



New Coasters Newsletter

July & August 2015

Come in & make some friends



Kia Ora and Haere Mai

Looking at the number of layers I wear these days there's no doubt: it's winter. Time to keep yourself snugly warm covered in blankets on your sofa, have a cuppa or two, to stay "gemuetlich" as the Germans say and to hibernate. As many studies prove that physical activity and social contacts are very important for your wellbeing, we'd like to invite you to leave your sofa occasionally and join some of the various activities that are happening throughout our communities and at New Coasters. Do something different, try something new - enhance your life with new experiences. We all know that life is what happens while we're busy making other plans (thanks John Lennon) – why not pursue the changes you want in your life instead of leaving it up to others?

New Coasters has been through a bunch of changes in the past years; no two days are the same in our premises. New people bring new approaches, ideas and suggestions and we believe that small changes can open big windows of opportunities. Our upcoming AGM in August will be a great opportunity for YOU to get more involved, to become a committee member and help us to realize more projects in the future.

We are a real (not just online) social network that encourages people to meet each other and create activities they are interested in. Everyone is invited to join our events - no matter for how many years & generations you've been living here – come along and be part of active, inclusive and diverse community development. I look forward to meeting you.

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



Language classes to improve your English



Potluck Dinners, cooking sessions & Beach Hangi



Craft groups



Garden workshops



Coffee mornings and 'World café'



Mindfulness Meditation & Stretching classes

Some impressions of our last events:



New Coasters run several regular events and one-off activities. We also attend events in the local communities. There's lots more we *could* do but I need know what YOU are interested in & what times suit you – please contact me ☺.

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
0274070302

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.



New Coasters Newsletter July + August 15

New committee members wanted

New Coasters as an Incorporated Society is managed by a governance committee. Committee members are appointed at the Annual General Meeting (*save the date: 7th August, 5pm*) and then they meet monthly throughout the year to steer the organisation and supervise finances etc. We also plan to elect an advisory committee which will assist the coordinator with projects. **Becoming a committee member** is a great way of supporting our organisation and doing something meaningful in your spare time – contact me if you are interested or want to suggest someone.

"Volunteers are not paid – not because they are worthless, but because they are priceless."

International community contacts for emergencies

Which languages do you speak? Would you be able to help someone who's English is not sufficient to understand important information? The Civil Defence departments of our councils, the Community Development Facilitator and New Coasters want to ensure everyone is prepared for potential disasters, understands what to do and knows whom to contact. We are planning to set up a **list of contact people who could help out** with interpretation in emergencies and other situations (no formal translations) – please let me know if I can put your name down for this.

Cultural Sharing evening

On Monday July 20th at 5pm the All Saint's Association of Anglican Women **invites women from other countries to join** them in their lounge in Bealey Street, Hokitika. They encourage women to dress in their traditional dress and give a small talk re their home land. A sample of food from their country is welcome to share as part of a shared tea. Migrants from all areas are invited to join; children welcome. Contact Frances Stapleton (Secretary) for more details: 03-755-6205 or 027-404-7835

International Bookshelf

The Hokitika library has recently been given copies of the award winning novel 'The Luminaries' in 8 different languages. The Greymouth Rotary Club donated several books in various foreign languages to New Coasters so after talking about this for a long time the librarian was happy to finally open a designated shelf for books in foreign languages. The Grey District Library is planning to do the same as soon as there are enough books available. So please consider having a clear out at home and **donate some books in your mother language** that you have read to your local library!



Foreign books satisfy migrant demand
A selection of the international book titles at the Hokitika library including the Luminaries in Hindi, Urdu, Bengali, Gujarati, Punjabi, Sinhala, Tamil, Telugu, Vietnamese, and Thai. The Greymouth Rotary Club donated several books in various foreign languages to New Coasters so after talking about this for a long time the librarian was happy to finally open a designated shelf for books in foreign languages. The Grey District Library is planning to do the same as soon as there are enough books available. So please consider having a clear out at home and donate some books in your mother language that you have read to your local library!

Introducing local groups + organisations

Joining a club is a great way to meet others who share similar interests and can tell you more about local facilities. We introduce a local not-for-profit organisation in each newsletter.

Toastmasters

Greymouth, Hokitika and Westport

What they do:

- Fortnightly meetings for two hours during which 3 members give a selected speech of 5-7 minutes and 5 members are randomly selected to give 2 minutes impromptu speech.
- Club competitions twice a year with other West Coast clubs; Christmas get-togethers full of fun and six monthly national conventions.

Who can join them:

Anyone 18 years and over who is interested in communication and improving their public speaking.

