quality, the process is gentle, and no crushing or high heat treatment is involved.

Nicholas first started harvesting the tea tree by himself, "breaking the branches off the trees" and loading them onto a tractor trailer. Then his

late wife Monique and neighbours joined in and "we progressed to clippers, etc.". The fact that it takes 1 tonne of leaves to produce 1 litre of oil is an insight into the amount of lopping and trimming effort that is required.

These days Nicholas employs someone else to prune the trees while his son is involved in other sides of the business. Harvesting is a year round pursuit although there is less growth in winter, and in late spring the trees are awash with swathes of white blossom. "The young leaves produce the most oil" says Nicholas. "We don't fertilise at all, just a bit of lime on the paddocks; lots of seagulls fly in and clean up the property - they bring in selenium (in the guano)". As well as being an organic enterprise, this tea tree "farming" also has the virtue of being a sustainable resource, with the trees occupying otherwise marginal land, being self-generating and requiring little care aside from pruning.

"When we started" reminisces Nicholas "it was a helluva road for the first five years. We couldn't sell the product and then Monique suggested we do soap as well".

Since then the business has grown, and the benefits of tea tree oil have become well recognised: the antiseptic, antibiotic, antifungal and anaesthetic properties of the oil being underscored by original scientific work carried out by Professor Merz in conjunction with Waikato University, and since expanded greatly upon in the scientific literature. Now the products are sold through pharmacies and retail chains with direct orders also being taken at the farm.

Nicholas's NZ Coromandel Mountains Tea Tree Oil product is mixed kanuka and manuka; the oils have synergistic properties which combine to give a wider spectrum of therapeutic effects.

As for Nicholas "I still fly" he says, and there is enough on the farm to keep him busy. He offers a final tip on one of his company's side-line products, a beautiful lavender soap (he used to grow wild lavender on the farm but now outsources the supply). "Put it under your pillow and it will give you a marvellous sleep! The Romans used to do it you know, put lavender under their pillows..."

For more about these and other products - Honey and Lavender Soap - see www.teatreeoil.co.nz.

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Kanuka oil from ...

by Kate Palmano

Such is the abundance of naturally growing tea tree on the Coromandel hills and valleys that, coupled with the desire for sustainable enterprise, a new venture producing tea tree oil products has recently sprung up in the area. All the products are manufactured from native kanuka (*Kunzea ericoides*), hand harvested in the quaint coastal enclave of Kuaotunu.

HOW IT BEGAN: FROM CATTLE & SHEEP TO HARVESTING THE 'SCRUB'

Kelly and Mark Simpson farm beef and sheep on their land in the Kuaotunu valley. Some of the land is hilly and covered with tea tree regenerating from the days when the slopes were cleared by settlers for pasture and mining.*

According to Kelly, two years ago Mark looked up at one of the partially tea tree-clad hillsides and thought that it was time he did a 'scrub cut' before the trees took over the grazing pasture. "But then it occurred to him that there must be a sustainable way of using the trees", says Kelly.

"He did a lot of research looking at uses for kanuka. We decided to have a go at producing the oil as it seemed to have a wide range of therapeutic benefits". With classic 'Kiwi ingenuity' Mark built a prototype still and started to experiment on extracting the oils from the kanuka.

It was very much trial and error for a while, but meantime he and Kelly had brought on board another local couple, Klaudia MacLeod and Axel Eigenwillig to help with the enterprise. Klaudia is a trained medical herbalist and has been able to add her expertise in natural medicine formulations and product development into the mix. "We decided to send a batch of the oil for laboratory testing" says Klaudia "to find out if we had good quality oil, checking the quantities of the important active constituents". The analysis that came back was amazing. It showed that the oil was of exceptional quality with in particular, a high content of α -pinene. It also contained eucalyptol and varidiflorene, which together



Kanuka trees at Earnhillfarm enjoy this stunning sunset and view of the Kuaotunu coastline.

with α -pinene are the main active ingredients in the oil". Indeed, it is these ingredients which confer on the oil its antibacterial, antiviral, antifungal, antioxidant and anti-inflammatory properties. These results provided the impetus for the Earnhillfarm team to go into serious production and marketing of kanuka oil and related products.

KANUKA? OR MANUKA?

One of the most common questions the team is asked is 'why kanuka and not manuka?'. "Well", says Klaudia, "it's basically because kanuka is the most prevalent species of tea tree around here. It's a hardier species and more tolerant of the conditions. We aim for a pure product with consistent active ingredients and therefore clear applications. This can best be achieved by using only one species".

When asked if it's hard to differentiate between the two species, Klaudia answers, "It's easy for us to tell the difference but if you have any doubts simply touch the foliage. Kanuka leaves are soft and smooth while manuka are prickly".

Although there have been plenty of offers of branch supply from friends and neighbours, the kanuka is always harvested on home property. Kelly comments that "the beauty of it is that you can just clip it and it will grow back

vigorously. It's basically just natural regrowth that we're using. We're doing the trees a favour actually. The leaf is the most usable part, plus the little outer branches".

Both Kelly and Klaudia remark that they are careful not to harvest when the kanuka is flowering. "We have to look after the honey bees and not take their food away. We're an environmentally friendly operation".

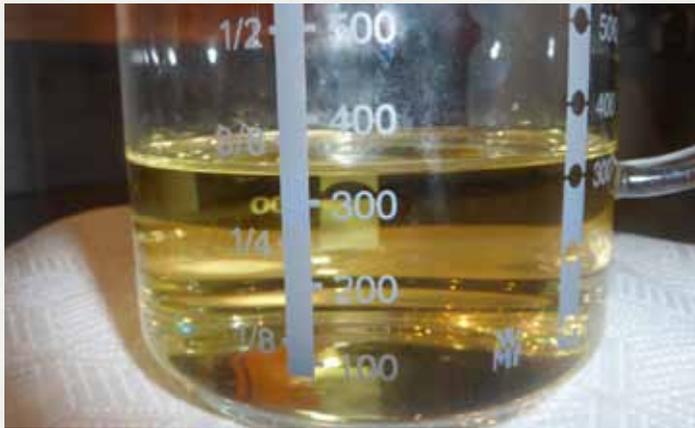
ORGANIC PRODUCT LINE

Earnhillfarm produces and markets two main products, pure kanuka oil and a ready-to-use kanuka balm. In developing the popular balm product, Klaudia says she wants to keep it simple. "I was looking for pure organic ingredients which blend well with the kanuka oil and act synergistically". Notably, the special formulation of organic bees wax, cocoa butter, coconut oil and kanuka oil gives the balm a silky consistency ideal for smoothing on the skin.

Klaudia is currently developing an insect repellent. In this context, she remarks that although the tea tree is the only plant that the cattle won't eat, they can often be seen rubbing themselves against the trees. Perhaps they sense that the leaves contain an anti-irritant or natural insect repellent? NZ's Kakariki parakeets use the leaves and bark of manuka



Kuaotunu



Oil is filtered into a clear glass measuring jug for quality control which includes checking for clarity, colour, etc., prior to filling into protective dark glass bottles.

and kanuka to rid themselves of parasites. Apart from ingesting the material, they also chew it, mix it with preen gland oil and apply it to their feathers.

As for the Earnhillfarm kanuka oil, Klaudia comments that there is strict quality control with regular independent lab-testing to ensure that only good quality oil is supplied to the customer. "Our product is wildcrafted and spray-free. We assign batch numbers and everything is documented. We are still gathering data as we go so that we can understand more about any seasonal differences. A consistently high α -pinene content is our goal".

As for marketing, the products are currently mainly distributed through local cafés and gift shops, and there has been recent interest from the Asian and Europe markets. "A lot of people are becoming more interested in natural and organic ingredients," says Klaudia. "There is definitely a trend towards 'pure' and back to 'clean and green'. Feedback has been great and everyone is amazed at how effective our products are".

EARNHILL NOD TO FAMILY FARM IN SCOTLAND

As for the name Earnhillfarm? Kelly explains that it was Mark's idea. "We needed to brand our product and Mark provided the link with history. Earnhill is the name of a family farm in Scotland. The original farm and homestead are still there, it goes back a few generations. The name was also brought over by original family immigrants".

Mark, Axel, Kelly and Klaudia clearly all play their parts in the Earnhillfarm pure kanuka oil enterprise, utilising complementary skills in production, marketing and product development, ensuring a sustainable and environmentally sound operation with high quality products that can be enjoyed by everyone.

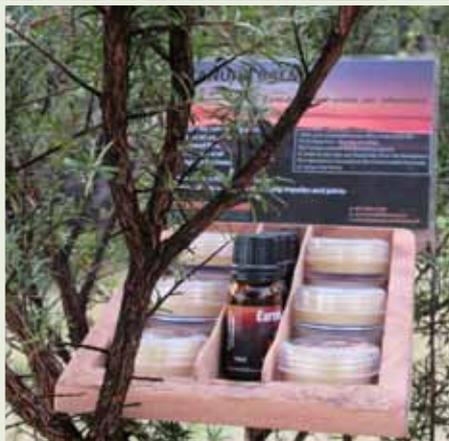
And what could be better than being surrounded by all that healing kanuka energy!

Learn more at www.earnhillfarm.co.nz or [facebook.com/kanukaoil](https://www.facebook.com/kanukaoil).

* See history of Kuaotunu in flipview online at www.coromandellife.co.nz/flipview/autumn_winter_2014/

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HMS ENDEAVOUR

Captain Cook's Endeavour Found!?



One does not expect the HMS *Endeavour* nor the esteemed Captain Cook to pop up in modern day headlines, however that's where it was in early May. Both print and TV news were heralding that the remains of one of the most famous ships in nautical history, the HMS *Endeavour*, had been found in the northeast US off the coast of Rhode Island. This discovery could solve a 230-year-old mystery and end a long debate surrounding the boat's fate. After Cook moved on to other sailing vessels, the legendary *Endeavour* passed through several hands, and was eventually renamed the HMS *Lord Sandwich*, after the first lord of the admiralty at the time. The ship was last seen in 1778, when it was being used as a transport ship during the American Revolution. It was believed to have been scuttled by the British in the same year, along with other ships, as part of a blockade leading up to the Battle of Rhode Island.

"We know from its size, dimension and these records that the *Lord Sandwich* was the *Endeavour*", says Dr Kathy Abbass, executive director of Rhode Island Marine Archaeology Project (RIMAP), which studies the area's maritime history.

"The American army was assembled on the mainland and the French sent a fleet to help," says Abbass. "The British knew they were at great risk, so they ordered 13 ships out to be scuttled in a line to blockade the city. They were sunk in fairly shallow waters."

They now believe the fate of the historic *Endeavour* lies on the seabed alongside the dozen other vessels that made up the fleet. According to RIMAP, the wreckages are spread across nine different sites in Newport Harbour, and "one group of 5 ships includes the *Lord Sandwich*, formerly Captain James Cook's *Endeavour*."

The RIMAP plans a more detailed exploration of the site and "a more intense study of each vessel's structure and its related artifacts".

As we know, the HMS *Endeavour* was the boat on which Captain James Cook achieved the first recorded European discovery of the east coast of Australia, and the first circumnavigation of NZ.

THE MEETING

Painting by Paul Deacon

(See page 5 for more info about Paul)



Making the news

to boldly go...

Regardless of where or whether the HMS *Endeavour* has been found, the vessel and Captain James Cook continue to influence the world almost 250 years after their famous voyages.

Inspired by this remarkable explorer and his ship was Gene Roddenberry, creator of the acclaimed science-fiction series **Star Trek**. He named his fictional hero James T. Kirk and his spacecraft *The Enterprise*.

The memorable spoken line in *Star Trek*'s opening credits "... to boldly go where no man has gone before" was a take on a line in Cook's journal 30 January, 1774:

"I whose ambition leads me not only farther than any other man has been before me, but as far as I think it possible for man to go."

COOK MAKES HISTORY ON THE COROMANDEL

The peninsula is rich in the history of Captain Cook. Mercury Bay and Thames are just two of many mapped place names that continue from his exploration and charting of the area. He travelled and accurately mapped both islands of New Zealand.

There are many anniversary dates to celebrate around Cook's adventures in and after 1769. In just a few years time, we will be marking a very important anniversary locally – 250 years since Cook's first visit to Mercury Bay, and organisation of the celebrations are already under way (see article at right).

A SCIENTIFIC EXPEDITION

Of course, Cook's voyage was primarily exploratory – he was sent with an impressive 'to do' list of scientific missions from the Royal Society. However, he also had sealed Royal Navy orders to search for *Terra Australis* (the continent of Australia) and to plant a British flag on its coast.

One major objective was to get astronomical measurements of transits across the face of the Sun by Venus, taken from Tahiti, and by Mercury, from NZ. These readings were coordinated with others' reports from elsewhere on the globe. When combined, these helped to determine the distance between the Earth and the Sun.

continued next page...



Two of many NZ commemorative stamps honouring Captain James Cook.



