



APRIL 2023

Gumdiggers Café Renovations Complete

Local residents celebrated the completion of renovations to the Kauri Museum’s Gumdiggers Café in mid March. The Café has undergone a major transformation, including refurbishing the kitchen, adding new outdoor dining areas, and installing toilets - previously only available across the road at the Museum and next door by the church. The event was attended by around 40 locals who were eager to see the new changes.

Museum Director Barbara Hilden said it was a long-awaited opportunity to welcome the community and to showcase their hard work in making Gumdiggers a better place for everyone.



Barbara Hilden speaking

kitchen is a vast improvement. “It had been in need of an update for some time, and the renovation has transformed it into a much better place to work and prepare food.”

The new toilets are also a welcome addition, says Dawn. “Finally the Café has clean, modern, fully accessible toilets. This will make a big difference to the comfort of our customers, especially those with children or mobility issues. Going across the road in winter was never very satisfactory!” she says. Guests at the renovation celebration agreed, with many singling out the toilets as “long overdue, after being in the too-hard basket for years”.

Also singled out for praise was the new colour scheme, and the teapots hanging from the ceiling. “It’s a really enjoyable place for the community to meet” said one



visitor, who also was very pleased with new items on the café menu.

The Gumdiggers renovations form part of the biggest development project at the Kauri Museum for many years. Funded by a \$3 million Provincial Growth Fund grant, the major part of the project is the construction of a new entrance and visitor experience called the Forest Walkway. Construction of the structural parts of the Walkway are now complete, and the interior fit out is beginning this month. The Walkway is expected to be complete in June in time for a grand opening in July.

Gumdiggers Café is now open for business seven days a week.

Grant O’Neill

“We’re delighted to share our new offerings with the community that’s been so supportive over the years” she said. “We started renovations last year and hoped to finish by Christmas, but the ongoing ripple effects of Covid and supply chain shortages delayed us. We’re very happy to have the work behind us now and look forward to hosting many more community gatherings in the coming years.”

Two of the most apparent changes at Gumdiggers, apart from a fresh coat of paint, provide better dining areas. The Café’s veranda has been properly enclosed so it can be used in all weather conditions, and a new outdoor dining deck has been constructed under a large shady tree. Overlooking the heritage rose collection behind the Café, the verandah and deck are perfect for enjoying a meal or a cup of coffee on a sunny day.

In addition to the new spaces one of the most important changes to the cafe was the refurbishing of parts of the kitchen. Café Manager Dawn Folkhard says the



Ella Hames and Elizabeth Metcalf



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Paparooa Trust Signs Major Contract For Housing

The Paparooa Community Charitable Trust was formed in 2016 with the aim of bringing retirement living options to the people of Paparooa and surroundings. The opening of Twin Streams subdivision last year saw the realisation of that vision as Manaaki Circle provided small sections suitable for older residents.

The Trust has retained 3 sections in Manaaki Circle and has now signed a major contract with GJ Gardner Homes to build three dwellings plus a Community Center. The houses will be rented to seniors. The Community Center will be a small space for all the residents of Manaaki Circle to gather for social events, relaxing and other activities. The trustees believe it will help create a sense of community, so important in this age of digital remoteness.

Trust chair, Graham Taylor said "We are very pleased to have GJ Gardner on board as we are confident of seeing homes of a high standard being built. This is the final stage in the trust's journey of providing retirement living in the heart of Paparooa. We set out to retain older people in the community who will contribute to the wellbeing and culture of the whole Paparooa village. It

will be a major change for the community. GJ's have been with us for some time, and we look forward to working with them on this exciting stage".

In 2020, the government announced funding for this build as part of a package of infrastructure investments to help kick-start the post-COVID rebuild. Among the projects funded in Kaipara were construction of a dementia unit in Maungaturoto and the refurbishment of the Kauri Museum in Matakohe, as well as the Paparooa Community Charitable Trust retirement village. This grant funding coupled with the Trust's own funds enabled the \$1.4 million contract for the village to go ahead.

The franchise holder for GJ Gardner Homes Whangarei/Kaipara, Michael Sudfelt said, "I really take my hat off to the team behind the Trust. They have worked incredibly hard for a long time to achieve this for the community of Paparooa.