Where and when they meet:

We meet on 1st and 3rd Tuesday of the month at the Cancer Rooms, 98 High St, opp. Hockey Turf, Greymouth 7:00 p.m. to 9:00 p.m. We meet every second Wednesday from 7-9pm at WestREAP, Hokitika.

How to become a member:

Visit meetings as a guest for first two meetings. A fee of \$102 covers six months to become a member and be matched with a mentor. Then costs \$17.00 per month. (incl. monthly magazine, free regional training and regular email newsletters).

Contact details:

Visit <http://www.toastmasters.org.nz/> and locate Greymouth/ Hokitika. Or ring Mary 027 327 8380

Some of our group members are looking for a **part-time job** – please let me know what's available locally...

Are there any Mandarin speaking families in our communities that might like to swap kid's novels and comics for a while? Or does anyone know where to get some more in NZ? Hints & tips appreciated ☺

We are planning to run **multicultural play sessions** in the rural areas in cooperation with the local Play Centres and could provide transport support – please let me know if you know of anyone with children aged 0-5 who want to meet other parents and their children, have some relaxed playtime and improve their English in a small group.



Come in & make some friends

Special Events @ & with New Coasters in July:

-  **"Spin a yarn" CRAFT meeting** Mon, 13.7., from 6.30pm, Ali's Café, 9 Tainui St, GM
Enjoy a night out and go with the new global trend: knit/ crochet in public while having crafty conversations with others...
-  **Multicultural Coffee morning** Thu, 16.7., 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.
-  **Global Cafe "Germany"** (previously Coffee morning) Sat, 18.7., from 10.30am, New Coasters office, GM
Immerse yourself into another culture & enjoy music, pictures, stories, customs, snacks & a hot drink.
-  **NEW: Crafternoon "Spin a yarn"** Mon, 20.7., 1.30-3.30pm, New Coasters office, GM
Get out and about to meet other crafters who have free day time... *basic material provided*
-  **Roller Coaster(s) Stories** Fri, 24.7., from 6.30pm New Coasters office (option to go to a café/ bar) Share your experiences of settling in on the Coast and how to cope with the ups & downs of migrating with others.
-  **HANGI on the beach** Sat, 25.7., Karoro Beach, GM (contact me for details)
Learn step by step how to prepare food in traditional Maori style and have a taste of food from the earth oven we create.
-  **Themed Craft evening "Sew table runners"** Mon, 27.7., from 6.30pm, New Coasters office, GM
Create a nice cover for your tables or work on your own project *basic material provided, 2 sewing machines available*
-  **Potluck Dinner "Winter Warmers"** Fri, 31.7., from 6pm, Uniting Church, 203 Tainui St, Greymouth
Bring your favourite warming dish & share a dinner with our newcomers group ☺ *BYO drinks*

Regular events @ & with New Coasters:

-  **Craft meetings (Greymouth)**
Every 2nd Monday from 6.30pm – Join in to knit & natter, crochet & chat at **Ali's Café**
Every 3rd Monday from 1.30 – 3.30pm – Join in to knit & natter, crochet & chat at **New Coasters**
Every 4th Monday from 6.30pm – **themed craft night** – get ideas how to sew or bring your own project



-  **English Language classes**
IELTS preparation: Tuesday 9.30-11am and Thursday, 7 – 8.30pm (both Greymouth)
Beginners English: Tuesday, 12-1.30pm (Greymouth)
Social (conversational) English Tuesday 7-9pm (Greymouth) **restarting 18th August** and Thursday, 7-8.30pm (Customhouse, Hokitika)



-  **Coffee mornings**
Every 3rd Thursday 10.30am-12pm at 'Ramble & Ritual' – Sewell St, Hokitika
Every 3rd Saturday 10.30am – 12pm 'World Café' at New Coasters



-  **Potluck Dinner**
Every last Friday– from 6pm at Uniting Church Hall, Greymouth – bring a plate for a shared meal





Come in & make some friends

Events @ & with New Coasters in August:

