



New Coasters Newsletter

March & April 2016

Come in & make some friends



New Zealand
Newcomers Network
Connecting People

Kia ORA and Haere Mai

Time really seems to fly – is it already March?? I've recently talked to quite a few people who feel very busy and 'flat out' – life can get rather full on and sometimes we need to take a break, reflect what's going on and think about changes.







Many of you have heard about Fasting – it's common to abstain for a certain time in most religions and also for non-religious people it can be beneficial to reduce, to do without certain things for a while and change your habits. A currently popular world-wide trend is to go on a 'digital detox' – have screen-free Sundays, go on a 'facebook fast' and reduce your daily online-time. Instead you could meet friends for a REAL cuppa & chat, play a board game (instead of online) and do something with your hands that doesn't involve a touchpad. Your body and mind will probably appreciate those activities and you might even feel more energetic ☺. According to a recent Canadian study the **strongest predictor for living a long and healthy life is social integration with a regular diverse group of people** – well, New Coasters certainly has those connections to offer ☺.

All our activities encourage you to connect with others, share experiences, try something new and be active – and they are mostly free of charge. Come along, have a chat, make connections and spend quality time with others.

I look forward to meeting you.

Birte

Some of our next events ...for more info please turn the page

-  Book club meetings
-  Picnics, Beach Hangi and Potluck Dinner
-  Flax weaving and Wrap making
-  Beach clean-up walks & Outing
-  Coffee mornings and 'World café'
-  Advisory groups planning meeting



Welcome Newcomers

We are an informal social network which supports people in Greymouth, Hokitika and surrounding areas. 'Newcomers' can help you get in touch with others, meet local people, find out about clubs and organisations. We hope to help you feel at home in your new environment. Please feel free to come along to our activities or contact us.

Contact us:

Newcomers Network
Greymouth
38 Albert Street, Greymouth
☎ 03 7686580 or
027 4070302 (also WhatsApp)

Newcomers Network
Hokitika
72 Tudor Street, Hokitika
(WestREAP) ☎ 03 755 8700

Email:
birte@newcoasters.co.nz
Web: www.newcomers.co.nz

 **New Coasters**
like us for up-to-date information

Opening Times of our office vary depending on other events. For details see poster @ the office or contact me.



Welcoming communities

Skilled and motivated newcomers are very important and vital to our communities. We need to make sure that people who move here feel like they are welcome and appreciated. New Coasters provides information, activities and help to make connections. We will also start handing out Welcome Bags filled with information and – hopefully – some **vouchers and freebies**. We are looking for donations from local businesses and organisations – please spread the word about this!



We are also planning a new project: "A WARM WELCOME". We'd love to hand out 'hotties' with a handmade cover to people moving here in autumn/ winter. **Could you help us** to sew them (we've got material, patterns and machines)???

Great opportunities
to help others seldom come,
But small ones
surround us every day.
Sally Koch

Skill swap

What do you do when you need a new shelf? Buy it or build it?

What if you'd like to build one but haven't got the tools or the knowledge how to do it?

Instead you're a very skilled cook/ crafter/ babysitter/ weed picker/ ... Well, wouldn't it be great to SWAP those skills? Someone helps you to build your shelf and in return you bake a cake, knit a pair of socks or help him/ her in the garden?

I know this works between neighbours and friends anyway, but I'd love to encourage MORE of it to happen. It would also be great to know more about the skills of our community members AND newcomers and 'asset map' them to create a 'skills directory' – please let me know your thoughts how we could improve the situation ☺

The benefits of SWIMMING

Water is an important element in New Zealand – we have lots of beautiful rivers and lakes, the sea is really close to us and the odd downfall of rain can cause instant flooding. We love to enjoy the beauty of our waterways, but at the same time many people are unprepared for the potential dangers of the water. A high percentage of New Zealanders and migrants actually can't swim! Both public pools in Greymouth and Hokitika offer swimming classes for adults, so please contact them for details if you or a friend want to learn this life-saving (and fun!!) skill.

Grey District Aquatic Centre: [03-768 9076](tel:03-768-9076) (Amara) and Hokitika Centennial Swimming Pool: [03-755 8119](tel:03-755-8119) (Cassie & Jane).