Plenty of smiles following the awarding of the contract to GJ Gardner Homes.

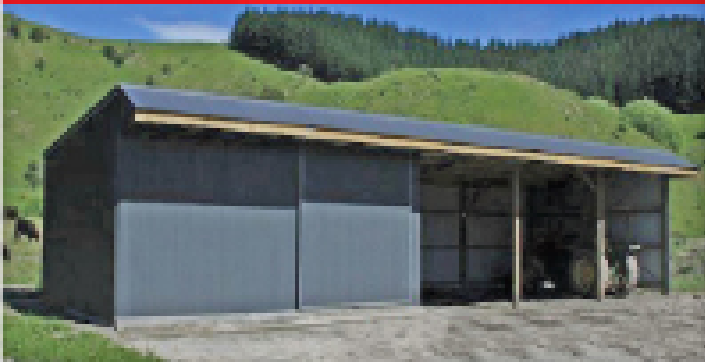
From left Ean Dawson, Graham Taylor, Michael Sudfelt, Julieane Mollet, Don Hargrave

Their achievement really should not be underestimated. We are stoked to have been trusted as the builder for this project and have enjoyed working with the Trust for the last couple of years and excited to be providing great housing for people of need in the Paparooa area."

The new houses are spaced out within Manaaki Circle so they will blend in with the individually owned homes. They will be owned by the Community Trust and the tenants will be part of the wider community. The Trust understands GJ Gardner intend to seek building consent in the near future and building should commence before winter.

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Do you know about "Ostomates"?

An Ostomy Society is a non-profit organisation which aims to assist in the rehabilitation of people who have undergone bowel or bladder surgery resulting in a colostomy, ileostomy or urostomy. These people have adopted the name of being an "Ostomate".

It is also the first link with a group of people who have banded together to help one another and not to be alone, that their experiences are not unique and there are answers to their questions and problems.

You may like to think about being a member of your nearest "Ostomy Group", and you will meet other people who have lived with similar problems. At the meetings we may be able to help solve problems you may have.

Ostomy Group members are not medical people, although we each get to know a fair bit about this type of surgery after a while.

Northland Ostomy Society is part of the Federation of New Zealand Ostomy Societies Inc. with affiliation to the International Ostomy Association.

Email address: info@northlandostomy.co.nz



Paparoa And Surrounding Communities Showcase

Proudly Presented By Progressive Paparoa Incorporated

Progressive Paparoa Incorporated are getting community groups, activities, initiatives, and support systems together to advertise themselves, and what they do for our communities. We will be hosting a 'Paparoa and Surrounding Communities

Showcase' on Friday April 28th at the Paparoa War Memorial Hall.

This will be a chance for the public to see what is available in our area and give organisations an opportunity to network with each other. As well as being an opportunity for your group to gain public exposure we encourage you to come forward with things you need to do 'your thing' better for the community so we can help get these things going.

In conjunction with this event, we will be spearheading a 'Community Preparedness Campaign'. We are actively seeking everyone's ideas on how we can be even more prepared for natural disasters. We are asking for constructive

ways we can support ourselves as a community in the future to get through major disasters. Progressive Paparoa will have a booth dedicated to this cause where anyone is welcome to come and tell us what would be beneficial, what help would be good to have on standby and also how you can assist in an emergency.

To make this event a success we would like to hear from any and all community groups that are conducted in or directly benefit the community in Paparoa and surrounding districts. If your cause or group serves the communities in this area, please email progressive.

paparoa@gmail.com or phone/text 0273835194 so we can start a conversation and get the registration process underway. Doors open 4pm for set-up with proceedings starting at 5.30pm.

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Planting Season Getting Closer

The volunteers of Otamatea HarbourCare Society are looking forward to planting season as the weather cools, and plants in the Station Road nursery managed by Mark MacKenzie grow ever larger.



OHS Nursery Manager Mark MacKenzie with some of this year's plants

OHS grows around 20,000 plants each year from locally sourced seed, which are sold to farmers and lifestyle block owners in the area of the old Otamatea County Council. This year plant number are down slightly, following a failure of cabbage tree seeds to germinate, but nearly 10,000 manuaka, 5,000 flax, and 3,000 sedge will be heading for new homes from May. The nursery also has smaller numbers of kahikatea, karaka, karo, tītoki and a few other species.

