



# New Coasters Newsletter

## APRIL + MAY 2020



**A big welcome to any newcomers and those who have joined us recently!**

**New Coasters** is an informal multicultural social network for people in Greymouth, Hokitika & surrounding areas. We help you get in touch with others, meet local people, find out about groups & organisations and feel at home in your new community.

Feel free to come along to our activities or contact us to arrange a time to meet.

## Kia ora, hello and haere Mai!

We are going through a period of very unsettling times, not only in New Zealand right now, but across the world, and it is impacting on us in different ways. 'Unprecedented' seems to be the word of the moment and we can only assume that many of you go through a rollercoaster of emotions and thoughts. Our thoughts are with those who have already lost loved ones, who are going through intense times of worry, stress and grief and those who have been affected significantly by losing their job. Our thoughts are also with those who struggle with isolation and other factors.

We have all been challenged to find answers to questions like 'what is essential', 'what am I allowed to do' and 'how can we handle this best'. Fortunately, there are lots of positive stories and initiatives out there as well...like the Teddy Bear hunt and regular clapping sessions. We believe that there might be some positive outcomes after all (see Crisis Curve next page).

Did you know that the Greek word 'Krisis' translates as "**turning point** in a disease"? And in the Chinese language, the word "crisis" is composed of two characters, one representing danger and the other, **opportunity**.

Perhaps we can see this as an opportunity to be kind and caring, to think of ways to help those who are frail, alone or in need of some form of support and to re-connect to ourselves!

We could try to make the most of this time – focus on our personal development and ideas how to improve things. If you need to talk to someone (but not necessarily medical personnel), you can call, text or email us.

*We look forward to catching up with you soon*

*Radha, Birte and Cassandra.*

### Contact us:

**New Coasters Greymouth** 38 Albert Street, Greymouth Call 03 7686580 or 021 2547767 / 0272806995

Email [Cassandra@core.org.nz](mailto:Cassandra@core.org.nz) or [Radha@newcoasters.co.nz](mailto:Radha@newcoasters.co.nz)

**New Coasters Hokitika** Grey Power Office, 136 Revell St (entrance Tancred Street side), Hokitika

Contact 027 4070302 or email: [Birte@newcoasters.co.nz](mailto:Birte@newcoasters.co.nz)

[www.newcoasters.core.org.nz](http://www.newcoasters.core.org.nz) [www.newcomers.co.nz](http://www.newcomers.co.nz)  like New Coasters Inc for local information

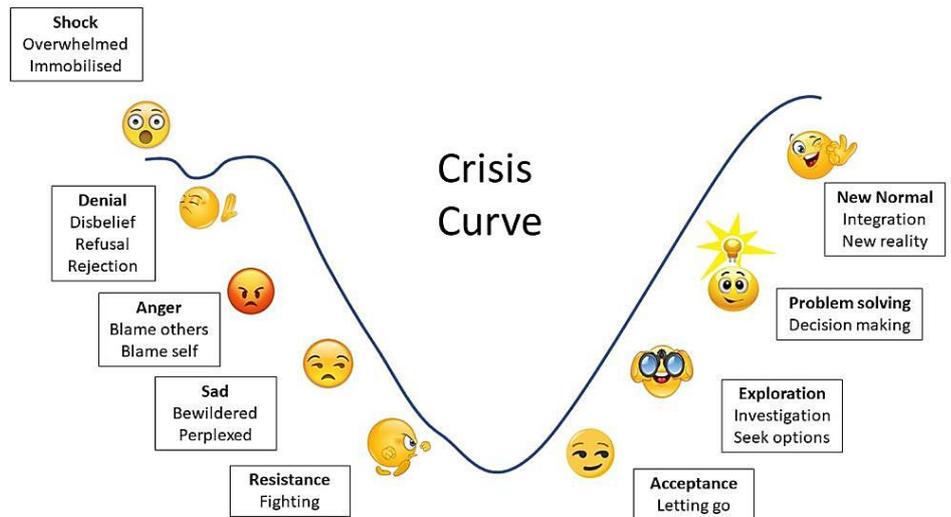
***DURING LOCKDOWN OUR OFFICES ARE CLOSED***

## Dealing with a crisis

The current situation affects everyone differently. And we all have individual coping skills and strategies as well as resources.

Make sure you look after yourself and take up the various offers of help and support. **We have listed them in a separate document.**

We are all in this together and we will be there to create a new future with you!



Hi from Radha...