Endeavour's Replica to Visit During Captain Cook's 2019 Mercury Bay Commemoration

On 6 October, 1769, the ship's boy aboard Captain Cook's HMS *Endeavour* first sighted New Zealand's shores near Poverty Bay. Nicholas Young was awarded a gallon of rum, and Cook named the area Young Nick's Head in his honour.

Cook soon set to work charting north up the coastline, and on 9 November, the captain and astronomer Charles Green pulled ashore to measure the transit of Mercury across the sun, to complement the earlier readings they had taken in Tahiti during the Venus transit. Mercury Bay and Cooks Beach are named after this event.

Everyone is looking forward to the momentous visit from the Sydney-based HMS *Endeavour* replica. From 21 to 28 October 2019, it will anchor in and around Mercury Bay with a side trip up the Firth of Thames, celebrating Cook's First Voyage to New Zealand in 1769. The ship arrives after sailing from its first stop in Gisborne. It will then make a brief stop in Auckland, before continuing on Cook's original journey to the Bay of Islands and Queen Charlotte Sound, with a stop in Wellington.

Several events are already planned to commemorate this anniversary some three years off including a super yacht race, official ceremonies and a homecoming week. Look for a dedicated Cook's website, development of a board walk at the Cooks Beach wetlands, and various navigational and heritage monuments constructed as part of a Whitianga town centre upgrade.

Mercury Bay Community Board Chair Paul Kelly and Ngati Hei leader Joe Davis were selected for a national co-ordinating committee which includes TCDC, businesses, and community organisations.

They invite groups to create their own events and add to the excitement. To suggest an activity or volunteer for a committee, contact mercury250@tcdc.govt.nz.

The Endeavour Replica...

Based at the Australian National Maritime Museum in Sydney, this is a fully functioning, seagoing vessel – one of the most accurate boat replicas in the world.

Construction of the *Endeavour* replica began in 1988, and the ship was launched 5 years later after almost 500,000 hours of labour. Since then, she has sailed over 170,000 nautical miles, voyaged twice around the world, and visited 29 countries and many Pacific islands,

Hundreds of thousands of visitors have come on board to see how Cook and his men lived. When you tour the ship, you may wonder whether James Cook and his crew have just stepped ashore somewhere on their voyage. The table is set, clothes are hung and the cat is slumbering.

On board this beautifully crafted ship, you glimpse a sailor's life during the time of history's great maritime adventures, and marvel at the boat itself, which contains some 30km of rigging, 750 wooden pulleys, masts and spars that carry 28 sails, a huge cooking area, Cook's dining cabin and more.

When the ship is not travelling, she is moored at the wharves near the maritime museum. You can even book a 5–10 day cruise or hire it as a venue! All hands on deck – what will it be? Cocktails or heaving on a line?

What is it like to help sail her? See here: www.youtube.be/WKeP9V4Pv5o

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continued from previous page...

Aboard this first voyage was a team of naturalists headed and funded by botanist (and patron of the natural sciences) Joseph Banks and fellow naturalist Daniel Solander. Also along were astronomer Charles Green, botanists, and fine botanical artists including Sydney Parkinson, who completed 264 drawings before he died near the end of this first voyage.

Captain Cook's journals were published upon his return to England. These gave the English descriptions galore of New Zealand's plants and animals, with assessments of the nature of the land, resources and settlement possibilities.



Sir Joseph Banks, Bt, by Sir Joshua Reynolds, 1771-1773: National Portrait Gallery, London.

Banks and Solander were 'in-demand celebrities' on the scientific and social scene. On his return Banks started to process nearly 3000 exotic plant specimens from the voyage – eight locations were from NZ – working with artists and engravers on the many-year project to bring the expedition's botanical drawings to publication. His place in British and Australian history reaches beyond the natural sciences, however, as Banks was a

key figure in the settlement, governing, and growth of Australia.

The wealthy and influential Squire Banks, shown above, also brought along on this journey two private servants (one apparently a musician) and two pet greyhounds. The ship's great room was often abuzz with activities to dry and flat press the specimens, lack of paper being a constant concern.

The expedition's artists provided drawings of the native peoples, and Cook's generally kind dealings with them set the stage for future relationships...which unfortunately did not go so well on his 1779 return trip to Hawaii where Cook was killed by the natives.

Another current Kiwi connection with Cook was his recipe for 'spruce beer' containing manuka leaves, which has inspired some recent distinctive local craft brews. (See next page.)

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ENDEAVOUR
 Painting by Paul Deacon

COOK TACKLES SCURVY

Scurvy, the 'plague of the sea', claimed the lives of over two million sailors during the great 'Age of the Sail'. All sorts of ghastly cures such as bleeding and mercury were administered to attempt a cure, but these only added to the suffering and death toll.

We now know what prevents scurvy and helps to cure this dreadful disease: lemons and oranges, ascorbic acid, and of course, simply Vitamin C. James Lind's *Treatise on Scurvy* (1753) correctly identified the citrus fruit as both preventive and curative, but it was not known why. What was the effective part?

Often containers of fruit juice were sent on voyages, but the processing and storage methods compromised the benefits of the acidity. For a time, it was thought that limes were more effective, so the juice was added to the sailor's daily portion of grog, thus giving them the nickname 'Limeys'.

Cook was very keen to find a cure and tried many things to keep his crew healthy: stopping ashore for fresh food often, keeping the ship clean, serving sauerkraut, and yes, those lemons and oranges. It was believed at the time that beer helped, so they experimented with spruce leaf beer as well as herbal teas, both using the NZ manuka leaves. Indeed, his voyages had fewer cases of the disease – Cook was the first captain to circumnavigate the world without losing one life to scurvy.

Ironically, scurvy may be having a resurgence. Due to bad eating habits (including 'fast food' and 'heat-and-eat' meals), and a lack of fresh fruit and vegetables, patients are presenting with bleeding gums, aching joints, bruising skin and other distressful symptoms, with doctors scrambling for a cause.

Yep! Ahoy mate, you may have scurvy. (And it can begin in as little as four weeks.) See www.dermnetnz.org/systemic/scurvy.html

CAPTAIN COOK HITS AUSSIE TABLOIDS!

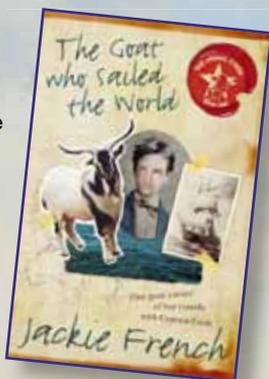
Then we were surprised to find the captain was frontpage fodder in an Aussie tabloid: an uproar as some want Captain Cook's role to be relabeled as "invading Australia" rather than "discovering" it. We'll stay out of that debate, and go have a brew. Manuka that is... Cheers! – Carol Wright



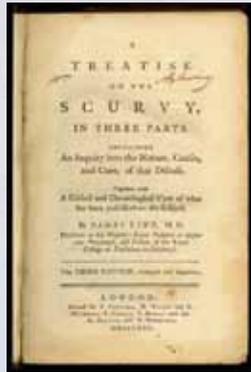
Of interest to young readers!

THE GOAT WHO SAILED THE WORLD

The *Endeavour* had a milk goat aboard who, after surviving at least two voyages around the world, was rewarded with honoured pastorage upon retirement. Author Jackie French uses the goat's eye view in this fascinating children's book, to bring alive the sailing adventures of Cook, Joseph Banks and others. Isaac is twelve and is on the crew of the *Endeavour* as a master's servant. And this goat even has more experience at sea than Isaac - she has already sailed around the world once, watching the ocean and lands slip by from her spot on the quarterdeck. Over the months on board, a friendship grows between Isaac and the goat, one that will last through shipwreck, bushfire and illness, and help in the discovery of exotic new lands.



Written by Jackie French, an award-winning writer and regarded as one of Australia's most popular children's authors. A teaching guide is available online: www.harpercollins.com.au/9780207200779



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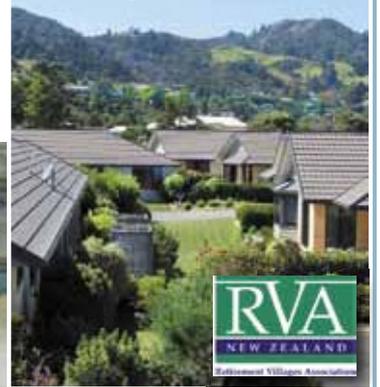
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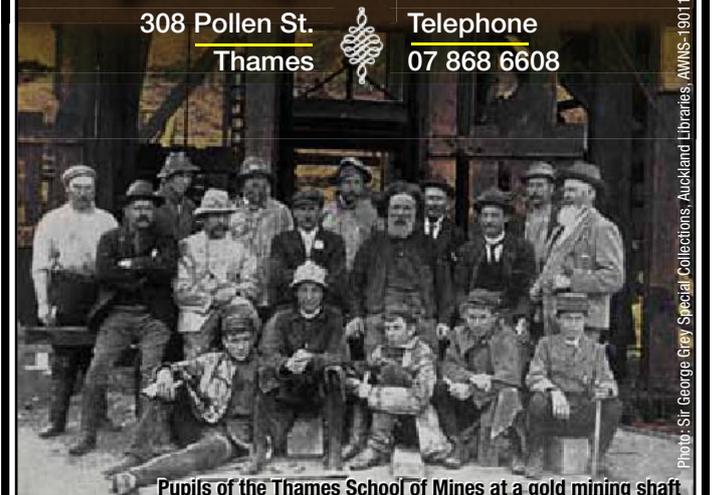
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Pupils of the Thames School of Mines at a gold mining shaft

Photo: Sir George Grey Special Collections, Auckland Libraries, AWNS-19011212-9-3

Captain Cook's Brew of Tea Tree Spruce Beer

*Captain Cook set sail with the
HMS Endeavour loaded with
250 barrels of beer ~ but they needed more.*

(Alcohol inventory: 250 barrels beer, 44 barrels brandy & 17 barrels rum)

Can we thank Captain James Cook for beer being the most popular alcoholic drink in New Zealand?

In 1768 as Captain Cook was fitting out the *Endeavour* for its voyage, Nathaniel Hulme wrote to expedition naturalist Joseph Banks recommending that he take "a quantity of Molasses and Turpentine, in order to brew Beer with, for your daily drink, when your Water becomes bad. ... [B]rewing Beer at sea will be peculiarly useful in case you should have stinking water on board; for I find by Experience that the smell of stinking water will be entirely destroyed by the process of fermentation."

On 26 August 1768 the *Endeavour* left England. Captain Cook states in his journal that there were four tonnes of beer on board! Obviously the *Endeavour's* crew were a thirsty bunch – barely a month later, the *Endeavour's* tonnes of beer were almost gone! Cook wrote: "Served wine to the ship's company, the Beer being all expended to two casks which I wanted to keep some time longer."

"We also began to brew beer from the branches or leaves of a tree, which much resembles the American black-spruce... I judged that, with the addition of inspissated juice of wort and molasses, it would make a very wholesome beer, and supply the want of vegetables, which this place did not afford; and the event proved that I was not mistaken."

On Cook's second voyage, this time aboard the *HMS Resolution*, NZ was primarily the staging area for exploring Australia. On 27 March 1773, Captain James Cook had the distinction of putting down the first brew in NZ on Resolution Island in Dusky Sound.

Certainly we should consider celebrating this day as a NZ holiday!

Model of decks of
HMS *Endeavour*
showing beer
kegs and water
barrels.



Below is Captain
Cook's beer
recipe.

"We at first made our beer of a decoction of the spruce leaves; but, finding that this alone made it too astringent, we afterwards mixed with it an equal quantity of the tea plant (a name it obtained in my former voyage, from our using it as a tea then, as we also did now), which partly destroyed the astringency of the other, and made the beer exceedingly palatable, and esteemed by every one on board. We brewed it in the same manner as spruce beer, and the process is as follows.

First make a strong decoction of the small branches of the spruce and tea-plants, by boiling them three or four hours, or until the bark will strip with ease from the branches; then take them out of the copper, and put in the proper quantity of molasses, ten gallons of which is sufficient to make a ton, or 240 gallons of beer. Let this mixture just boil; then put it into casks, and to it add an equal quantity of cold water, more or less according to the strength of the decoction, or your taste. When the whole is milk-warm, put in a little grounds of beer, or yeast if you have it, or anything else that will cause fermentation, and in a few days the beer will be fit to drink.

Any one who is in the least acquainted with spruce pines will find the tree which I have distinguished by that name. There are three sorts of it: that which has the smallest leaves and deepest colour is the sort we brewed with, but doubtless all three might safely serve that purpose."

~ Cook's *Second Voyage towards the South Pole*, 4th edit. vol i. pp 99&101 ~

Wort that?

**Know your malt
from your mash.**

*There really
is an ART
– and a
science –
to the
brewing
craft!*

In the 18th century, beer was frequently homebrewed. Beer-making involved readily available ingredients (barley or other grains, hops, yeast, and water) and supplies (a boiling pot, a strainer and casks or barrels).