The Society sells most of its stock via the Kaipara Moana Remediation scheme, which primarily assists landowners with more than 20 hectares of land to develop sediment reduction projects that improve water quality in the harbour. But don't despair if you have a smaller block – plants are available for planting alongside waterways or erosion-prone land in the Kaipara Harbour catchment, (although not to satisfy a resource consent condition). Register for email updates to get information on plants, eligibility, and prices, by visiting the Society's website: otamateaharbourcare.org.nz/



Grant O'Neill, Secretary



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One reason for this is that, although I was elected by the people of the Otamatea Ward, the formal oath of office which I signed was to act in the interests of all of the people of the district, and that is what I am committed to doing, along with the rest of the Elected Members.

Council Mark says -Co-governance is not a swear word

Winston Churchill famously said that democracy is the worst form of government- apart from all the rest. Co-governance has its place too, but not as the default setting for general public governance.

For iwi to be entitled to appoint further representatives to the council is saying that the council as it stands does not represent everybody. Representation of iwi is ensured by there being a Maori ward in proportion to the number of registered Maori voters. I voted for this. It is not an extra right, and it is not co-governance in my opinion, but it does ensure that the Maori voice will be heard at the council table.

One of the features of our modern pluralistic democracy is that its governors are accountable to the governed, and the most obvious way this is achieved is through the election process- if you didn't like the job I had been doing in the last three years you could have booted me out last year.

An appointed member would not be accountable in the same way- not democratic.

At the same time, in these turbulent times I think the council should be looking to develop and nurture relationships, alliances and partnerships with key stakeholders to progress issues which benefit the Kaipara. We build relationships by establishing trust and mutual respect through doing things together. I certainly hope that our mayor could count on support from the local iwi when seeking to advance Kaipara's interests in the halls of power in Wellington.

Mark Vincent
Otamatea Ward Councillor
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I want to make a big shout out to the volunteers at Paparooa Community Library who have stepped up over the last few months when we have been through one thing after another - and to top it off Cyclone Hale and Gabrielle really made a mess of the carpet throughout the library and we had to close once again for maintenance. Each time I have asked for extra help there have been those who have appeared willingly and we have sorted it out together. You know who you are and I really appreciate your support.

Also a huge shout out to Tim Lord from Kaipara Cleaning who came to our rescue and put a plan in place to get the excess water removed, cleaned the carpets and oversaw the drying out process with the help of a dehumidifier lent to us from Dargaville Library and an upstairs neighbour who kept an eye out while windows were open to help with the airing out. You saved the day and me, let me tell you.

Now lets just get on with being a cool little community library
Jas Futter Manager Paparooa

A reminder to our contributors!

We need all advertising material by the 15th of the previous month and all editorial copy by the 20th. We cannot guarantee the publication of any material received after these dates.

While we always welcome editorial content we reserve the right to decline or hold over any articles outside our regular columns.

Opinions expressed in Paparooa Press are the author's own and not necessarily those of the editorial team or PPI.



Paparoa School News "Annyeonghaseyo"

Paparoa School has been extremely busy in the month of March with a lot of field trips and events being held at school.

We started off the Month with two field trips as part of our Whitebait Connections Learning. This is when the students learn about inanga (whitebait) and how they spawn. We also looked at healthy waterways, visiting two different locations. We found koura (fresh water crayfish), short-fin eels and inanga. The senior class have decided to adopt 'The Landing' to look after the spawning sites for the whitebait and also the stream at the back of Franklin Road. They have many actions they are wanting to achieve. It is amazing to see our students take pride and care in their local environment.

We had Grandparents Day

a few weeks ago and it was lovely to welcome so many of our extended whanau. The students worked with their grandparents on a few activities but the most favourite activity had to be the paper plate maze. We will be investing in more hot glue guns for Grandparents Day next year!

Our new welcome saying is "Annyeonghaseyo" which is a formal hello in Korean. The older students are taking a Korean language lesson once a week which we have found very interesting. They are currently learning how to introduce themselves as well.

There have been a lot of sports events with the Juniors

attending the Football Festival in Dargaville as well as attending a Combined Swimming Sports with Matakoho and Tinopai.