Do you have a bit of spare time on 6th March? The organisers of the **Childrens Day** activities need more **volunteers** to run the stalls on Cass Square and contribute to the success of the day. Please contact Linda to offer your support: linda.dyzel@gmail.com

Do you know of any houses/ apartments for **rent** in Hokitika or **jobs available**? Please let me know so I can forward this to our group members who are looking for housing/ work!

Are you interested in **football**? The local soccer teams are looking for new members. Please contact Sarah for details: 0273013397 or email westcoastseniorfootball@gmail.com

Would you like to see more nightlife happening on the Coast? Going out for a **dance** on weekends?? We are planning some round table meetings in the next few weeks to develop ideas and discuss options. Everyone interested in organising dance nights is very welcome to join!



Come in & make some friends

Events @ & with New Coasters in March:



Beach Clean up walks

Sat, 5.03., 10am, Cobden Beach and Hokitika Beach

Join this Seaweeek activity to show that newcomers care about the environment in their communities! *(bring rubber gloves)*



Gardening meeting

Mon, 7.03. 5.30pm, Anne's garden (Pinetree Road, HK)

Visit this well established garden in Kaniere and get more ideas how to grow your own vegetables.



Art in the Park outing & lunch picnic

Sun, 13.03., from 11am at Shantytown, Paroa

A great opportunity to meet members of the Westport newcomers group, enjoy the art exhibition and explore Shantytown.
Please bring a contribution for a shared lunch picnic.



Book club meetings

Tue, 15.03. 6pm @ Colleen's place, Gladstone (03 7626412)

7.30pm @ Kathleen's place, Hokitika (021 1414851)

These new groups invite all 'bookworms' to come along to their first get-together and discuss the details for future monthly meetings to talk about books they've read. *Please contact the hosts to RSVP and find out details.*



Crafternoon "Bees Wax Wraps"

Wed, 16.03., 3-6pm, New Coasters office, GM

Join us to learn how to make re-usable and sustainable food covers & wraps. *Basic material provided*



Multicultural Coffee morning

Thu, 17.03., from 10.30am, Ramble & Ritual cafe, HK

Always a good opportunity to catch up on local news and a casual way to meet other newcomers.



Harakeke Flax Weaving

Fri, 18.03, 7pm, Customhouse HK

Mon, 21.03, 5.30pm New Coasters office, GM

Learn the art of flax weaving and create some baskets for Easter presents or other occasions.



HANGI on the beach

Sat, 19.03, from 9am at Karoro Beach GM *(contact me for details)*

Spend a day outside and learn step by step how to prepare food in traditional Maori style and have a taste of food from the earth oven we create.



Sunday outing - walk, swim, explore & picnic

Sun, 20.03., 2pm, Nelson Creek Domain

Only 30kms out of Greymouth you find the perfect spot with something to do for everyone: Nelson Creek Domain. Contact volunteer Christina for details: 03 768 0090 or 021 188138. *BYO drinks & snacks, sun protection, sturdy footwear, togs & towel*

Regular events @ & with New Coasters:



English Language classes (GM + HK - \$5 per class)

Every Thursday from 9.30-11am at New Coasters (GM) – mixed level class

Every Thursday from 7-8.30pm at the Customhouse (HK) – mixed level conversational English

Join our English groups to learn with friendly teachers and improve your vocabulary, pronunciation & knowledge of local phrases – good English language skills open the doors to new friends & job opportunities...



Café Craft meetings (GM) Every second and fourth Monday from 6.30pm, Ali's Café, 9 Tainui St, GM

Enjoy a night out and go with the new global trend: knit/ crochet in a café while having crafty conversations with others... Beginners and experienced crafters welcome.