The Malt... The barley provides sugars (maltose) for fermentation by the yeast. The grains are crushed a bit, then soaked until they begin to soften and sprout while enzymes transform the starches. Varying temperatures will release different enzymes at different times. After the barley has undergone this process, it becomes malt.

From Mash to Wort to Brew... The sugars from this slush are liquefied during the mash phase. The grains are mixed with hot water, and the vat stands for an hour or so for the mashing process. The resulting liquor is drained off, and this Wort Tea syrup is then boiled with the flavourful hops, stirred in near the end. Yeast is added and they happily ferment the wort into beer. The yeast particles are strained off and the brew given fermenting time for a while in the keg (1-12 months), but, if you can't wait (after a few days), bottom's up!

Manuka beer with leaves or honey... "To your health!"

Captain Cook's crew was delighted to find that manuka and Crimu leaves could be brewed to make a fine beer, "exceedingly palatable and esteemed by everyone on board." The recipe was discovered in Cook's journal only about ten years ago, inspiring craft beers and ales to be made from the local leaves. (See Cook's recipe for 240 gallons worth to the left).

Brewers using manuka leaves are augmenting or replacing the hops in the recipe, and some are adding manuka honey – the sugars aid the yeasts in the fermentation process. Traditionally a 'mash' of malt grains is used.

MANUKA LEAF BEERS AND ALES

From Onekaka comes Mussel Inn's Captain Cooker, a red brown beer flavoured with the freshly picked tips of the manuka branch – very distinctive with proven medicinal qualities. This beer is now licensed to be brewed and bottled elsewhere, even Belgium, using exported dried manuka leaves.

Why is it called Captain Cooker? Cook let loose hogs while in NZ and they reproduced happily. The beer's previous label design featured a hog image.



Naturale's Manuka Magic brewer, Tony Dapson from Hawke's Bay, has been brewing his patented manuka ale since 1996. He points out that climate change is endangering hops crops worldwide, and the resilient, hardy, and renewable manuka can be a suitable replacement flavouring.



Relatively new on the brewing scene are Auckland's Brothers Beer, with their 'The Herbalist' Manuka Ale.



DON'T FORGET THE HONEY.

And don't forget to look out for the manuka honey wines, beers and the more powerful mead!

Neil Vowles at Coromandel Brewing Company's Pour House in Hahei makes a manuka honey rye beer called Just Buzzin'. "The generous addition of manuka honey from local Coromandel hives gives an unmistakable aroma to this honey and rye beer", he explains. "And a gentle 'hopping' also allows the blend of these wonderful flavours to shine through". It's a limited brew, so 'buzz over' soon and give it a go.



Aotearoa Breweries in Kawerau, Eastern Bay Of Plenty, brews Mata Manuka Beer. They add aromatic manuka honey prior to fermentation giving this beer its distinctive herbal notes.



Since the *Lord of the Rings* movies aroused curiosity about medieval times, interest in mead has grown. Created by fermenting honey rather than fruit juice, mead is considered the world's oldest fermented beverage, noted by the ancient Greeks to be a "nectar of the gods". And our manuka honey gives it an extra punch.

Streamland and Sanctuary Honey produce two meads made from manuka honey. 'Sting' from Sanctuary Honey is one of those, producing the world's only Active Manuka honey mead.

Look for other producers of mead in NZ, both fruit wine producers and companies that specialise in only mead or mead liqueurs.

(Find Sanctuary Honey's 'Sting' at Colenso Café in Whenuakite. Watch a 'mead tasting' with owner Paul Berry at www.youtube.com/watch?v=IKirnoTo8u4).



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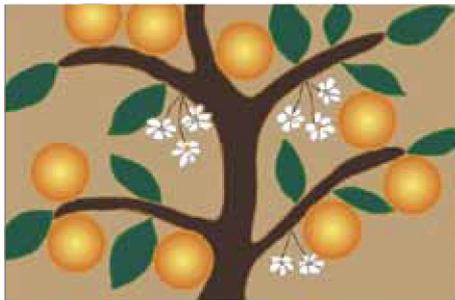
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HISTORIC HOTEL

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WHITIANGA HOTEL



Map from July of 1885

Whitianga's very first hotel, along with its own long 'Upper Wharf', was built in 1867 by Thomas Carina (aka Carini), an Eastern European immigrant from Tauranga. The historic Whitianga Marina Hotel, rebuilt after a fire in 1926, is still located on its original site on Blacksmith Road. The building today contains the popular Salt Restaurant and 'infamous' Blacksmith Bar (now renamed The Whitianga Hotel), as well as offices and accommodation.

Whitianga's second hotel, Ferguson's, was built in 1869.

LOGGING SPURS MERCURY BAY'S GROWTH

The Mercury Bay and Coromandel's east coast was already an active logging area. The historic stone wharf had been built in 1830 to accommodate the visiting logging ships and the mill and ship-building facilities were located nearby. The famous HMS *Buffalo* was shipwrecked in Whitianga along Buffalo Beach in 1840. Kauri logging was booming, and the town's west side started to develop more in the late sixties. In 1874, the Mercury Bay population was reported to be 500, including local Maori.

Much of the milling happened at the Auckland Sawmill Co. (later taken over by the Mercury Bay Sawmill Co.) whose mill was located across the river from Whitianga at Ferry Landing near that historic stone wharf, which is being restored and is still used today.

In the early 1880s, a fire prompted the Mercury Bay Timber Company to move its mill site from Ferry Landing across the estuary, which proved a significant boost to the growth of residents and businesses in Whitianga proper. The mill then employed 70 men on each of the two daily shifts, and the town's two licensed hotels were the centre of the town's imbibing and entertainment.

In 1888 the mill was taken over by the Kauri Timber Company; the mill was rebuilt after it was destroyed by fire in 1904; it operated until 1922.

IF WALLS COULD TALK...

Local Lore: Hotelier Carina had a keen interest in racehorses, and, owning a few steeds, he built his own racecourse near the hotel. There was a lot of scrub and flax in the middle of the course, and according to local lore, a rider (when out of sight on the racetrack) made a shortcut through the flax, only to reappear suddenly in the lead, and won the race!

At the time of his death in 1888, Carina's holdings included the



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Left: The original Whitianga Hotel in 1910.

Right: Local schoolboys kick through the sooty remains of the hotel after a devastating fire in 1926.

Far right: The hotel was rebuilt larger and back in business before the end of the year. Mr. and Mrs Robert Snow are seen outside the hotel in 1935.

STANDING STRONG



The Whitianga Hotel shown in 1913 with adjacent County Wharf. A set of tram tracks was used for a small wagon to move freight from the boats.

The current Whitianga Hotel and Bar shown above are located on Blacksmith Road; the attached Salt Restaurant faces the marina.

Researched by SHANNON OKEY
Photos courtesy of Mercury Bay Museum

Whitianga Hotel, two stores, a public hall, a house, cottage, engine house, stables, a blacksmith's shop and harness room.

Carina is remembered with a street Carina Way and Carina's Creek. And up by Coroglen is Carina's Rock. Apparently, this was so named because Carina had a wish to be buried there.

A Mysterious Murder: In 1873, a local bushman was killed after leaving the Whitianga Hotel. The two hotels' bars and nearby small creek were locations of an escalating argument between Daniel Burke and James Marks, who both disappeared into the night. Only Burke returned, muddy and wet. Three weeks later, and 6 miles away, Marks' decomposed body washed ashore, and Burke was tried for the crime. The packed courtroom was fascinated with testimonies from the many witnesses. In the end the jury found Burke not guilty. Although the men had been seen arguing, no one actually saw the murder take place.

(Note: News reports refer to the hotel as both 'Carini's Hotel' and 'Whitianga Hotel'. Lessons we learned the hard way: history searches stymied because of erroneous spellings! Even within the article Ferguson's is spelled two different ways.)

Early Ambulance Location: The nearest hospital (built in 1898) was in Coromandel Town, but the hotel had just the means to get you on your way. The hotel porch sported a push cart. If an accident happened at the mill, a horn would sound to call for this 'ambulance'.

1926 Fire Destroys Original Buildings: The hotel, its large cabin and other outbuildings were destroyed by a fierce quick spreading fire in May of 1926. No one was injured, but occupants of the hotel barely escaped, having no time to rescue their belongings. The bucket brigade could not quench the structures' fire,

but were able to save the wooden wharf.

The owners, LD Nathan and Co, rebuilt and expanded the accommodation to 16 rooms, with a fine dining hall and an electricity plant. Thames liquor licensing board issued a renewal the next December citing that the "new building was now ready to commence business".

What's in a Name: In 1927, the hotel was owned by a Mr. Chadburn. In the great debate about the town name change, Chadburn claimed to have been the first to move to change the town name to Mercury Bay. As we all know, this debate was lost and the town remained 'Whitianga'.

HOTEL HOSTS GAME FISHING CROWD

Logging, gum digging and gold mining in the region gave way to dairy farming and (thanks to the publicity generated by writer Zane Grey) deep-water game fishing. The Whitianga Hotel became more holiday-focused, attracting groups of visiting fishing parties. However, the sport and its clubs did take a dive when men were called up to serve in WWII.

One memorable night in 1947, a group of men gathered in the hotel to play cards and began reminiscing about their Game Fishing Club, one of the many which had closed down because of the war. Spurred into action by the host's wife, they decided to rejuvenate the sport and go fishing, right then. They awakened the hotel's proprietor to open the shed which stored their fishing gear, and the group, with skipper Bill Clark, headed out to sea.

Town residents grew concerned when the boat failed to come back by the next night. A search party was sent out, only to encounter the fishermen coming around Cemetery Point. They'd been towed out to sea by a great black marlin,

which took 12 exhausting hours to bring aboard.

Word got out and the hotel's dance hall emptied down to the wharf to see the catch, estimated to be 1000lb (453.6kg). This escapade got game fishing going again in Whitianga, and the revitalised club soon adopted a new name 'The Mercury Bay Game Fishing Club'.

The infamous trophy was displayed in the hotel for many years until almost lost in another fire, when over half of the fish was burnt away. Only the head survived, and you can still see the great marlin hanging in the Mercury Bay Museum.

WHITIANGA'S HISTORIC HOTEL CONTINUES AS TOWN HOT SPOT

Previously called the Blacksmith Bar, the pub was renamed 'The Whitianga Hotel' to preserve the heritage of 149 years of operation – and is still quite the town gathering place, even calling itself a 'bar and party centre'. It was upgraded with a real nautical theme that includes historic photos and memorabilia,

Enjoy themed meal nights with special pricing, karaoke, live bands, visiting DJs, and dancing – also TV screens for sport-lovers, pool tables and gaming machines.

And, yes, the hotel offers reasonably priced marina-view accommodation.

See many photos and more info at www.whitiangahotel.co.nz and their Fb page. Read about Salt owners Dave and Kelly Simmonds at www.coromandelife.co.nz/flipview/winter_2015_V2/index.html#36

Look for more of *Coromandel Life's* 'Historic Pub Crawls' in future issues. Know any fascinating hotel stories? Contact us at 07 864 9908.





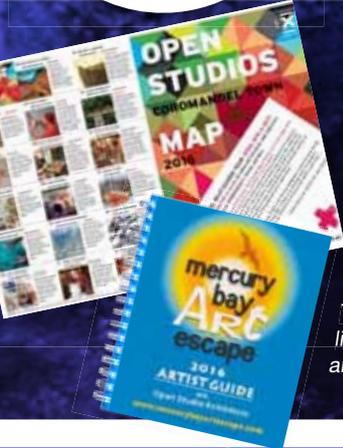
EXPERIENCE ARTS on the COROMANDEL!

As the flurry of the summer season faded away, artists beavered away producing artworks of varied genre to present to eager art-lovers from all over the peninsula and further afield. Months of opportunities centred not just in galleries, but artists hosting visitors in their studios, halls and even pop-up tents!

Three major events led the lineup: The two weekend Mercury Bay Art Escape Open Studio Tours was held in early March (see below). Easter break offered the week-long Colville Arts Festival, which was jam-packed with concerts, dances, art workshops, and exhibitions in their renovated Town Hall. Then the first two weekends in April, Coromandel Town hosted its tenth ArtsTour.

The peninsula has long been known for attracting creative sorts, but now, as a true mecca, is drawing some of the finest NZ and international artists. So no surprise when renowned Earthscape artist Andres Amador arrived on the scene to produce masterful mandalas on our beaches (see p8-15).

All this produces a dynamic synergy – for organisations, local businesses (especially those providing accommodation, food and visitor attractions), and of course, the artists. There are many ways to be part of the Coromandel Arts Scene. Plunge in! See the pages following for what's coming up... The Little Gallery's Art Auction in July, Paeroa's Winter Arts Wander and MBAE's Arts and Crafts Fair, both in August, and fine art exhibits at Bread & Butter Gallery September thru November.



The Mercury Bay Art Escape (below) kicked off the arts lineup, followed by the Colville Arts Festival over Easter week and then the two weekend Coromandel ArtsTour in April.