With Easter coming up, I am sure the students of Paparoa School are looking forward to their chocolate and holiday break.

Karyn Taylor
Principal

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Being a volunteer costs you nothing but your time but in this instance they don't get to choose when that time is. They can also find themselves in some pretty dicey situations while out there in all weather, night and day, keeping us all safe.

They are a very special breed of people and we are lucky to have them in our community.



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Matakohe Here We Come!

Otamatea Weed Control Group are now set to take on Matakohe's privet.

We are kicking off with a working bee at Matakohe House on Saturday April 1st (9-12) and then will move to any nearby properties who would like help with privet control.

Contact OWCG if you would like to join the working bee or have an overwhelming privet problem and would like some assistance getting underway. The cost? Morning Tea! For self-starters you can also get free herbicide from us (we are funded by NRC).

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OCS April News

We hope you all had a happier and calmer month than February. There was so much tragedy brought on by flooding and cyclone Gabrielle.

The after effects for some are truly devastating and we can only hope things will one day resume normality in some degree. Our hearts go out to those whose loved ones lost their lives. Mother nature can be cruel.

Our van will take shoppers to Whangarei on Tuesday 11th and Wednesday 26th. The van leaves the Maungaturoto Retirement Village at 9am and returns after lunch. At the time of writing there are road closures so the trip is longer at present. It is also possible to go to Dargaville on one of those days if our regular passengers would like a change- please just let us know beforehand and if it suits everyone, we can arrange it.

Our Community lunch was much appreciated by a somewhat smaller turn-out on the 1st of March, sadly some of our regulars were not able to make it for reasons of illness or other engagements. Our busy catering people make every effort to ensure everyone has a beautiful morning tea and lunch and it's a shame more cannot enjoy the day.

We are again sending out a call for more willing hands to help on lunch day. We just want two or three willing and able people to help put up the tables, serve and then clear away the plates and pack away the tables. Hours are approximately 9- 1pm. If you are keen we would like to have a chat with you and do the necessary paperwork, i.e. Police check etc., so phone or call into the agency.

With volunteers as well as guest numbers becoming fewer, we now find that we have to think about whether or not we can continue with the Community Lunch. It has been a popular monthly event for many more years than I can remember and it would be quite sadly missed by those who always make it a favourite date on the calendar; our purpose for the event is to give people a day out to chat with friends and neighbours and maybe make some new friends.

We are so grateful for the wonderful work done by all the hard-workers at Grow Paparoa. Our food bank receives beautiful fresh vegetables from them to give out with our food parcels, so a big thank you to Grow Paparoa.

Best wishes and take care of each other.

Regards from all at OCS
09 431 9080

I've been thinking ... Count Your Blessings

It's been a miserable few years hasn't it? Starting with a pandemic and ending with flood. Complicated with a few international extras like war, national inflation etc, added to our very own personal upsets.

Are we all feeling a bit shellshocked?

Time to count our blessings.

It's an interesting exercise.

Try it.

I'd be interested to know if you ended up like I did with a few positive affirmations concerning personal things like family and a lot of negatives. That is, things I don't have or don't have to do. For example I feel blessed not to be living in the Ukraine,

rather than feeling blessed to be living in New Zealand. I am thankful that the cyclone inflicted only minor damage here. On a more local level- I am also blessed in that I don't live on the Paparoa Oakleigh Road. Nor do I have to travel on it daily. You folk that do have my sincere sympathy. The last two times I have travelled it I met 60 heavy vehicles.

The old adage that there's always somebody worse off

than yourself springs to mind.

I now have to accentuate the positive and be glad that I live where I do etc, etc. Play Pollyanna.

Nothing like a good cliché to raise the spirits.

There's a good time coming.

RS



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Paparoa Wastewater

We are making slow but steady progress on addressing Paparoa's wastewater issues.

The Wastewater Action Group, initiated by Progressive Paparoa in 2020, was successful in obtaining outside funding for a community consultation programme which took place in 2021 and resulted in a report that was put in front of Kaipara District Council and informed the community. Because of this the Council set aside funds for investigations into potential solutions whereas previously, they did not have a budget for the issue.