This is a time for reflections, personal growth, looking out for family and friends and to do our bit to help the people in our community. We need to be kind, mindful of others, give them space, and at the same time practice self-care. There are various ways we can do this:

Check on people you know who may need support by calling them, messaging them or via email.

Check on your neighbours by waving or by acknowledging them with a nod.

Go for short walks on your own or with those you are isolating with.

Think of creative ways to use your time. Now is the time to do the stuff you have put off doing!

Be positive as it is so easy after listening to accounts about covid-19 to blame others or become fearful of other races causing unnecessary anguish or grief.

Take this opportunity to do read or do research on other cultures

Experiment and learn to cook food from different countries. You Tube has many videos on cooking Get your kids involved.

Work in the garden. Do all the chores around the house that you haven't got down to doing yet like cleaning the windows, oven, etc

It's going to be hard getting out of bed and out of your pyjamas as the days go by but do make the effort to get up, shower, dress up as if off to work, paint your nails, put your face on, experiment with hair styles, go for walks, let your inner child come out and generally chill out.

Remember to get outside – short walks, a bike ride and even just watching our beautiful sunsets.

As for me, I am busy doing what I love most – cooking, card making, working in my garden, reading, watching Netflix and listening to music. I also do Meditation online with my friends in Rotorua and of course yoga. Meditation and yoga keep me grounded, so also chatting to family and friends. I am fortunate to be able to watch the beautiful sunsets from my place and realise how fortunate we are to be here in New Zealand. If anyone can beat this virus, it's us. Stay safe, take care and be strong.

Contact me if you need someone to talk to. My number is 027 2806995 or Skype me

[radhanewcoasters@outlook.com](mailto:radhanewcoasters@outlook.com)



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Hi from Birte...

Those of you who have known me for a while will probably remember that I tend to quote John Lennon's "Life is what happens while you're busy making other plans".

When stage 4 of Covid-emergency kicked in, I wiped out all the dozens of things I had written into my calendar – what a strange feeling!! Now what to do with all my spare time and what to focus on and how to deal with things? Getting used to the concept of 'bubbles', restrictions and queues... Structuring my days, setting up my home office (and sharing it with my bubble buddy!) and making sure I find the right balance between being informed and not getting overwhelmed by the constant flow of mostly negative news... Spending time outside and taking note of positive things in a basic diary have been most helpful for me. Deciding to learn something new is also great – I have enrolled in two online courses, I am learning Spanish on Duolingo and listening to inspiring podcasts.

The one thing that really helps me to lift my spirits is music – I have created a playlist with uplifting songs and have found 'Body Grooves' – an utterly fun way of dancing and exercising at the same time. Check it out on YouTube 😊



I'd like to finish with this little 'checklist' – I have adjusted it a bit to my liking – hopefully you find it a good guideline too! I look forward to chatting about all this and more with you soon...

**And hello from Cassandra...** at home with Soenke and my beautiful boys... I want to say... I felt very strange in the first few days of the lockdown – agitated in the morning and tired in the afternoon – getting on with it but it all felt so weird. I think I was in shock somewhat.. Even though I saw it coming. I didn't feel like doing my normal work **at all**. I felt guilty about that! And sorry for all the people still having to go out to work... However, I have adjusted and calmed down... this is how it is now! We are doing the many many jobs around our old house and neglected garden while the weather is good and feeling so proud of our small wins - I'm waiting to give the bathroom a good clean until the rain comes... We are cooking fabulous food...Soenke is breaking in his new Chapatti pan and the Fish shop down past the Regent Theatre remains open (Greymouth). I braved the supermarket – very weird and stressful, compared to the bliss of being at home... I shopped for my mother, her friend, our elderly neighbour and my family of four... my trolley was laden and there was somewhat more than a murmuring of disapproval from the waiting queue as I exited ... gosh.. I felt ashamed and hurt. People seem so keen to police each other and pronounce judgement. I am scared of that aspect of society!

I'm not comfortable with the idea that everything will just return to how it was – I definitely feel I need something to change – even if it is just personal – the way I work, or how I manage myself – how I engage with the world.

It is a time of change.

Email me! [Cassandra@core.org.nz](mailto:Cassandra@core.org.nz) or make contact via facebook – comment on a post... I'd enjoy that! Thanks!



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### Special events and celebrations and Group activities:

We are in lockdown, so please stay at home and abide by the rules of the lockdown. Only those providing essential services should be regularly out and about.