Check out that cute face peeping through the blackboard at right! All ages participated in the action and fun of the 2016 Colville Arts Festival.

Mercury Bay Art Escape



Annual tour honours 'Artist & People's Choice' Award Winners

Martinus Sarangapany, Ginney Deavoll and Julie Whyman



ART LOVERS FLOCK TO ARTISTS' OPEN STUDIOS

"The ninth annual Mercury Bay Art Escape Open Studio Tours was again a great success," says administrator Marion Manson. And the 36 artists happily reported that visitors tended to stay longer with a high level of engagement.

Artists who were not able to open their studios this year also got more exposure at local galleries such as Tairua's Little Gallery of Fine Arts, Whitianga's Bread & Butter Gallery (showcasing Michael Smither's new works) and Mosaic Gallery. A special exhibit was also arranged for several artists at the Mercury Bay Estate Vineyard overlooking Cook's Beach.

The popular two weekend self-guided tour kicked off with the sold out 'Taste of the Tour' showcase exhibition at Hot Waves Café, featuring painter/sculptor Matt Gaudie as guest speaker. His workshop on portraiture Monday, March 8, had a "full house of 24 registrants". (Photos from the MBAE's FB page also show

Matt visiting many of the tour's open studios.) Artists attending the opening evening voted for their favourite piece which was then awarded the coveted 'Artists' Choice Award'; this year it was a tie between Martinus Sarangapany and Julie Whyman (see above).

At the end of the month long exhibit, the votes of café visitors were tallied for the 'People's Choice Award'. The winner was painter Ginney Deavoll (see above) with Sarangapany and Whyman placing second and third.

MBAE SHOWCASES STUDENTS' WORK

The Senior Visual Art Students of Mercury Bay Area School displayed their art at the school this year as guest exhibitors in the Open Studio Tour. Their exhibit proved very popular – visitors enjoyed chatting with both teachers and student artists.

"This initiative includes a scholarship programme



that gives encouragement and support to our young emerging artists," said Trust Chairman Stuart Christie. This year's scholarship was awarded to Emily Boswell above.

MARK YOUR CALENDAR!

Year ten of the MBAE Open Studio Tours will be held 4 & 5 and 11 & 12 March 2017. "This event is a major inspiration to get artists producing artwork", states Mario. They start accepting applications in July.



EASTER HOLIDAYS 23-30 MARCH
COLVILLE ARTS FESTIVAL
 2016
 all welcome



Budding Artists show off their Cardboard Caper Creations



People's Choice Award winner Ginney Deavoll talks to visitors in her Hahei art studio

Most artists are open for visitors any time of year by appt. Find artists' contact info at www.mercurybayartescape.com.

Visit MBAE's FB page to view many photos of artists in their studios.



Even kids caught the art bug. Here they wait to contribute their own artistic touches to Wendy Wall's progressive art painting.

Family friendly hands-on artfest!

Arts festival invigorates the community

One of the most ambitious community arts events on the peninsula...comes from one of its smallest and most remote communities. As you can see from the photos, everyone gets involved in the fun!

The Colville Arts Festival is an 8-day interactive event around Easter break with workshops scheduled every day, and entertainment in the evenings. Not just music, stand up comics too. And who doesn't love an outdoor projected movie, complete with popcorn. And don't forget the community BBQ!

There were arts and crafts workshops for all ages and other activities held under canvas outside the Community Hall.

Workshops included flax weaving, felting, creative cardboard capers, beadwork, fabric dyeing, making a bow and arrow from bush materials, mosaic tiles, silkscreening, salsa music jam, and more.

The official art exhibit included work from over 30 local artists and held inside the Colville Hall, which had its floors and walls newly refurbished just before the festival. Colville Bay School, Pre-school and Kennedy Bay School also contributed to the exhibition by each creating an artistic piece as they do every year.

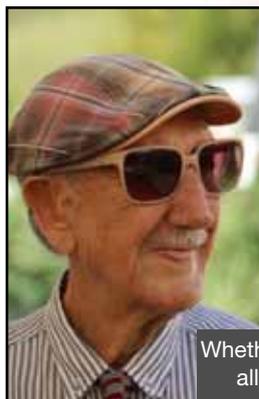
See www.colvilleartsfestival.co.nz/



One of the festival's many workshops: creating mosaics.



Enjoying the exhibit in the renovated Town Hall



Whether observing or participating, all ages enjoyed the festival.



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COMING SOON

BABY KIWI
by Jane Galloway

**TAIRUA'S LITTLE GALLERY
HOSTS JULY EVENT**

**Silent auction
benefits kiwi
rescue group**



Want to help save our national bird and support the arts? The Little Gallery offers a way – a silent auction of artworks donated by the gallery's artists!

Owner Sarah Holden notes that available pieces will be displayed in their Main Street gallery for the two weeks of school holidays – Saturday 9 - Friday 22 July. "People can come to the gallery, view the works, and make bids on sheets of paper placed next to the piece."

On Friday evening, July 22nd, all artwork will be shown at the Tairua Hall annex for a drinks reception where attendees can make last minute bids. After a brief talk about this fantastic cause – Whenuakite Kiwi Rescue and Care Group – the winning bids will be announced.

"I think it is important to note that they do a wealth of work and often fly under the radar in terms of support", Sarah adds. "This is a great opportunity to bring them into the limelight as well as raise some much needed funds to help support them and our beloved bird!"

The work of this group has been responsible for a steady increase in the number of kiwis in the Whenuakite Kiwi Recovery Area – about 4000 hectares of regenerating coastal forest on both Crown-owned and private land located between Tairua and Hot Water Beach.

Recovery efforts are focused on both education and trapping known kiwi predators. Local organiser Arthur Hinds states, "We have over 460 traps spread over 52km of trap line, trapping kiwi predators since 2001. This has not only increased the kiwi population to over 75 nesting pairs, but has protected other wild birds, especially when control measures are increased before the birds' nesting period".



There are many ways to help! See how at www.kiwisforkiwi.org/what-we-do/who-are-kiwis-for-kiwi/community-efforts/coromandel/whenuakite/



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on the ART SCENE



Paeroa's third Winter Art Wander

Take in two weekends of arts and crafts this August in Paeroa's "Winter Art Wander" including gallery exhibits and open studio tours, with artists and craftspeople from Paeroa, Karangahake, Netherton, Tirohia, Hikutaia and Waikino. Studios will be open

10am-4pm, with free admission, for two weekends, Saturdays and Sundays, 13-14 and 20-21 of August.

In addition, the main 'pop up' gallery offering a 'taste of the tour' will be the Paeroa Memorial Hall. "Here you can pick up a tour map, and speak to some of the artists", says Positive Paeroa's Jo Tilsley. "You can view an example of work by all 'Winter Wander' participating artists, and see fuller exhibits of those artists who wish to exhibit centrally".

Jo notes there will be other special pop-up galleries, award winning 'wearable art', the town's outdoor Sculpture Trail, and even floral displays, all available for viewing the entire week.

Also check out the Paeroa Society of Arts, at 109 Normanby Road to view special exhibitions. During the Winter Wander, they will feature the work of the society members, and a 'cut-price' Art Sale.

Jacquie Ellis, oil painter and *Coromandel Life* cover artist (2015 Winter issue) is the new president of the Society of Arts. She tells us anyone interested can sign up for pottery classes or her own oil painting classes, for beginners and seascapes, that meet Wednesdays for five sessions. "I will also teach classes on 'Light and Reflections, Mountains and Scenery.'" Look for her exhibit in the Memorial Hall.

Jacquie also offers classes at her Karangahake Gorge studio. Call 022 323 1465 or see www.jacquieellisart.co.nz/gallery/

Find tour maps and more info about the Art Wander at the Paeroa Info Centre on Normanby Rd. and see www.paeroa.org.nz



Sarah Peck



Kay Jenkins



Some of the many artists who will open their studios during the Paeroa Winter Arts Wander in August: wire sculptor Sarah Peck (When the East Wind Blows), Deb Shepherd (Tui – [Prosthemadera Novaeseelandiae] and Street Style-Punk #) and potter Kay Jenkins (Bird Warriors).



Arts & Crafts Fair set for Whitianga

16 JULY 2016

Potter Alan Rhodes impresses a young admirer with his wheel skills at last year's fair.

The Mercury Bay Art Escape does not just organize their regional two-weekend open studio tours. They also bring the region's arts indoors to enjoy in one cozy warm showcase location. Their 2016 *Coromandel Peninsula Arts and Crafts Fair* will be held on Saturday 16 July from 9am-3pm at the Whitianga Town Hall at 24 Monk Street.

MBAE Chair Stuart Christie said, "Last year's fair drew nearly 600 people through the door who really appreciated the variety and quality of work that was on offer". Space may still be available for artists to exhibit, notes organizer Allison Henry. Contact henry.a@xtra.co.nz for details.

ART waikino exhibition coming up 22-24 October



ART Waikino – held at the Victoria Memorial Hall and now in its 16th year – is growing to be a major art exhibition on the Coromandel Peninsula. The show will offer a variety of the area's artists' paintings, pottery, craft, photography and sculpture – with outdoor sculpture being displayed at Falls Retreat. All art work will be for sale.

Event convenor Helen Wilson says, "There will be first, second and third prizes, plus a supreme award of \$500, which was last year won by Barbara von Seida of Coromandel". (See page 41.)

The weekend event kicks off on Friday 21 October at 6.30pm at the Hall with a wine and cheese evening to "Meet the Artists & Judges". The exhibition itself runs Saturday through Monday, 22-24 October, with a gold coin admission.

The event is organised by the Waikino Victoria Hall Committee; proceeds go to the upkeep of the community hall. Contact Helen Wilson on 07 863 6974 or email her at sharpadze@xtra.co.nz for more information about entries.

Art lovers are invited to 'step up' into the new exhibition space at Bread & Butter Gallery



Gallery owner Christine Rabarts is the visionary and designer behind this impressive expansion.

"As the gallery's recognition increased with an expanding national and international client base – along with the high level of professional artists I represent – it was timely to expand the premises."

And that she has... doubling its size... in only three short weeks!

Christine and husband Stephen Hutton (centre) host the March opening of Michael Smither's "Gone Fishing" exhibition in the new upstairs space.



After hearing rave reviews about the Bread & Butter Gallery's recent improvements, *Coromandel Life's* 'newbie' writer Shannon Okey eagerly agreed to check it out.

Christine was in Auckland that afternoon, but local painter Souzie Speerstra, 'on gallery duty', led the way. Impressed at every step, Shannon shared her experience. "Leading to the new three-room upstairs space is an unforgettable wide staircase. Works from a number of artists are displayed beside you as you ascend, and a grand black and white painting by Ingrid Boot takes pride of place at the top."

Upstairs, the uncluttered white wall space of the three rooms showcases paintings by some of the region's top artists including Michael D. Smither, Jennie de Groot, Ginney Deavoll, Jacqueline Elley, Ingrid Boot, Brad Novak, and Liz Hart.

The new exhibition rooms display a variety of genre from emerging to senior artists, all expressing exceptional quality and uniqueness in their work. Along the hall wall leading to the far room, a curvacious, sleek wood sculpture by Rick Swain adds a fitting touch.

Shannon notes that the new space offers many comfy-chic armchairs, coffee tables and sofas scattered about. One room displays sculptures and an assortment of paintings on stands.

There is a coffee and tea bar on a vintage cabinet. Full length sliding glass doors lead to an outdoor patio – complete with tables, chairs and umbrellas. "Perfect," says Souzie, "for guests at our upcoming exhibitions to relax with a glass of wine while enjoying the vibes of the main street of Whitianga."

After being properly 'wowed', Shannon summarised, "Christine has done an amazing job with this chic upstairs gallery, which follows on from the previous successful expansion into the next door space just two years ago.

"The level of detail put into these displays is truly impressive – even small craft pieces are set off with style – and makes for an overall elegant and classic look."

Recently transplanted from the UK, Shannon added, "I felt like I was back in London at a high-end gallery in the exclusive Mayfair district!"

CHRISTINE RABARTS: ART DEALER

Although Christine holds a Diploma in Art and Creativity with 'Honours' – and has been an exhibiting artist (and fashion designer) throughout NZ and internationally – she has made the choice to focus on her gallery.

She explains that a truly successful gallery requires commitment and teamwork between the dealer/curator and the artist. "A big part of being a successful curator is finding the unique art mix for your client base (the art buyers) solidly backed by artists with integrity who are professional, hardworking and innovative".

Christine has, for instance, presented three major exhibitions by noted NZ artist Michael D. Smither. "This last one in March – his 'Gone Fishing' series – was the result of 2½ years work, based on a mathematical and deliberate study he collated over a period of more than 20 years of understanding!"

As an 'art-dealer gallery', Christine knew that the mix required in all those areas was finally 'at that stage': her client base was growing, sales were steady, and her permanent artists were consistent. "Together, these factors warranted the financial risk to expand the gallery.