KDC appointed Awa Environmental, a strategic advice, engineering, and water modelling service business to prepare a feasibility report which recommended a solution of linking the affected properties in Paparoa Valley Rd and Franklin Rd into a reticulated system with treatment at a possible site adjacent to the Paparoa Showgrounds. This scenario

is currently out for discussion with the North Kaipara Agricultural Association and alternative sites are also being considered.

The Government's Three Waters programme has cast a new light on any solutions as whatever the final outcome there appears to be invigorated attention to wastewater pollution and the need to fund solutions. Paparoa should benefit as the community has taken the initiative and brought its concerns to the authorities.

The next steps are to continue to keep the issue in front of KDC and to look for a range of practical options that will ensure Paparoa residents are able to use their properties well into the future. Being on the front foot is critical as already being seen to put the community's hand up has paid off.

Graham Taylor

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The Road Not Taken



Dear Reader, as March slides inexorably into autumn my thoughts begin their annual stock take. Shaking habits about and upending things to see what falls out. I do try to undertake this only once a year, much like spring cleaning, as it is all too tiring and tends to bring things left delicately mouldering in a corner to the tedious scrutiny of light. (Light: both literal and metaphorical).

It was all very well for the poet Robert Frost to stand about in golden woods evaluating which path to take and mourning the fact that in years to come he would realise the consequences of that far past choice. (Clearly, he did not have six children, two cats and a dog at home all wanting their breakfast). Ironically, if only he had been an amoeba he could have taken both paths only waiting two days to split in half. Of course, that would have meant that there would have been no dependant children waiting at home. So win, win really.

And another random thought, if time is not linear. If "Space and time are not absolute values" as Alonso-Serrano said then it may be possible "In the moment that you carve the spacetime, you can play with that curvature to make the time come in a circle and make a time machine,"¹

Then Robert Frost, amongst others could take both paths! Ultimately it may well be that we end up in situations based on our social conditioning, upbringing, genetic tendencies etc etc. and it is on that thought that the annual stock take draws to a close, think I will shove it to the back of a cupboard and forget about until next year. In other words, procrastinate, which is just another deep and meaningful idea imbedded in R. Frost's poem The Road Not Taken.

Carpe deum or manana, take your path!

The Road Not Taken

By Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.

1. Alonso-Serrano told USA TODAY.

<https://www.usatoday.com/story/tech/science/2022/09/10/time-travel-possible-science/7847346001/>

Deb

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Got A Fly Problem? You Need Carnivorous Plants!

Carnivorous plants are often thought of as out of a fantasy, but you can buy and grow them right here in Kaipara, Northland! Although commonly thought of as man-eating plants, carnivorous plants are fortunately (or unfortunately, depending on who you ask) safe plants to care for and be around, and are actually a lot easier to care for than many believe.

Their name comes from the fact that these plants eat insects - flies, mosquitoes, wasps, and sometimes even rats, if they grow big enough - and do so by catching insects themselves. They do not need to be fed, though they do like a good amount of water.

One type, the well-known venus flytrap, catch flies by clamping down on them



Sarracenia (Pitcher Plant)



Drosera (Sundew)



Nepenthes (Pitcher Plant)

these traps as the insides are made of a slippery surface.

Originally from Northland, a trip to Auckland for a two-day weekend turned into thirty-two years, now we have permanently moved back into Northland and are setting up a carnivorous plant nursery with a purpose to serve the local population first and foremost.

You can find us at a stall set up from 9am-12pm nearly every Saturday at the Paparoa Farmers' Market or, if you prefer, we can also do an appointment at our home.

after detecting movement inside of its maw; it detects this movement via tiny hairs. They will even attempt to bite their fingers, though this will feel like being bitten by a feather.

Another type, the nepenthes (commonly known as the 'pitcher plant', or the 'monkey cup'), grow traps which insects (and, on occasion, when large enough, rats) climb into and get stuck in; the plant then drowns and digests its prey. Prey can not climb out of

We are based in Matakoho, near the Kauri Museum. Text 0274711989 to get in contact (don't call due to poor reception).

Bryce Palmer

L: Audrey II from the movie "Little Shop Of Horrors".



Who Can Resist?

"Busby is a foster pup looking for his forever home. The cutest wee man with a lot of character! He's ready to be adopted at the end of March and will be desexed, vaccinated and microchipped. Costs \$300 from SPCA. Contact Melanie, who has been caring for Busby for the last 4 weeks, for more details: melanie-miller@hotmail.com.