Essentrics stretching & strengthening session (GM)

Every Monday 6.30 – 7.30pm and every Thursday from 12.15 - 12.45pm

Few free spaces - registration essential- contact Esther for details: 027 380 0813



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Events in our communities & around the world in March:


- 27th Feb - 6th March **Seaweek New Zealand** [Learn more](#)
- 2nd March **Dining Club Meeting** 5.30pm Ristorante Italiano, Mawhera Quay, GM, (call Juliette: 03 769-7400 extn 2470)
- 4th March **Westland Parent Network session** 10am at WestREAP, 72 Tudor St, HK Find out [more](#)
- 4th March **Duo Tapas Concert** 7.30pm at Old Lodge Theatre, Hokitika
- 4th March **World Day of Prayer "Cuba"** 7pm at Greymouth Holy Trinity Church
- 5th March **Seaweek Beach Clean ups** 10am Cobden and Hokitika beach
- 5th March **Lake Kaniere Scenic Triathlon**
- 6th March **Childrens Day Treasure Hunt** 10.30am start @ 38 Albert Street, Greymouth
- 6th March **Childrens Day Celebration** from 10.30am at Cass Square, Hokitika
- 6th March **Emergency Services Open Day** 10am -3pm @ Rescue Helicopter Base, 64 Waterwalk Rd, Greymouth
- 6th March **Nadia Reid, Anthonie Tonnon & Darren Hanlon Folk music concert** Donovan's Store, Okarito
- 7th & 10th March **Paroa Playcentre Open Days** from 9.30am at Paroa Playcentre. details [here](#)
- 8th March **International Women's Day**
- 8th March **Nadia Reid, Anthonie Tonnon & Darren Hanlon Folk music concert** Barrytown Hall, GM
- 8th March **"Peace is calling" Billy TK snr - live music & korero** 5pm Blackball Gallery. Details: 022 6438443
- 8th March **Eb & Sparrow concert (country)** 7.30pm Old Lodge Theatre, Hokitika
- 9th March **Eb & Sparrow concert (country)** Donovan's Store, Okarito
- 11th -13th March **Wildfoods Festival Market** Weld Street, Hokitika
- 12th March **Kaiata Community Flower & Craft show** 11am-2pm Kaiata Community Hall [more...](#)
- 12th March **Wildfoods Festival & afterparty** Cass Square, Hokitika www.wildfoods.co.nz
- 12th -13th March **Art in the Park** 10am -4pm Shantytown, Paroa, GM
- 12th -13th March **Gyspie Fair** 9am-5pm at Omotomoto Racecourse [More info](#)
- 12th -13th March **Annual Fishing competition** Win \$1000 @ Lake Mapourika Details: 03 7533082 or 027 3849501
- 19th March **Roller Disco** 6-8pm at Greymouth Civic Centre – more info [here](#)
- 19th March **Ladies Night "Hot Summer night"** from 6-8.30pm at Grey District Aquatic Centre. [MORE](#)
- 19th March **Ceilidh Scottish dance** 7pm at Trinity Centre – more info [here](#)
- 19th March **Moonlight Biathlon**
- 19th -20th March **Neighbours Day** <http://neighboursday.org.nz/>
- 20th March **International Day of Happiness**
- 21st March **Race Relations Day** [website](#)
- 25th – 28th March **Easter**
- 26th March **Easter Fair** from 10am - 2pm at the Blackball Community Centre .
- 26th – 27th March **Heritage Market Okarito** contact 03 7534223 for further information

Want to find out more details about concerts and other events? Check out <http://www.events.nz.com/west-coast/> !





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Events @ & with New Coasters in April:


 **Global Cafe Philippines** Sat, 02.04., from 2.30pm, New Coasters office, GM
Immerse yourself into another culture & enjoy music, pictures, stories, customs, snacks & an authentic hot drink.

 **Advisory Group meeting** Tue, 12.04., 5.30pm, New Coasters office, GM
Do you want to become more involved in the future development of New Coasters? Discuss the needs of migrants in our communities and initiatives that would support their settling in process? Join these meetings and share your ideas!

 **Papercraft sessions** Mon, 18.04., 3-6pm, New Coasters office, GM
Tue, 19.04., 7pm, Customhouse, HK
Immerse yourself in ideas to make cards, gift tags, bookmarks and other things from paper & card board. Maybe even create something for Mother's Day? *Basic material provided, bring whatever you have in your craft box*

  **Holiday Craft sessions** We are planning further craft sessions during the school holidays – watch the newsletter updates for details (and contact us for suggestions).