"This took courage and a leap of faith", she admits. "I have invested everything back into my gallery, and now believe Bread & Butter is finally where I want it to be. It's a passion I've had for a very long time, and to see it come alive like this is very satisfying".

THREE EXHIBITIONS SCHEDULED

Upcoming major shows include water-themed works contributed jointly by painter Jacqueline Elley and glassblower Lynden Over, new 'Over The Rainbow' works by Souzie Speerstra, and Ingrid Boots' suave 'En Vogue' themed paintings. (See ad page 6.)

Christine keeps her website and Facebook page current, sharing images of exhibition openings and new arrivals, such as Brad Novak's "Geisha" series.



Below, Bread & Butter Gallery's team, Souzie Speerstra, Marcus Leitch, Christine Rabarts, Stephen Hutton and Heidi Duxfield look forward to showing visitors the gallery and its many artists.





The gallery is located at 26 Albert Street in Whitianga. The staircase to right leads up to the three new exhibit rooms and outdoor balcony with seating areas.

Christine invites you to “wander in, have a browse downstairs through the array of ceramics and exquisite jewellery. Upstairs enjoy a tea or coffee on our balcony or in one of our lounges. Leaf through artist catalogues to savour the talent from some exceptional local, national and Pacific artists.

“I believe we create our world we live in, and this Bread & Butter Gallery is the world I have deliberately created for myself, the best I could imagine!”

See featured artists and buy originals/prints at www.breadandbutter.co.nz/



Coromandel Town artist garners wide acclaim

Coromandel Town’s Barbara von Seida has attracted so much attention, it’s a wonder she has time to paint!

Aussie TV host Graeme Stevenson travels to artists studios to film perceptive art chats, such as this 24-minute programme, *Let Barbara von Seida Teach you her World of Acrylics*. The video has pulled in nearly 15,000 views “with comments and enquiries coming from all over the world,” Barbara shares.

On this entertaining programme, Barbara demonstrates her broad brush technique creating a dramatic, richly coloured mountainscape.

View the show here: www.youtube.com/watch?v=fhRhEz0Smcw

Stevenson has been filming these artists interview programmes for 13 years, available on DVD. See www.colourinyourlife.com.au/

MAGAZINE EXPOSURE... SOLO SHOW... AWARDS

Barbara’s paintings are featured in a four-page spread in the May/June 2016 issue of *The NZ Artist Magazine*. The previous month, she wrote a four-pager about the late Coromandel watercolour artist (and her close friend) Patrick Greene, who left a pictorial legacy that captures the many changes to Coromandel over the last 40 years. He recorded numerous landmarks, buildings, the wharf, and Barry Brickell’s railway to name a few. Purchase or view a large selection of his work at Barbara’s Kowhai Watercolour Studio.

SOLO SHOW. In March, Barbara held a 2 week solo show at Mairangi Art Centre called ‘Expression in Colour’. NZ art critic TJ McNamara commented enthusiastically in opening the exhibition, “This is a rich, almost overwhelming exhibition of completely convincing paintings...What you are seeing is the work of a very, very accomplished painter.”

AWARD WINNER. Barbara’s painting “Coromandel Skyline” (right) placed third in the recent national Peters Doig Marlborough Art Awards held in Blenheim. It is an honour to even be selected to exhibit, and she had two paintings chosen in the final 53 that made up the show.

View Barbara’s work at her *Kowhai Studio* and the *Little Gallery* in Tairua. See www.barbara-von-seida.co.nz/



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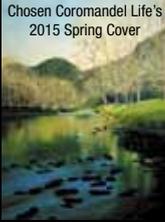
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Verena Tagmann (left) and Wendy Walls (right), shown outside Wendy's Whitianga studio. Verena was helped by many fellow artists after the fire in her home, particularly Wendy.

Area artists rally support when fire destroys Whitianga studio

A fire is something you don't think will ever happen to you. But at the end of 2015, fire struck the house of Whitianga artist Verena Tagmann. Suddenly, her studio, her art supplies, and all her current works were gone. In a flash.

"Most of these paintings I had prepared for the Mercury Bay Art Escapes' Open Studio Tour, which happens in early March," she says.

"There was no opportunity to sell my works to help recover – the works themselves were gone!"



Verena Tagmann and Wendy Walls in Wendy's studio during the art tours.

Not only was Verena's art destroyed, "All my supplies were gone too. My paints, brushes, canvases, boards, and frames. Easels. Work tables. You don't realize what you have... 'til it's gone. It was very sad realising I had not even one brush or tube of colour available to get going painting again."

Word spread, and within a few days of the accident the community came to the rescue. Mercury Bay Art Escape Trustees (MBAE) took the initiative and opened a bank account for donations to get Verena started again. "And at the same time, several artists offered me use of their studio; some lent or gave me art supplies. A big thank you to everybody who supported me at this stressful time!"

However, not only were there details of the fire and insurance to deal with. Verena was in a panic thinking about how she could manage to get her exhibition together for the MBAE. Then a special friend came to the rescue: Wendy Walls, who has a cottage studio on Coghill Street in downtown Whitianga.

"Wendy was extremely supportive and offered me hanging space on her walls. 'Let's share my space and mix and match!' she said. Now I would be able to show my works at MBAE. She even offered me a work space, which made it possible to work on my exhibition". This took an enormous pressure off Verena and she was indeed able to organise a small showing for the Open Studio Tour.

And it was around the same time, Verena explains, "the Phoenix idea was born". The Phoenix is the bird of Greek mythology which is cyclically regenerated or reborn, typically rising from the ashes of a fire. "Inspired by the legend of the Phoenix, I created new works based on emotional and photographic memories of the paintings I had lost. The art work is renewed and reborn in a new dimension, continuing the process of creation in a different direction." As of early May, Verena had finished nine pieces, and those not already sold can be viewed now at The Little Gallery in Tairua.

Verena and partner Craig are currently living in a bach in Whitianga. Now that insurance details have been confirmed, they can move forward and start the rebuild, which includes an art studio for Verena.

See www.thelittlegallery.co.nz/artists.cfm/item/verena-tagmann

Wendy is also an accomplished art teacher, holding classes in the Whitianga area. Find out more at www.wendywallsartist.com/class-schedule/

Local artist Charlotte Giblin has TWO book hits...

WANDERING UNDER BIG SKIES: The Coromandel Peninsula through the Eyes of an Artist
also LULU MOO and the Mystery of the Big Belly

Charlotte has completed a long held dream: publishing her Coromandel paintings in book form.

Having moved from the UK to NZ with partner Pete in 2009, Charlotte used art to explore her new country. "Big Skies' is a series of work that emerged when I moved to Mercury Bay. I started documenting my adventures as I wandered the local landscape, capturing moments that had significance for me."

When Charlotte told us she had been recording her travels with both charming paintings and journal entries, we realised these would be perfect for a series we had planned that would take our readers on a tour of the peninsula. "Tovi understood instantly what I was trying to say with these whimsical illustrations – and a new regular feature was born: the *Road Trip*," explains Charlotte. "This creative collaboration continued over the next few years as I travelled the peninsula,

documenting my experiences in paintings and 'postcard musings' to describe them. A lot of the text within my book is taken directly from these *Road Trip* features."

Each painting has a common element, a 'little Charlotte', in her immediately recognisable outfit: Orange top, blue shorts, green cap, grey backpack and sneakers. "By including myself in the picture I'm inviting you to remember your own experiences in these areas, and also to be part of my story, watching me stride past or pause for thought – imagining what the back story to each painting might be."

What a pleasure it has been for us to work with Charlotte on the *Road Trip* and later in the creation of her book. It is so much more than an art book – it is a total experience! Anyone who has lived on, visited or hoped to visit the Coromandel will love this book, revelling in every page. (*Hint: Entice your family and friends with this perfect gift!*)



FEBRUARY BOOK LAUNCH

This ambitious 93-page project includes 90 paintings. Most were originally painted on watercolour paper, but a few are on marine plywood. Some are still available for purchase.

Charlotte held an official book launch in late February at Mosaic Gallery, where she also sold many originals and prints. Another sales opportunity came during the Mercury Bay Art Escape studio tours. "I'm 'over the moon' with the sales and feedback", Charlotte tells us. We might just have a Coromandel 'best seller' in the works!

–Tovi Daly & Carol Wright

The book can be purchased locally at Mosaic Gallery, Beach Habitat and Tairua Info Centre or online at www.bouncingpig.co.nz, where you can click to view sample pages. \$60, inc shipping.

Note: *Coromandel Life* still has another *Road Trip* coming soon, and ironically it is the Whangamata area, where Charlotte actually began her painting series. We plan to combine all eight into a 120-page peninsula-wide comprehensive *Road Trip* magazine next year.



Painting and Excerpt from page 38

Lonely Bay is a favourite spot for locals, and I see why so many of them want to keep this gem hidden away... It's accessed by a small path which leads off to the left from the peak of Shakespeare Cliff and it splits a couple of times on the way down.

I was a little unsure of which fork to take, and as I umm-ed and aah-ed I was reminded about our choices in life, the paths we take and the destination that you just can't see yet round the next corner. Of course, some of the most spectacular views "unfold" before you, and part of the excitement is the process of getting there, the journey.

It feels important for me to stop and look at the scenery, as if there's a danger I'll become immune to how beautiful it all is. I definitely make a point of really trying to see all these views, and being able to study them and paint them helps me to understand how real this is.

It's not from a film, it's actually from stills taken during my life!

LULU MOO... A CUTE COW-LABORATION

Charlotte Giblin teamed up with fellow Whitianga artist Wendy Walls – and these two have more than a town in common. The pair have collaborated on a children's book titled *Lulu Moo and the Mystery of the Big Belly*. It is based on Wendy's son Tim and inspired by real life events on their NZ farm. This fun story is about two friends: Tim and his favourite cow, Lulu Moo.

"Tim is worried about Lulu Moo's health", shares Charlotte, "and the story explores this theme of caring and concern, while taking a light-hearted and humorous look at issues surrounding healthy eating, exercise and weight loss."

Wendy's art is more in the expressionistic montage style, so after keeping an eye out for a suitable illustrator, she discovered multi-talented Charlotte who had a previous incarnation in pottery, painting farm animals onto her handthrown mugs and bowls. She found Charlotte's style was perfect. "After all these years I finally found the right person to help bring the book to life!"



Author/artist Wendy Walls and art collaborator Charlotte Giblin.

Charlotte explains, "I drew the cartoons of Tim and the farmyard animals onto watercolour paper, painted them, cut them out, placed them on Wendy's background art and then moved them around to get perfect placement."

The two contrasting styles compliment each other. Once the farmyard elements were positioned correctly, Charlotte photographed the collage. She could then reposition some of the pieces for another illustration, or use the background again.

Charlotte notes, "Combining our different professional talents allowed this project to be a true collaboration with a natural sharing of the artwork, writing and editing processes."

The 40-page book was published in March by Mercury Bay's Aries Publishing. "Lulu Moo" is available online from both authors: www.wendywallsartist.com and Charlotte's site www.bouncingpig.co.nz. Also at Mosaic Gallery in Whitianga, Hot Waves Cafe in Hot Water Beach, Carson's Books in Thames; and online from www.ariespublishing.co.nz. \$25 cost includes shipping.



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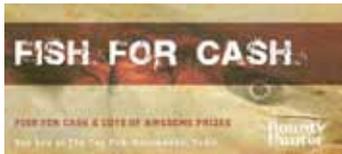
SAT 18 - SAT 25 JUN

THEATRE- Grease Thames War Memorial Civic Centre, 200 Mary St, Thames Music and Drama's production of the ever popular musical, Grease. Tickets from Thames i-SITE. Adults \$25, student/senior \$20, child \$15. For times and dates, visit www.thamesmad.co.nz

SUN 26 JUNE

ART- Lecture & Demonstration Watch artist Liz Hart build on a prepared piece of paper to create a unique piece of art and hear about her creative process. With wine & nibbles, Little Gallery of Fine Arts, 228 Main Rd, Tairua, 4-6 pm. www.thelittlegallery.co.nz/

THURS 30 JUN - SAT 2 JUL



FISHING- Bounty Hunter Fishing Tournament The Top Pub, 611 Kapanga Rd, Coromandel Town. Registration Thurs 11am - 10pm, briefing 7:30pm. Fishing days from Fri 1am - Sat 5pm. A couple of days of fishing, catching up with mates and the chance to win awesome cash prizes - \$150 per angler. www.thebountyhunter.co.nz



THURS 30 JUN - SAT 2 JULY

THEATRE- The Wizard of Oz. Musical, Mercury Bay Area School. Tickets are on sale at school office. \$10 Student, \$15 Adult or \$30 for a family (up to 2 Adults and 2 Children).

JULY 2016

SAT 2 JUL



EVENT- Waihi Beach Op Shop Ball 2016 Community Centre 7:30pm-11:55pm. Tickets \$40. Theme: Waihi Beach in the '50s and '60s. Special guests: The Munroes. Dress for the ball, with Cinderella's budget. Grab what you can from Op Shop and get creative. 027 2746319. www.facebook.com/waihibeachopshopball



THEATRE- Everest Untold by Gareth Davies Whitianga Town Hall. 7:30pm. An intriguing play telling the story of 1953 Everest expedition leader, Sir John Hunt and the 'other Kiwi' George Lowe. The untold story we should know. Tickets (Whitianga Paper Plus) - Adult \$20, Student/child (under 19yrs) \$15.