-  **Introduction into Mindfulness Training** Thu, 6.8. 5.30-6.30pm, New Coasters office, GM
Learn how to wind down your mind after work/ stressful times and find out about the benefits of meditation. \$10 per person
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-  **New Coasters AGM** Fri, 7.8. from 5pm, New Coasters office, GM
Join us to reflect the past year, share some snack, give us your feedback about community needs & ideas for projects and appoint a new governance committee.
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-  **Cooking session "Curry night"** Sat, 8.8. from 5pm, Westland High School Kitchen, HK
Bring your favourite curry recipe & ingredients, discuss spices and ingredients while cooking with others. Also possible to bring a plate/ other contribution and learn from others. We'll enjoy a shared meal from about 6.30pm.
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-  **"Spin a yarn" CRAFT meeting** Mon, 10.8., from 6.30pm, Ali's Café, 9 Tainui St, GM
Enjoy a night out and go with the new global trend: knit/ crochet in public while having crafty conversations with others...
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-  **Global Cafe "LATIN America "** Sat, 15.8., from 10.30am, New Coasters office, GM
Immerse yourself into another culture & enjoy music, pictures, stories, customs, snacks & a hot drink.
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-  **GARDENING group building day** Sat, 15.08. 2-4.30pm, Bill Maher Hall, Camerons
Bring your tools and some wood and create useful things for the new season. Also seeds & seedlings to swop.
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-  **Crafternoon "Spin a yarn"** Mon, 17.8., 1.30-3.30pm, New Coasters office, GM
Get out and about to meet other crafters who have free day time... *basic material provided*
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-  **Multicultural Coffee morning** Thu, 20.8., 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.
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-  **Fermentation Workshop** Sat, 22.8., 1-4pm at New Coasters, GM
Learn about a healthy way of cooking and preserving \$25 per person (register at veronica.m@clear.net.nz)
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-  **Themed Craft evening "Sew bags"** Mon, 24.8., from 6.30pm, New Coasters office, GM
Create a funky bag for yourself or to give away. *basic material provided, 2 sewing machines available*
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-  **Potluck Dinner "Curries & Stews"** Fri, 28.8., from 6pm, Uniting Church, 203 Tainui St, GM
Bring your favourite one pot dish & share a dinner with our newcomers group ☺ *BYO drinks*

Preview: October 5th – 11th is going to be **Wellbeing Week**

We will be involved as we want to do anything we can to support the wellbeing of our community members. We would like to run 'taster sessions', short workshops and other things that are good for you, that improve your health, encourage you to learn something new, connect people and more.

Could you offer an activity? Show others something you are passionate about? Teach a new skill? Please let me know!



Preview: March 12th – 13th 2016 is going to be **Art in the Park**

The major art event on the Coast enabling any local artist, performer or crafts person to exhibit their original work over a two day event at Shantytown. They are currently looking for expressions of interest from exhibitors and performers. Please contact be@artinthepark.co.nz



Come in & make some friends

Events in our communities & around the world:

27th June – 13th July – **Junk 2 Funk Fashion Exhibition** at the Hokitika Museum

3rd – 5th July – **Quilt West** West Coast Quilting weekend at Westland High School

4th July – **Market Day** at Kumara Junction check out this link for [more info](#)

4th – 19th July – **Winter School holidays** check out holiday programmes/ activities at your local libraries, Sports West Coast and The Creative Studio

5th July **Greymouth Mighty Mud Challenge** Manoeuvre your team through an entertaining 2km obstacle course (fundraiser)

7th July, 9am-3pm – **Free advisory service of Tenants Protection Ass.** at Homebuilders, 11 Nelson St, GM

11th July – **Legal Tender** concert at the Leftbank Art Gallery

14th July, 6pm and 8pm **The Bookbinder** Award winning show at the Reynolds room (Hokitika Regent).

Contact radaniel@slingshot.co.nz to reserve your tickets.

16th-18th July – **Bookarama** stock up on books and support the Rotary fundraiser in Greymouth CBD

18th July, 8-12pm - **Moonlight dance** at the Moonlight Hall

19th July, 5.30-8pm – **Ladies Market** at Karoro Learning Hall

20th July, from 5pm – **Cultural Sharing Evening** get together at All Saint's Church Hall in Bealey Street, Hokitika

2nd August, 4-6pm – **Ballroom Dancing classes** restart at Seaview Hall, Hokitika

6th August, from 5.30pm **Dining Club meeting** venue to be confirmed, for details contact 03 769-7400 extn 2470

9th August **International Day of Indigenous People**

15th August, 11:30am - **Hokitika Live Poets Society 20th Anniversary** at Woodstock Hotel

22nd August, 1-4pm **Fermentation Workshop** Learn about a healthy way of cooking and preserving at New Coasters, GM (register at veronica.m@clear.net.nz)

22nd August, 10am-4pm **Cake and Craft Show** at Civic Centre, Greymouth

28th August **Daffodil Day** more info www.daffodilday.org.nz

What else is happening in our communities?

Please let me know, I'm happy to publish events in the next update!



Want to find out more about those events?
Click on the little posters to find out details -
they are hyperlinks 😊