 **Multicultural Coffee morning** Thu, 21.04., from 10.30am, Ramble & Ritual, Hokitika (Sewell St)
Always a good opportunity to catch up on local news and a casual way to meet other newcomers.

 **Potluck Dinner "THAILAND"** Fri, 29.04., from 6pm, Uniting Church, 203 Tainui St, GM
Thai cuisine is one of the most popular ones in the world. Join us for an immersion of colourful, flavoursome and aromatic dishes. *BYO drinks.*

Events in our communities & around the world in April:

2nd April **St. Mary's Family Fete** 4-7pm at St. Mary's school, Hokitika
3rd April **West Coast Kids Triathlon Hokitika**
6th April **Dining Club meeting** for details contact Juliette: 03 769-7400 extn 2470
7th April **"Stuff I forgot to tell my daughter" (Michele A'Court)** 7.30pm, Old Lodge Theatre, HK
9th April **Teddy Bear Run Fundraiser** 11.30am registrations start at Speight's Alehouse, GM
10th April **Men's breakfast** Columbus café Greymouth (Mitre 10)
15th -16th April **AgFest** Cass Square, Hokitika
18th -30th April **School holidays**
21st April **Mathias Piano Man Concert** @ Regent Theatre, Greymouth
25th April **ANZAC Day**
28th April **Hari Hari community hall opening**
29th April -1st May **Return of the Petrel Festival Punakaiki**

PREVIEW: June is traditionally the time for our Multicultural Midwinter Celebration – what would YOU like to do this year?



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CROSS-CULTURAL CORNER

There are so many things happening all around the world - Festivals, anniversary days and more. We'd love everyone to learn about different traits and traditions. 21st March is 'Race Relations Day' - **The International Day for the Elimination of Racial Discrimination reminds us of our collective responsibility for promoting and protecting this ideal. An important step to achieve this is firstly to find out what's happening in other countries and cultures.**

This Calendar aims to raise awareness of key cultural and religious events and national days. The information in this calendar is presented in good faith. The names of certain events may have alternative spellings or be recognised on different dates by groups and individuals within communities. Please be advised the Calendar is not exhaustive of all events that are celebrated around the world and should be considered a guide only.

Please let me know if you want to find out more about those events in future newsletters.

2016 Calendar of Cultural and Religious Dates

1 March	St David's Day	Wales	St David is the patron saint of Wales. St David's Day has been a national day of celebration for Welsh people since the 18th century, featuring parades, festivities and singing.
3 March	National Day	Bulgaria	
3 March	Hina Matsuri Festival	Japan	Girls Day or Festival of Dolls
6 March	Independence Day	Ghana	
8 March	International Women's Day		
12 March	National Day	Mauritius	
17 March	St Patrick's Day	Ireland (Australia & Canada)	This day is Ireland's National Day. St Patrick is the patron saint of Ireland and brought Christianity to Ireland in the early days of the faith.
19 March	National Close the Gap Day	Indigenous Australians	
20 March	Anniversary of the Independence	Republic of Tunisia	
20 March	Norouz (various spellings) New Year	Iran, Baha'i, Kurd, Zoroastrian	Norouz means 'new day' in Persian and is a traditional festival of spring that has been celebrated for more than 3000 years by people from Iran and surrounding countries.
20 March	Palm Sunday	Christian	The final Sunday before Easter Sunday, marks the beginning of (Christian) Holy Week.
21 March	Independence Day	Namibia	
21 March	Harmony Day	Australia	Harmony Day celebrates the cohesive and inclusive nature of our nation and promotes the benefits of cultural diversity across Australia
21 March	International Day for the Elimination of Racial Discrimination	United Nations	The Universal Declaration of Human Rights affirms that "all human beings are born free and equal in dignity and rights".
21 March	Noruz	Iran	Historically, Noruz is the traditional Iranian new year holiday, and is celebrated by more than one religious group. It marks the start of the Zoroastrian new year and is dedicated to fire. It was also adopted by the founder of the Bahá'í faith as the start of their new year. It coincides with the first day of spring.
23 March	Magha Puja	Buddhist	Also known as Sangha Day, this day celebrates the community of followers of the teachings of Buddha (Theravada tradition).
23 March	Holi	Hindu	Holi is a boisterous festival with people smearing each other with coloured water and bright powders. Originally a festival to celebrate good harvests and fertility of the land, Holi also commemorates some key figures in Hindu mythology.
23 March	National Day	Pakistan	
24 March	Purim (begins at sundown on 23 March)	Jewish	Purim commemorates the time when the Jewish people living in Persia were saved from extermination by the courage of a young Jewish woman called Esther.