SUN 3 JUL



TRAIL TRILOGY- First event Tirohia to Te Aroha starting at Depot Garden Cafe in Tirohia through to Te Aroha Rail Station. Approximately 13.3km off road, mainly flat on a gravel surface of various standards passing through farmland and with great views of Mt Te Aroha and the Kaimai Range. 027 226 5297. www.facebook.com/trailtrilogy

FRI 8 - FRI 15 JUL

RETREAT- Insight Meditation 7-day retreat with Jill Shepherd at Te Moata Retreat, Paul Rd, Tairua. Harnesses the power of mindfulness to develop understanding in all aspects of our lives. Suitable for people who have done at least one insight meditation weekend retreat before. www.temoata.org

SAT 9 - FRI 22 JULY



ART AUCTION- Silent Art Auction Preview. The artists of The Little Gallery of Tairua donate works to benefit Whenuakite Kiwi Care Group. View art and make early bids at the gallery from 9-22 July (see 22 July date for more). Little Gallery of Fine Arts. 228 Main Rd, Tairua (see article p38). www.thelittlegallery.co.nz/

FRI 15 - SAT 16 JUL



FESTIVAL- Illume: Coromandel Winter Festival of Light Kapanga Road, Coromandel Town, both nights 5:30-9:30pm. For two nights, the main street will be lit up with lanterns, lights, live music, great food, entertainers, interactive light installations, a street parade, fire works and more! A free family festival. (See page 50) www.illumefest.co.nz

SAT 16 JUL



RACING- Whangamata Adventure Race The Race location is yet to be announced - within 45 min of Whangamata & announced closer to day. The course will take teams on an exciting adventure along remote beaches and through beautiful native bush and forestry. www.whangamataevents.co.nz/adventure-racing

ARTS- Coromandel Peninsula Art & Craft Fair Whitianga Town Hall, 9am-3pm. Showcasing a variety of hand made works from the artisans of the Coromandel Peninsula. Chat with the talented makers and see demonstrations of work! www.mercurybayartescape.com/2016-art-craft-fair

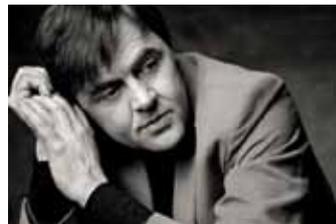
WORKSHOP- Mortality and Living Wills. Thames Community Centre & Age Concern, 609 Mackay St, Thames 9am-6pm A day-long workshop to reflect on mortality and specific wishes for end of life care. Koha or Donation Info: www.eventfinda.co.nz/2016/workshop-on-mortality-and-living-wills/thames

FRI 22 JULY



ART AUCTION- Little Gallery Art Auction Benefit, Tairua Hall Annex, 5pm. Silent auction, drinks reception and lecture to benefit the Whenuakite Kiwi Rescue. Preview and bid on artworks at the Little Gallery on Main St in Tairua starting July 9. (see article p38). www.thelittlegallery.co.nz/

SUN 24 JUL



CONCERT- Professor Oleg Marshev, Russian Pianist Performs 705 Purangi Road, Cooks Beach, 2pm. A concert for classical music lovers not to be missed! Tickets from Whitianga Paper Plus - Adults \$25, student/child \$15.

SUN 31 JULY

ART- Art Show Registration. Deadline to submit entry for the Franklin Arts Festival as amateur or professional artist. Cash prizes. Show Fri 2 Sept to Sun 11 Sept at Franklin Arts Centre in Pukekohe, Auckland. See www.franklinartsfestival.co.nz for entry form.

AUGUST 2016

FRI 5 AUG

FUNDRAISING EVENT- Race Night and Auction, Paeroa War Memorial Hall 6.30pm Raises funds for three community groups, prizes. Sponsor Table: \$300 for table of ten. Call Steve 027 556 0778.

SAT 6 AUG

WORKSHOP- Market Gardening Workshop Kauaeranga Valley, Thames 10am-4pm Tickets \$140 0800 BUY TIX (289 849) Comprehensive workshop to familiarise you with what's involved in running a successful market garden and how to do it. Info: www.PakarakaFarm.co.nz/workshops

SAT 13 - SUN 21 AUG



ART- Paeroa's Winter Art Wander Join in the Winter Art Wander, experiencing the finest in our local arts. Free entry to all pop-up galleries and studios, which are open Saturdays/Sundays. For info contact Jo: 07 862 6999. Collect your programme from the Paeroa info hub. (See page 39) enquiries@paeroa.org.nz

SUN 14 AUG

TRAIL TRILOGY- Second event Waihi to Paeroa starting at Goldfields Railway in Waihi. It is approximately 21km, a great half marathon distance with a very slight downhill gradient. 027 486 4955. www.facebook.com/trailtrilogy

SAT 20 AUG



RALLY- Mahindra Gold Rush Rally of Coromandel R5 Mercury Bay Multi Sport Park: Moewai Park Rd, 8am - 5pm. The 2016 New Zealand Rally Championship comes back to Whitianga. Come and enjoy the atmosphere with rally cars, crews, service teams, spectators and volunteers all getting involved in the action! www.rallynz.org.nz

FRI 26 AUG



COMMUNITY- Daffodil Day is annual flagship fundraising & awareness campaign. Local volunteers to collect donations for fresh daffodils and pins. Look for key locations in many towns including Tairua, Pauanui, Cooks Beach, Hahei, Whitianga, Matarangi and Kuaotunu. Some offer baked items and jams as well. (See page 53) www.daffodilday.org.nz

FRI 26 - SUN 28 AUG



SPORT- Coromandel Classic 2016 The Coromandel region is one of the New Zealand's best hidden playgrounds for multisport and adventure athletes. From surf beaches to sub-alpine native forests, this race will challenge individuals and team competitors of all abilities. For more info contact Tom: 021 1901 079. www.coromandelclassic.co.nz

SEPTEMBER 2016

FRI 9 SEP

THEATRE- Under the Same Moon by Renee Liang Whitianga Town Hall 6.30pm for a 7pm start. A fantastic play that will take you on a crash course in culture and family love, and have some great laughs along the way! Tickets from Whitianga Paper Plus - Adult \$20, Student/child (under 19 yrs) \$15.

FRI 9 - SUN 11 SEP

FAIR/CAR SHOW- Paeroa Antiques Fair, Vintage & Classic Car Show. Fri 6.30pm: Wine & cheese fair opening, Paeroa Memorial Hall. Sat & Sun 10am: Antique Fair at Paeroa Memorial Hall. Sat 11am: Vintage & classic car show street parade, in the town centre (muster at Taylors Ave prior). www.paeroa.org.nz

SAT 10 SEP



FESTIVAL- Whitianga Scallop Festival Whitianga Marina Reserve, The Esplanade, 10am-4pm. Festival hosts 60 stalls producing mouth-watering dishes alongside some of NZ's most popular wineries. General admission \$45, children (5-15 yrs) \$10. Phone sales 0800 BUY TIX (289 849). www.scallopfestival.co.nz



SPORT- Whangamata Run Walk Festival Whangamata Area School, Port Road, 9am. Fun, fitness and family. Half Marathon, 10k & 5k races plus a new 'Designated Walkers' section. Register now! www.whangamatarunwalk.co.nz

SAT 17 SEP THRU 15 OCT

ART- Beyond the Surface Exhibition at Bread & Butter Gallery, Whitianga. A collaboration of work by Jacqueline Elley and Lynden Over depicting a watery world through painting and glass work (see page 40). breadandbutter.co.nz

SUN 18 SEP

TRAIL TRILOGY- Third and fourth events Paeroa to Thames and Trilogy Ultra. Paeroa to Thames is the third event in this three part series on the Hauraki Rail Trail. New to the event this year is the Trilogy Ultra 100km. 027 434 1565. www.facebook.com/trailtrilogy

MON 19 -THURS 22 SEP

ART- Tairua School Art Exhibition 110 Main St., Tairua, see www.tairuaschool.com

SAT 24 SEP

SPORT- Fusion Netball Tournament Whitianga Sports Club. Opened by Irene Van Dyk and Live Streamed around the world. Teams from Brisbane, Auckland, Thames, Paeroa, and more already lined up. Prizes, music, food. Info: mel.tarapa@gmail.com

SUN 25 SEP

SPORT- Ice Skate Tour MB Game Fishing Club, Whitianga 10am-5pm daily, till 8pm on Thu 29 Sep At door only. Adults \$13 Kids \$7 www.eventfinda.co.nz/2016/ice-skate-tour/

THU 29 SEP - SUN 2 OCT



FESTIVAL- Brits at the Beach Mayfair Avenue reserve Whangamata, 10am. A celebration of all things British! Cars, bikes, tractors, maypole dancing, yorkshire pud and mushy peas. www.britsatthebeach.co.nz

OCTOBER 2016

SAT 8 - SUN 9 OCT



SPORT- Got To Get Out Hikes Waitawheta Bush Tramway, Franklin Rd, Waihi. Got To Get Out is a group which is all about getting people active, outdoors, making new friends and having adventures! DOC hut (Bunk) \$115.00, Tenting (BYO tent) \$105.00 (R18). Phone sales: 0800 BUY TIX (289 849). www.gottogetout.com

SUN 16 OCT



ART- 2016 Steampunk Photo Competition Entry Deadline. Submit digital images in three steampunky categories: Reala Fotografajo Vapora Exploristo (Real / Natural Photographs), Fantazio Grafajo Vapora Exploristo (Steampunk Image / Illustrations) and Auto Portreto Vapora Exploristo (Self Potrait). Intrigued? Sponsored by PCL Imaging and Steampunk the Thames. Look also for Punk My Ride and Sculpture contests. Find link at bottom of Programme page www.steampunkthethames.org/

SAT 22 OCT

COMMUNITY- Tairua's 2nd Beer Festival Punters Bar & Grill, Tairua. 10am R18, Gourmet, Wine Beers from NZ and the world. Free food. 3 music acts throughout the day! www.eventfinda.co.nz/2016/tairuas-2nd-beer-festival/tairua



SPORT- XTERRA Trail Challenge Waihi Waihi/Karangahake Gorge. An event for everyone, from the casual weekly walker who wants to come and have a great weekend on some spectacular trails, to the slightly more serious and/or competitive runners. It's going to be an awesome day on the trails! www.trailrun.co.nz/XTERRAtrailchallenge

SAT 22 - MON 24 OCT

ART- ARTWaikino Waikino Hall. An annual art exhibition including paintings, craft, photography and sculpture. Gold coin entry - all proceeds to the upkeep of the community hall. www.waihi.org.nz/events/art-waikino

SAT 29 OCT



SPORT- K2 Road Cycle Classic The race will start in Tairua and travel in an anticlockwise direction through Whitianga, Coromandel, Thames and back to Tairua. Scenic and varied with the route traveling through sub-tropical forest, Pacific coastlines, rural farmland and the Puhutakawa coastline of the Hauraki Gulf - total 192km. www.arcevents.co.nz/k2home

MON 31 OCT

COMMUNITY- Halloween Trick or Treating Friendly Houses Whitianga. Download your Trick or Treating Friendly List Map: www.allaboutwhitianga.co.nz/mercury-bay-events-guide/community/halloween-trick-or-treating-friendly-houses

NOVEMBER 2016

FRI 11 - SUN 13 NOV

FESTIVAL- Steampunk the Thames. Balls, parades, entertainment, carnival, burlesque, art exhibits and lectures. A full weekend of punky mischief. Get your gear on. Check full schedule here. www.steampunkthethames.org

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MARKETS... AROUND THE COROMANDEL

WINTER 2016



WHITIANGA CRAFT & FARM MARKET- Sat 10 Sep, Sat 1 & 22 Oct. 8.30am-1pm. Soldiers Memorial Park, Albert Street. Info: Doreen 07 866 5237

KUAOTUNU COMMUNITY SWAP Fortnightly Sundays 10am at Lukes Kitchen. Exchange your home-produced food with food from other community members. See the 'Kuaotunu Community Swap' Facebook page.

THAMES MARKET- Saturdays 8am-12pm, Pollen Street. Mussel fritters, cheeses, breads, crafts & plants. Info: Angelika & Peter 07 868 9841.