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Maungaturoto and Districts Rotary

First of all, congratulations on Mangawhai Rotary becoming an official club in their own right. Six of us, as the sponsoring club, were able to join them on the 28 February. The leaders in our District endeavour to support all Clubs and they showed up in force for this auspicious occasion. Apart from the chartering of the Club, which has 22 members, the two instigators received Paul Harris Fellow Awards (An award given for exceptional commitment to a community). Dennis Emsley has effectively been the leader of the Club initiative and Grahame Carbery (the Commodore) has been the leader in the sailing initiative which now has 9 boats and several families have decided that sailing is a good option for them.

By the time you read this we will have completed a working bee on Nikau Grove, in Whaka Street. The tracks in this little haven have suffered from the heavy rain so we will be working on the worst affected areas by laying limestone. When that has had a chance to settle, we will look at putting more metal on the track. Broken branches and weeds will be removed at the same time. It has been noted that some cyclists are using the area which is fine, but we

would appreciate them keeping on the track as there is a large amount of damage done to regrowth when people deviate from the path.

We have had good news this month with two people being willing to put their hands up for Driver Mentoring. This will mean that we can process more students as well as lighten the workload for all. We have also learnt over the past month that Dargaville is taking restricted licence bookings, but these tests will only be conducted on a Monday.

The ongoing effect of student exchanges was made evident to me during the week. 45 years ago a student from Tumut in Australia, spent a term with a local family, the Needhams and in the following term, their daughter went to Tumut. This relationship has continued through the years and a week or so ago this woman visited her twin and the pair of them came to Maungaturoto. What she enjoyed most was visiting places that had been familiar to her then, and catching up with her NZ "parents", Margaret and Ross. Then, as now, she could not get over how green the area was because her community is very barren. Most of the Rotary exchanges went on hold due to Covid. However, we are back in having reciprocal visits, but these tend to be for a year now.

We have a parting thought at the conclusion of each meeting. This week it was a Jimi Hendrix quote: "When the power of love overcomes the love of power, the world will know peace."

Remember, if you would like to join us, or you think there is a possibility we may be able to help you, please don't hesitate to get in touch.

Eileen Parsons 021 142 0357
Maungaturoto & Districts Rotary Club

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Rainfall

Writing on 7 March 2023, some numbers for those interested:

Prior to 2022, the wettest month was in 2014 July with 285.5mm. 2014 ended with a total of 1,379.6mm.

July 2022 ranked all-time third with 255.1mm, then a record in November with 306.9mm and followed by December with 220.4mm. 2022 finished as the wettest on record at 1,638.8mm.

January 2023 "only" had 298.5mm, then another new record in February of 346.5mm.

The four months November to February total 1,172mm, a monthly average of 293mm! Higher than the 2014 record.

This is without mentioning Gabrielle, who brought wind as well as the record rains!

Don Hargrave



GROW WHAKATIPU Paparoa Inc

Food security is becoming an increasingly spoken about issue and something we are quite passionate about at the gardens. While we produce a lot in a small space it will never be enough to feed everyone.

It is with this in mind that we have teamed up with Paparoa library to begin a seed swap service. There is box within the library that has been stocked with seeds appropriate for autumn planting.

We are hoping that as a community we can come together and begin to save seed and share with one another. If you have extra that you would be willing to share please pop it into an envelope and label it clearly with what the seeds are and when to plant them. Additionally, you can find a book in the library to help you with your gardening and pop into the gardens to get some practical experience.

Lately we have been busy harvesting the last of our tomatoes and cucumbers as well as planting out cabbage, broccoli and spinach. This year we are also sowing carrot and parsnip seed.

Not so long ago we extended our shade sails to another part of the garden and we are putting in raised beds that will be tall enough for volunteers to sit around to work in. We are excited about saving all our backs (they will possibly become the most looked after beds!) and making the gardens a little more accessible to a larger group of people.

March was Neighbour's Aotearoa and with the success of our recipe swap last year we thought we'd do it again. If you missed our week of recipes look us up on Facebook - Grow Paparoa - and have a look at the delicious recipes that our volunteers shared. Our Facebook page is public so no need to have your own facebook page to access it. Please feel free to share and send pictures of any recipes you try out!