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24 March	Maundy Thursday (Holy Thursday)	Christian	Holy Thursday is the day that Christ celebrated the Last Supper with his disciples, four days after his entry into Jerusalem on Palm Sunday.
25 March	Independence Day	Greece	
25 March	Good Friday	Christian	This is a solemn Christian remembrance of the suffering and crucifixion of Jesus Christ. Hot cross buns are traditionally eaten on Good Friday in New Zealand and Australia.
26 March	Independence Day	Bangladesh	
27 March 28 March	Easter Sunday Easter Monday	Christian	Easter commemorates the resurrection (return to life) of Jesus Christ following his death by crucifixion. It is the most significant event of the Christian calendar.
1 April	Kha b-Nisan - Assyrian New Year	Assyrian	Assyrians celebrate this day as their national festival.
2 April	World Children's Book Day		
4 April	Independence Day	Senegal	
13 April	Songkran - Thai New Year (to 15 April)	Festival	The Thai New Year and Water Festival, is one of Thailand's oldest and favourite festivals. Thai communities celebrate this festival with food, crafts and entertainment.
14 April	Sinhala and Tamil New Year	Festival	The two main Sri Lankan ethnic groups, the Sinhalese and the Tamils, celebrate a common traditional New Year on this day.
14 April	Baisakhi or Vaisakhi	Sikh	Baisakhi, also known as Vaisakhi, is an ancient harvest festival which marks the beginning of a new solar year and harvest season.
14 April	Pohela Boishakh (Bengali New Year)	Bengal	Marks the first day of the Bangla Calendar
15 April	Ramanavami	Hindu	This Hindu festival celebrates the birth of Lord Rama, hero of the religious epic poem, 'The Ramayana'. The day involves the telling of stories and attending temples.
16 April	Queen's Birthday	Denmark	
17 April	National Day	Syrian Arab Republic	
18 April	National Day	Zimbabwe	
21 April	First Day of Ridvan	Baha'i	This Baha'i commemoration is of the 12 day period in 1863 when Baha'u'llah declared that he was God's messenger for this age. Work is suspended on days 1, 9 and 12 of the festival.
22 April	Earth Day	World wide	
22-30 April	Pesach - Passover	Jewish	Passover is one of the most important Jewish festivals. It commemorates the liberation by Moses of the Jewish people from slavery in Egypt. Jewish people celebrate with special ceremonies, and observe specific customs which remember the escape from Egypt.
22 April	Hanuman Jayanti	Hindu	This day is a Hindu celebration of Hanuman who was an embodiment of Lord Rama. Devotion and selfless work are encouraged.
22 April	Theravada New Year	Buddhist	New Year Buddhist festival.
23 April	St George's Day	England	St George is the patron saint of England. St George, a prominent military saint, is one of the most venerated saints in the Anglican church.
25 April	Anzac Day	Australia, New Zealand	Anzac Day marks the anniversary of the first major military action fought by Australian & New Zealand forces during the First World War (1914-18), at Gallipoli. Dawn services honour the sacrifice of those who died in war. Marches and reunions are held during the day.
26 April	Union Day	Tanzania	
27 April	Koninginnedag	Netherlands	Queens/ Kings Day in Holland
27 April	Independence Day	Sierra Leone	
27 April	Freedom Day	South Africa	
27 April	National Day	Togo	
29 April	Holy Friday (Orthodox)	Orthodox	On Holy Friday the Orthodox Church commemorates the death of Christ on the Cross.
29 April	Ninth Day of Ridvan (begins at sundown on 28 April)	Baha'i	This Baha'i commemoration is of the 12 day period in 1863 when Baha'u'llah declared that he was God's messenger for this age. Work is suspended on days 1, 9 and 12 of the festival.



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Lottery Grants Board
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