TAIRUA MARKET DAY- 1st Sat every month, 9am-1pm, Tairua Town Hall, Main Rd. Crafts, goods and produce. Info: Fay 07 864 7451

KARANGAHAKE HALL MARKET- 2nd & 4th Sunday every month 10am-2pm. Main St, Paeroa. Info: Moira 07 862 9233

WAIHI MARKET- 3rd Sat. every month 8.30am-1pm, Memorial Hall, Main Rd and in Sneddon St. Info: Sherry 022 650 8253

KATIKATI PLANT & PRODUCE MARKET Fridays 4-6pm (closes at sunset). Katikati A&P Showgrounds, Waterford Rd. Local produce, bread, cheeses, meats, sweets. 07 549 2449



KATIKATI LIONS MOGGIE MARKET- 2nd Sat every month, 8am-12pm, Katikati War Memorial Hall. Arts & crafts, food, plants. Margaret 021 507 456, Alan 027 279 1096

PAEROA 'N' WAIHI CARBOOT MARKET 1st & 3rd Sunday every month 8am-12pm, RSA Waihi RSA Memorial Car Park, \$6 car space. 07 862 7833 or 020 401 14722

LOOK FOR THESE MARKETS STARTING AGAIN IN OCTOBER: **Coroglen Farmers Market**, Sundays 9:30am-1pm. **Coromandel Town Market**, Fridays 8am-12pm. **Waihi Beach Fresh Produce Market**, Sundays 9am-12pm.

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07 862 8978 Paeroa • 07 884 8015 Te Aroha
Visique O'Hagan Vision Care • www.visique.co.nz/



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www.mercurybayestate.co.nz

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The Crowd Seen



Thames locals 'star' as extras in historic film "Jean"

Kiwi born Jean Batten made headlines with her beauty and her record breaking flight.



Over 6000 welcomed Jean Batten when she landed at Auckland's Mangere airstrip in 1936.



IN FEBRUARY, a casting call went out on Gold FM and Thames community Facebook groups. They were in search of 200 extras to play the crowd of Kiwis welcoming famed NZ aviator Jean Batten, the first person to make a solo flight from England to NZ, as she landed from that 11 day flight in 1936.

The Thames area shoots for the telemovie "Jean" were filmed outside the A&G Price Foundry and at the Thames Aero Club airfield, a close match, visually, for the Mangere grass-cut strip in Auckland where Batten actually landed.

The movie crew filmed over three days, March 6-8, with one large crowd scene, then smaller groups on the final two days.

The citizens of Thames are well acquainted with dressing in period for events ranging from Heritage Days to funky Steampunk. But here, the extras were outfitted in 1930s garb – dresses, gloves, purses and tight-curl hairstyles for women... fedoras, suspenders and wide ties for the men. The prop department provided vintage cameras to capture the newsworthy event.

Lippy Pictures casting director Viv Kernick says, "It was a good day with lots of cheering, everyone was dressed beautifully!"

Kiwi actress Kate Elliott plays the fascinating aviatrix, nicknamed the "Garbo of the Skies." Besides taking many flying lessons in a single engine biplane like Jean originally flew, a Gypsy Moth, Elliot learned to catch and gut fish and to ballroom dance – just a few of Batten's skills.

The film's writers/producers Paula Boock and Donna Malane praise Elliott for "looking spookily like Jean" and her "astonishing" talent. They expect the film to air later this year on TVOne's Sunday Theatre; an early cut might be available for viewing by cast and crew in August.

For more info see www.lippypictures.com/#/jean/bczfi and www.facebook.com/jeantvfilm.



Kate Elliott plays the famed Kiwi aviatrix Jean Batten in "Jean," set in 1936.



Photos by www.kristygriffin.com

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Toasty Stuffed Mushrooms

- 2 Portabella mushrooms
- 2 thick slices of bread
- 2 eggs
- 1 cup milk
- 1 red onion
- 3 garlic gloves
- 2 tomatoes
- Camembert cheese
- 100g butter
- Cooking oil
- Basil for garnish, side salad ingredients

Mix egg and milk and dip bread in the mixture to soak.

Chop up red onion finely and add it to the egg and bread mixture.

Rinse mushrooms. Push on the stems and pop them out. Brush mushroom caps with oil so they will not stick to grill.

Chop garlic, minced really fine. Grate some camembert cheese. Stuff the mushrooms (mix garlic and tomato and put cheese on top) after they have been on the BBQ for 3 mins.

Fry the egg covered bread in butter on the BBQ until a little crunchy.

Make sure the cheese is melted on mushrooms and they are cooked. Sprinkle some basil across the top. Plate up and tuck in!

OVER 2000 ENJOY

A Taste of Matarangi

This year's 'A Taste of Matarangi' on 9 April was another success, "a rip roaring" one at that. The weather was perfect and the crowds fully enjoyed the live music, the food and beverage booths, and the cooking competition.

Two bands, the Mercury Bay Big Band and Pow Wow from Mount Maunganui, had the crowd on their feet and groovin'.

Kids enjoyed a bouncy castle, face painting, ceramics art, small electric cars, and clowns. Even the costumes knocked it up a notch with imaginative artistry: a fully stuffed nun, an ashy grey zombie trio, and a *commedia del arte* Punch and Judy were truly knockouts.

A taste? Make that multiple tastes! Booth food included seafood chowder, mussel fritters, scallop pies, pumpkin and feta fritters, Vietnamese salads, roasts, pizzas, burgers, salt and pepper squid, scallop bacon skewers, tacos, sausage sizzle, Hungarian fried bread, Spanish churros, smoked mussels, fritters (paua and oyster), sweet crepes, artisan brownies, cupcakes, and bacon butties. Coromandel wineries and craft brewers were also crowd pleasers.

EXCITING COOKING COMPETITION

The festival highlight was Matarangi's own MasterChef-like competition, a cooking nailbiter sponsored by buyinglocal.co.nz. Each chef is given a 'mystery box' which this time included green lip mussels, local oysters, and fresh kingfish caught by SMADA Fishing Charters.

Winning Kids' Photos by Michelle Dobson

The winning kids recipe at 'Taste of Matarangi' was prepared by Ike, Anna and Albey. Competition judge Andy Corles liked the dish so much, he added it to his menu at Castle Rock Café.

Other winning recipes from the kids



Left: Quinn, Beth and Danyl presented 'The Local Legend' - Sirloin steak with creamy roasted garlic dressing.



Right: Lusha, Theo and Zyon served chicken kebabs, halloumi chips and salad.

Cooking wasn't the only thing on the menu at 'Taste of Matarangi' 2016. Several bands kept the vibes beatin' while the kids enjoyed a variety of activities from jumpy houses to figurine painting (see next page).

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Hahei Beach Café has added some new items to their winter menu, including hearty Savoury Mince on Toast, Homemade Smokey Baked Beans and delicious French Toast! "There's also an assortment of gluten-free offerings, and we're still baking our popular gluten-free Friands. Here's the recipe for you to enjoy!"

Make them yourself, or enjoy them at the café before heading to the beach or Cathedral Cove. Winter Hours: Open Thursday – Monday from 8.30am.

Gluten-Free Friands from Hahei Beach Café

Recipe makes 12

- 250g Butter
- 1 cup Ground Almonds
- 2 ¾ cups Icing Sugar
- 2 cups Coconut Thread
- 1 cup Gluten-Free Flour
- 10 Egg Whites
- 1 tsp Baking Powder
- Frozen berries or plums and slivered almonds

Recipe

Preheat oven to 180°C

Spray 2x6 Friand tins with cooking spray. Melt butter and set aside to cool.

Sift the icing sugar, gluten-free flour and baking powder into a bowl. Add the ground almonds and coconut, and stir to combine. Whisk the egg whites until soft peaks form. Add the egg whites and melted butter to the dry ingredients.

Fill each hole 1/2–3/4 full, then place a few frozen berries or sliced plums and almonds on top.

Bake for 20-25 minutes until golden and a skewer comes out clean. Cool in the tin before turning out onto a cooling rack.

Dust with icing sugar and serve with whipped cream or yoghurt.



Winner Scott Corbett of The Dunes Restaurant prepares veggies to accompany his winning grilled kingfish dish. Luke Reilly, (standing, blue shirt) works on his entry, while Andy Corles keeps an eye on Karlos at the BBQ. All ingredients from seafood to local produce are locally sourced, thanks to contest sponsor www.buyinglocal.co.nz



Scott's yummy winning dish.

In addition they can use other locally grown/produced items from the open 'pantry'. They then get 20 minutes to prepare their dish.

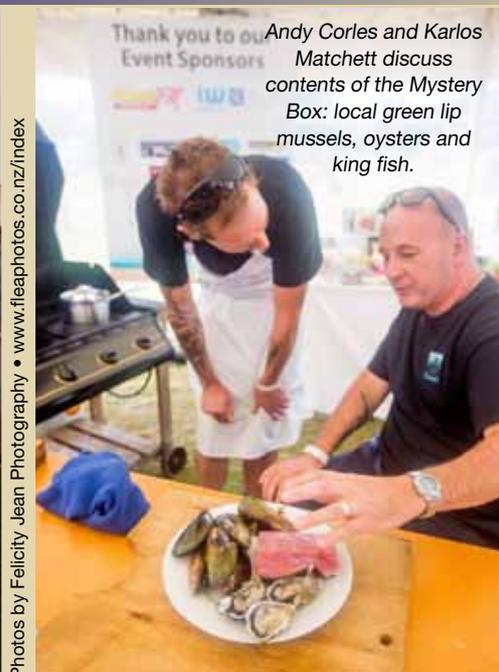
Scott Corbett, Master Chef at The Dunes, took home the honours. He prepared the kingfish two ways: half the fish was grilled, half was served as shashimi. Mussels were steamed in

a local beer/butter broth, served with oysters, vegetables and wakame.

Other competing chefs were Luke Reilly of Luke's Kitchen in Kuaotunu and the team of Chef Andy Corles and Karlos Matchett from Castle Rock Café in Whangapoua.

Part two of the cooking competition was between teams of student chefs. Winning dish here was Toasty Stuffed Mushrooms by the team of "Ike, Anna and Albey". Judge Andy Corles thought so much of this tasty winner, he added it to his café's menu! (See recipe left.)

The real 'winners' were two local organisations: Westpac Rescue Helicopter (receiving \$12,000) and Kuaotunu Search and Rescue (\$3000).



Andy Corles and Karlos Matchett discuss contents of the Mystery Box: local green lip mussels, oysters and king fish.

Photos by Felicity Jean Photography • www.fleaphotos.co.nz/index

Organisers have already given the GO for next year's 'Taste', the festival's 5th year. Mark the date – April 8th – and grab your plate! –CW

See FB page & www.atasteofmatarangi.co.nz.



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Coffee LaLa now up to 18 awards



Proud to receive their newest NZ coffee awards are (l to r) Carma Adam, Martin Smith and owners Nedilka Radojkovich and Mark Tugendhaft (seated). Behind them is their Kuaotunu office and roasting shed where they 'fresh roast' to order.

The latest accolades from the NZ Coffee Awards: Coffee LaLa Fairtrade Organic Blend (Silver: fair trade ethically traded category), LaLa Medium Roast Blend (Bronze: plunger coffee category) and LaLa Medium Roast Blend (Bronze: flat white coffee category, above).

With 6 awards, their best performer is their Coffee LaLa Fairtrade Organic Blend.

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Coromandel Illume Festival of Lights set for mid-July



The Star & Garter Hotel with moving images projected on its side.



Coromandel Town's yearly **Illume Festival of Lights** will plug in for two big nights, Friday and Saturday, 15-16 July 2016. Last year more than 500 enthusiastic people attended and enjoyed the family-friendly free events.

Kapanga Road will 'light up' both nights for the delight of all ages with fabulous light features, lanterns, and projections. From 5:30pm there will be a night market with food, arts, crafts and lots of other goodies. Friday also offers a selection of bands including Crimson Coast.

KidZone is open both nights from 5:30 with heaps of fun for the young and young at heart – a talent show, glowing ring toss, night bowling, mini sleigh tug and snow balling to name a few.

On Saturday the street will again be 'aglow', with a parade at 6pm followed by fireworks. Dine at the many food stalls while being entertained by The Twisty Twins, Robotman, the band Magenta and more!

Most spectacular are the massive moving projections which turn some of the town's walls into large colourful screens – telling stories of the area's culture and artistic heritage.

Check out their website for DIY projects for candles, electro-costumes, and lit umbrellas!

You may still be able to reserve a stall or register a float in the light parade!

To learn more about this year's Illume schedule go to www.illumefest.co.nz.

COMING SOON!

Colossal plants and incredible edibles

TAIRUA TIMBER AND HARDWARE will be overflowing soon with plants, flowers, fruits, veggies and supplies for everyone's gardens. Tairua residents can now get their 'green fix' right here in town.

Call in at 232 Main Road and ask for Mel Anderson, the 'garden lady'. She and owner Vanessa Coory are planning to have a continuous flow, with new stock coming in every week. And, if you don't see what you want, they'll source it for you.

Shane and Vanessa also own Cooks Beach Timber and Hardware. Find all your tool and DIY needs as well as fishing gear, bait, camping equipment and more – even dive tank fills/hires.