**All events and regular group activities have been put on hold or cancelled due to the lockdown.** We will resume posting about activities when the lockdown is over...

**However ...** we are keen to stay in touch and find different ways of connecting and sharing via social/ digital media.

We are going to hold 'virtual coffee mornings' on Skype to have some fun with #kitchentablecatchups and we'll also get together on "Zoom" for the odd chat 😊

Find us on Skype "Birte at New Coasters" and "radhanewcoasters@outlook.com" and/or **send us your skype & Zoom name/ID** so we can get connected smoothly.

We are also working on other ideas how to connect – please send us YOUR suggestions!

AND we want to encourage you to think about the time after lockdown – which kind of social activities would you be interested in? **We are always looking for volunteers to run a regular group/club (monthly or even weekly).** This could be about anything you are interested in: outings, discussions, craft activities, movies or even a dessert club, a gardening gang or tea parties...

The sky is your limit 😊. We are more than happy to support you to get something started and accompany you where needed... **Get in touch about your ideas!!**

### CULTURAL CELEBRATIONS

**Puanga Matariki** celebrations are planned for June. There is three weeks of workshops/events planned for Greymouth, Hokitika and Westport. This will, of course, depend on what shape the world is at this time..

**CULTURE FEAST** is planned for October and we are looking forward to many contributions from you – get out the recipes now to prepare your food stall and start rehearsing your (musical) performances! This year we'll also add another component: there will be a project to tell "**Migration Stories of Westland**" which will be captured before and exhibited during the festival. We want to hear your story... Can we count you in??

### Community Noticeboard - what's happening locally:

- ☆ Tai Chi teachers wanted for Greymouth and Hokitika
- ☆ Teacher(s) wanted for Bollywood Dancing Class
- ☆ Tutors wanted for (international) cooking classes – please contact Whare or Julia at WestREAP: 0800 927327 or talk to us about it first if youre not sure...
- ☆ We are keen to know about as many local groups and clubs as possible so we can pass on the details to our newcomers. Please send us the details when and where YOUR group meets and whom to contact.



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### Let's get cooking...

The good thing about the current situation is that we can take a bit more time to prepare our meals and even try a new recipe or two... And fortunately, all of us working at New Coasters are quite passionate about FOOD... So we are sharing some ideas from our kitchens and invite you to join in and send us photos, stories and more from your kitchen...

**This week's theme is 'COMFORT FOOD' and Radha starts by introducing us to some of her favourites:**

I have enclosed my Dhal curry here using common staples from your pantry. If you have curry powder use it instead of cumin powder. The ratio is usually 1 is to 2 that is, if ½ tsp of chilli powder than its 1 tsp of curry powder. There are also recipes for Coconut rice, Turmeric Tea, Coriander Rice and a Raita. Enjoy and do contact me if you need help with the recipes.



dhal curry.pdf



COCONUT RICE.pdf



Coriander Rice.pdf

### We'll share in the next few weeks:

- ☆ Breads and loaves...
- ☆ Easter ideas...
- ☆ Healthy snacks...



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### Some thoughts and tips what to do which we've gathered

#### For adults:

- Write a letter or keep a diary – note the positive things you are grateful for
- Make your own crossword puzzle/play word games like scrabble
- There is an abundance of online workouts! Do yoga or meditate
- Call a family member or friend
- Watch documentaries and online music performances,
- Listen to podcasts or TED Talks,
- Learn a new language (try Duolingo)
- Learn a dance routine! Go on! – lots of videos online
- Give Karaoke a go (Now is your moment..!)
- Download an audiobook or read a new book
- Be creative – scrap booking, card making, colouring in, photo book, wall art
- Pintrest!
- Get cooking – bake cookies, try out new recipes with the weird things in your pantry you've been ignoring...
- Do a Vision Board or make a Wish List, plan your next getaway...where in NZ would you like to explore..?
- work in the garden and, and, and...rest, relax and be kind to yourself and others

#### For Kids:

- **Mothercould** is a website on YouTube that has got ideas for activities for children using dough
- **Boredom Busters** has free online activities for kids
- <https://www.goodhousekeeping.com> has fun activities for kids
- Colouring in – you can print from the net or draw them something hilarious!
- Challenge family to a board game
- Sing-along to some Disney songs
- Build a fort or a cave under the table with your kids – invent stories
- Teach them to make you breakfast...
- Watch documentaries...
- Go through the old photos with them and tell the tales...
- Involve them in housekeeping – we are all in this together...