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Vicky

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BOOKS AND BOOKCLUBS

"The one in one-hundred year thing is not real," Grant Robinson. The events of this summer may well be repeated next year, and the one after and the one after in ever increasing magnitude. Am I being an alarmist? (Someone who exaggerates a danger and so causes needless worry or panic.) Or someone who justifiably raises the alarm about a global danger to Earth's biosphere, the new meaning of the word since 2020. "The Alarmist," is the autobiography of Dave Lowe, who for the last 50 or so years has been measuring the increasing CO2 levels in the atmosphere over the southern ocean, from Baring Head, New Zealand in conjunction with the world's leading experts. His story triggers memories, to those of the same age, of the New Zealand we grew up in, and would be a pleasantly reminiscent read if it weren't for the sadness of it. Sad that scientific knowledge and data collected since the 70s predicting exactly where we are today, was not heeded or acted upon by those with the power to do so.

In the same vein, "Living in a Warmer World," edited by Jim Salinger, a collection of information from more of the world's leading scientists, also tells us what we can expect. Helen Clarke in a foreword states: "Progress towards a new global climate agreement has been painfully slow, and the cost of inaction will only continue to grow." Another alarmist?

To help us with the stress of all this here is one with a catchy title – "Why Zebras Don't Get Ulcers," by Robert M. Sapolsky. A bit too much of a psychology text book for me, but simply put it has to do with the fight or flight syndrome. Zebras only spring into action when they need to whilst humans, some more than others, are constantly seeing even everyday trivial events as life threatening causing our bodies and minds inevitable harm trying to maintain that constant state of readiness.

So what to do? Be inspired, motivated and uplifted with this wonderful volume which I recommend you buy a copy of to keep always by your bedside. "Endurance, 100 tales of survival, adventure and exploration", collated by Levison Wood. Neil Armstrong, Nelson Mandela, Harriet Jacobs, Mahatma Ghandi, Sir Edmund Hillary, Tenzing Norgay, are just some of the names I recognised, excerpts from their stories in their own words, all around ten pages long, so just a bite-sized feel good fix as needed.

*One truck/trailer carrying 30 tonnes of food produces the same emissions per km as 5 SUVs driving to the supermarket. Then it takes 1,500 SUV trips to each carry 20kgs of food home, so who does the most damage? "It seems we think we have an inalienable right to each drive our own cars." (The Alarmist) But at what cost! Car pool to town anyone?

*There are 95 books on climate change available across the Kaipara District Libraries.

Anne Bate

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Ants Driving You Mad?

With that first big deluge of rain a while back the ants invaded my house - and they were everywhere - not just where there was food.

I tried all sorts of products and potions but the little varmints were winning... Then I spotted this product in Maungaturoto 4 Square - EXTERM-AN-ANT by Tasmex .

One day with liquid baits put around the skirting boards and in corners and then, over night, no ants anywhere!!

Amazing!! I thought they may be back after the last rain but still not an ant to be seen!

I'm so happy to have my house back!!

Agony Ant

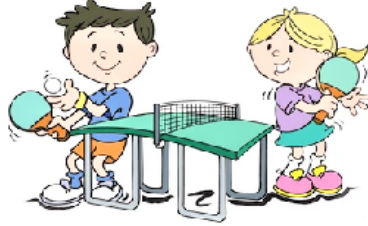
Junior Table Tennis Is Coming To Town

Paparoa table tennis has some exciting news. We recently had a visit from Peter Craven the current chairman of Table Tennis Northland (TTN) and he enjoyed meeting a large turnout of players and having some games with us.

TTN are actively trying to grow the game in Northland and are keen to support us here in Paparoa by running a weekly programme for school aged kids at no cost to Paparoa.

They have applied for funding to provide us with new table tennis tables, nets, bats and balls and will provide an experienced coach to run the sessions. This is an amazing opportunity for young locals to learn the game or improve their current skill level. Some of us have visited the Whangarei table tennis centre and seen the fantastic improvement of some of the young players up there over the last year.

At the time of writing we are hoping to run this programme



through Term 2 of the school year which starts the week beginning 24th April and we are considering running it on Tuesdays prior to the weekly table tennis at the Sports Pavilion. Once dates and times are confirmed we will advertise it more widely in school newsletters and on social media, but meantime any queries to me.