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Photo by Peter Drury

KOPU TO KAIUA
K2K Rail Trail
Sod-turning



At the ceremonial sod-turning is Hauraki Councillor Gill Leonard (half hidden). Manning the shovels are Thames-Coromandel DC Mayor Glenn Leach and Hauraki DC Mayor John Tregidga, while Thames-Coromandel Deputy Mayor Peter French looks on. Hauraki Rail Trail Charitable Trust Chair Wati Ngamane led the karakia and sod-turning ceremony.

Prime Minister John Key announced a \$25 million budget figure this year to fund expansion of the bike trail systems. Portions of this 47km trail, which runs past the Pukorokoro Miranda Shorebird Centre, should be open by summer.



The Mastercraft website now offers a rollover 'Before/After' feature to showcase their kitchen renovations.



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“COROMANDEL BUILT”
MASTERCRAFT KITCHEN
DESIGNS HEADED TO
NATIONAL COMPETITION

Left, designer Carol Harker with production manager Tony Wilson

Carol Harker of Mastercraft Kitchens in Whitianga has recently entered several of their kitchens in the “Kitchen of the Year” awards for the National Kitchen and Bathroom Association – NZ. “I am entering four of our kitchens,” she said, “one each from Cooks Beach and Whitianga and two from Tairua.” It is their first time entering a nationwide design competition for this designer and partner, Tony Wilson, production manager.

THEIR KITCHENS ARE A TEAM EFFORT

Carol says the kitchens they have chosen to enter are not just the work of Mastercraft: they have been created by cooperative effort. Many talented local craftsmen have had input into these beautiful kitchens, all members of a local thriving building trade. “It’s like a Coromandel ‘team effort’, and I hope that we win – because then we ALL win! And that creates a better ‘word of mouth’ for all of us in the trade”.

KEEPING UP...ONLINE AND AT THE CONVENTION

She also noted that their website has been updated with a ‘rollover’ feature to view before-and-after photos of their kitchen renovation projects. “Customers are being inspired by seeing what their kitchen can be. They also show a variety of price ranges that fit all budgets”.

As for the competition, they will learn the results when they attend the NKBA convention in Auckland in mid-August. “Hope we score a win, but we for sure we will come back all inspired with great new products, looks and fresh ideas!” Take a look: www.kitchensoncoromandel.co.nz

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Whitianga's **Guthrie Bowron** opens

OUTDOORS COVERED

Winter makes us all long for summers on the patio or deck, with warm air, cooking on the 'barbie' going on, and swims. Well, now there's a way to spend time outside, even when it's raining, creating that 'outdoor room' you can use in all weathers.

Rachel and Julian Lee, Whitianga's local "decorating specialists", have expanded their business from flooring, draperies, and home decor at the Guthrie Bowron shop on Blacksmith Lane. They have opened another business there, Outdoors Covered, meaning that, literally.

The Lees' new business specializes in overhead cover for your deck or patio, the dramatic and sturdy Bowranda Arched Roof. Now "you no longer need to go out of town for a roof like this", said Julian.

They were already offering external shades and blinds, so when the opportunity came along to distribute the arched roof, they quickly jumped on board, creating the new business in the process.

"Many people love to live outdoors on the Peninsula," said Rachel, "but sometimes it's too hot, too windy or too rainy to use the deck or patio, so our area calls for solutions like this. And it effectively creates another whole room for your house, protected any time of year," depending on one's choice of siding.

Other options for closing in your space include manual or motorised awnings, mesh, blackout or clear blinds, shutters, and the traditional umbrella, so paired with the Bowranda



Rachel and Julian Lee can now install the innovative Bowranda Arched Roof system, with choice of siding.

Arched Roof, "we've got you covered. We've installed several now and they are very successful".

Yet another new idea that you can now get locally!

Drop by and see Julian or ring at 027 534-3739.



YOU Travel director Monett Johnston (second from left), with travel advisors Brad Wooldridge, Diana Williams, Jody Simpson and Julie Pepper, outside their office on Albert St, Whitianga.

REBRANDING TO...

YOU Travel Whitianga

In April, Coromandel Life's travel writer, Monett Johnston relaunched her Whitianga travel company (previously United Travel) under the new YOU Travel brand, part of the cooperative First Travel Group.

Monett founded the agency in 1984 and knows the travel business from the ground up. "I started a very long time ago as a shorthand typist in one of Auckland established travel companies."

She loves travelling, of course, and estimates she's been to some 50 countries, experiences she colourfully shares in her travel articles and with her clients.

As 'cruise specialists' this group truly knows their ships, achieving 'Cruise Agency of the Year' status. "We care about our customers and ensuring that

their cruise holiday becomes the one of their dreams", says Monett.

And it's what Monett did for Greg and I. Her experience, insights and knowledge proved invaluable as she helped us plan our first holiday in seven years – and it was a 'dream cruise'.

Monett is the well-respected head of this multi-award winning agency. She and four travel advisors arrange customers' travel as if it was for themselves, finding the best trip at the best price!

Stop by the bright red office on Albert Street in Whitianga and be sure to say you read about them in **Coromandel Life**.

Contact 07 866 4397 or monett@xtra.co.nz, or visit them online at www.youtravel.co.nz/whitianga.

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Destination Coromandel video contest winners announced



1st Place – The Friendly Giant Stingray
BY ETIENNE MAGNIN



2nd place – Pauanui Summer Summit Lapse
BY TONY STEER



DESTINATION COROMANDEL, the region's marketing agency, held a video and photo contest to help promote the peninsula.

Dozens of entries, many shot underwater, were submitted online, and viewers selected their favourites.

1st Place, Etienne Magnin of Hahei won a SUP Paddle Board for her underwater stingray film.

2nd Place, Tony Steer of Auckland won a Torpedo 7 Tent for a timelapse panorama shot.

3rd Place, Josh McMurtrie, Whitianga won a Torpedo 7 Kayak. **4th Place**, Tukumana Renata of Coromandel won a Torpedo7 Retro Bike



Volunteers Diana Avery and Celia Morrison of Tairua help raise funds for the Cancer Society. Ten fresh daffodils for a \$5 donation, but they go fast! They also will be selling donated baked goods and jams to further support the local group and the Friendship van, which transports patients to medical appointments.

Mark your calendar in yellow highlighter: Friday, 26 August is this year's Daffodil Day, the Cancer Society's annual flagship event. This touch of sunshine helps raise awareness of cancer in NZ, and it is a major funding source for the Cancer Society.

Cancer Support Groups around the Coromandel will have volunteers at many points to collect donations in exchange for lovely fresh daffodils and daffodil pins. Keep an eye out for key locations in Tairua, Pauanui, Whitianga, Matarangi, Kuaotunu, Cooks Beach and Hahei. Some will offer baked items and jams as well.

There are many ways to participate as a volunteer, and businesses can order flowers in bulk for display or corporate gifts. Want to help now? Text "Hope" to 469 to make a \$3 donation.

Find the latest info on FB at Daffodil Day – Cancer Society of New Zealand, or visit www.daffodilday.org.nz.

SEE PAGE 54 FOR OUR ADVERTISER INDEX, WITH WEB PAGE LINKS
Read past issues of both Coromandel Life & PakuViews in flipview at www.coromandellife.co.nz

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Harcourts and SuperValue support Surf Life Saving Club

Trust Waikato Pauanui Surf Life Saving Club received a boost with two new club sponsors. Lifeguards Amy Peplow and Caitlin Aliso at right meet Alyce Rowe, co-owner Harcourts Pauanui, and Amanda and Matt Iggulden, owners SuperValue Pauanui.

Alyce Rowe was keen to support because her sister has been a lifeguard at Pauanui. "I know the hours they put in on the beach during summer and the training they do off-season", she notes.

This season, 161 lifeguards attended various courses in first aid, marine VHF radio, Junior Surf badges, instructor training, etc. They also attend development camps for team morale and fitness.

The club also runs the Junior Surf programme over the summer for children age 7 up. "Most of our lifeguards have started in the nipper programme and come up through the ranks", says Denise Bracken, Trust President.

The Best Medicine...

"The most unfair thing about life is the way it ends.

I mean, life is tough. It takes up a lot of your time. What do you get at the end of it? A Death! What's that, a bonus?

I think the life cycle is all backwards. You should die first, get it out of the way. Then you live in an old age home. You get kicked out when you're too young, you get a gold watch, you go to work. You work forty years until you're young enough to enjoy your retirement. You do drugs, alcohol, you party, you get ready for high school. You go to grade school, you become a kid, you play, you have no responsibilities, you become a little baby, you go back into the womb, you spend your last nine months floating ...and you finish off as an orgasm."

GEORGE CARLIN



The many ways to heal... with sarcastic humour, LOL cats, get well cards,...



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New Pauanui lifeguards graduate, Jan 2016

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Biking and walking the new Pauanui-to-Tairua Trail

The trail stretches from Pauanui Waterways boardwalk and around the estuary's edge. Stage 1 to Duck Creek is almost complete.

For updates see their FB page or visit www.pauanuitairuaitrail.org.nz.



Work continues on the Pauanui-Tairua Trail, and the finished portions offer views like these. New are picnic tables (thanks to Pauanui Community MENZ Shed), safety rails, and scrub clearing to open up vistas.

The finished trail, to grade 2 cycle standards, will be 25k long, meeting up with the footpath at the Tairua School. The cycleway will cross the Tairua River over the old Hikuai bridge.



Photos are from the Pauanui Tairua Trail Facebook page.



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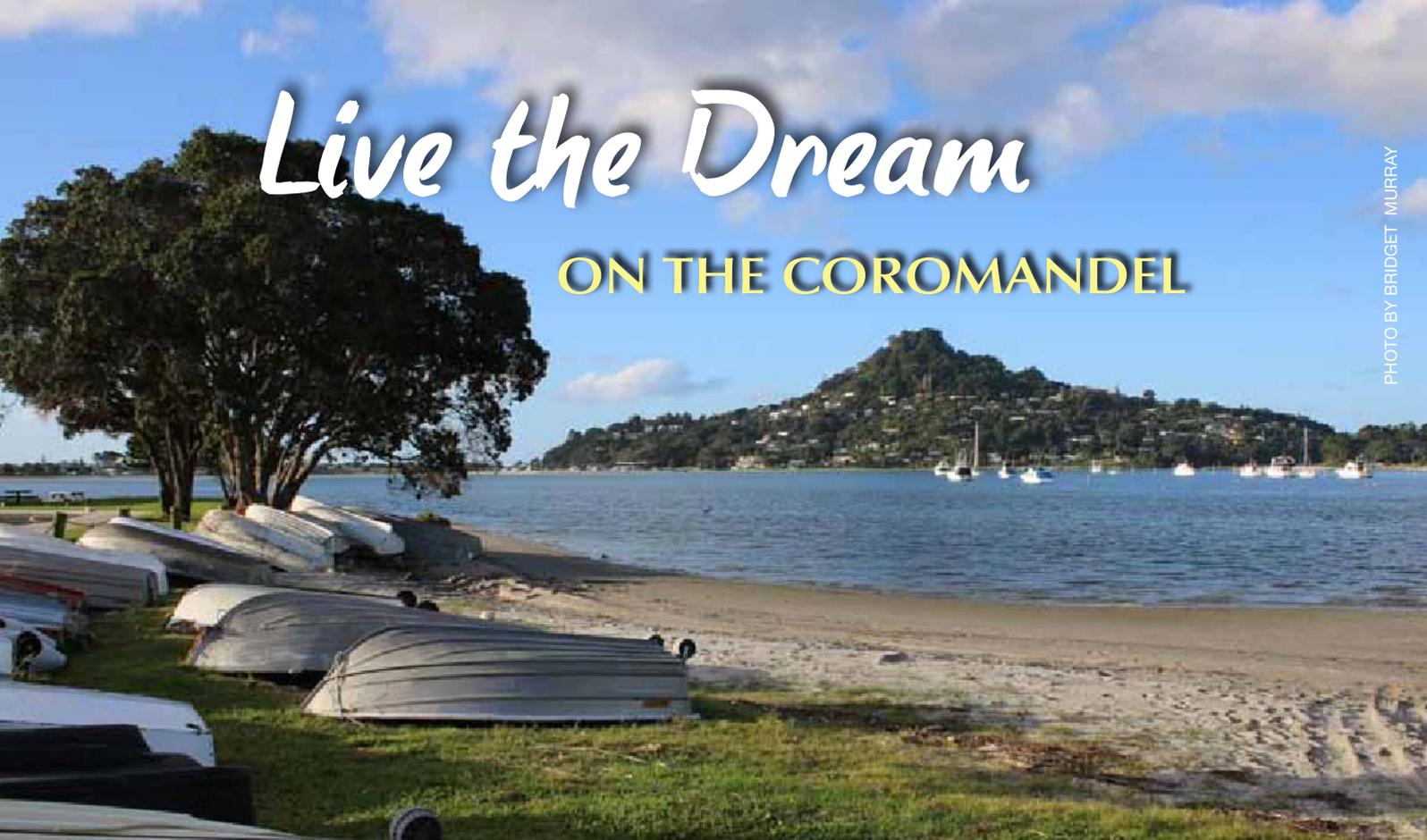
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