Pete
0210567163

The surprising story of the saxophone!

Banned, reviled and loved - yet the man who invented it died destitute.

Born in 1841 when a Belgian inventor Adolphe Sax put a woodwind reed onto a brass body to make an instrument with the impressive volume of a trumpet and the delicacy of a flute. The military bands loved it but the instrument makers hated it. Sax's competitors viciously tried to destroy his business, setting fire to his factory and even trying to kill him.

The saxophone became very popular with dance bands in the 1900s - in fact they sold more readily than guitars in the 1920s. It became the symbol of jazz music.

Things turned against the sax in Germany when the Nazis took control as it was viewed as "degenerate art" and a symbol of Afro American culture. The white supremacist concept of the Nazis did not allow the saxophone to be played.

Strangely the Vatican in 1914 also banned the saxophone, perhaps because of its association with the more suggestive dance moves in the 1920s?



The trouble didn't stop there as in the 1930s Stalin's Russia also persecuted the saxophone. Orchestras in the Soviet Union were forced to remove saxophonists and players were arrested, imprisoned or even exiled. Possibly because of fear of imperialism?

In America the saxophone and jazz was considered a black art form and from the 1900s instead of being shunted aside black musicians discovered a loud voice for change. At last

musicians had a way of protesting.

In the more modern era, there has been a new move with the "Lisa Simpson effect". Although Etta Morgan, an African-American woman gave

the first concert saxophone concert in 1889 it has taken a long time for the instrument to be taught to girls. Lisa, a "cool character" from the cartoon series, plays the baritone sax and has become a role model for girls.

The popularity of the saxophone continues today - a beautiful instrument.

Stella

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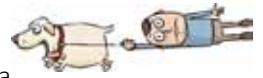
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It's A Dog Thing

SHUT UP!!!!!!!



One of the most annoying behaviours we come across as dog guardians is 'unrequested' barking. Barking is a natural form of communication for dogs; however, no one appreciates a teammate who talks so much and so loud you can't hear yourself think, how do we find a balance.

Dogs bark for several reasons, in order to quickly and clearly deal with it and gain control we need to understand what that is and then identify our part in rewarding it.

Excitement, when something is going on that the dog enjoys or random barking at birds, cars, reflections etc. Have you enjoyed the activity or not noticed the barking at low levels? By continuing with an activity while the dog is barking you make the barking acceptable

Alert barking, the pedestrian patrol pups, and gate keepers. A dog's instinct is to alert us to danger/guard, if we go out to see what they are barking at and yelled at them to 'get away or shut up' until they stopped, they think you're 'barking with them' also, if you accept the dog 'alerting' sometimes, you need to have an 'off switch' for the noise when you don't want it.

Anxiety, when you leave your dog at home and then get the noise complaints, what did you do? Whether you stop leaving them alone or try and 'catch them barking' to tell them to be quiet, your dog sees that 'barking brings you back'

Once you decide which category your barker is in you can create a specific plan of how to remedy it.

Management, while you're working on retraining your dog's responses you will need to manage how often your dog gets to 'rehearse' the response you don't want (barking). Changing activities, limiting exposure to triggers, limiting alone time, these will be specific to your situation.

Training, develop a plan with a qualified coach to start educating your dog with how you would like them to respond. Make sure the plan is realistic with small achievable steps

that have been personalised for you, retraining barking is not a cookie cutter behaviour.

Tips:

- ♦ Silencing a dog should not be your goal, if your dog loses confidence to vocalise this could lead to big problems with them interacting with other dogs and people including you.

- ♦ If you yell at your dog when they are barking, they will initially think you are joining in as part of the team.

- ♦ If you don't want your dog to keep barking, 'without speaking' or saying their name, walk to them and take them away from what they are barking at.

- ♦ If the barking is because your dog is excited about interacting with you as soon as the first bark occurs stop engaging and turn your back, keep your back to your dog until they stop barking, then turn around and



continue with the activity.

- ♦ Home alone barking needs time to get your dog being happy to be restrained away from you while you move about the property, in view and out of view and then for varying lengths of time.

This topic has many books written about it, I hope that these few short paragraphs have given you some aspects to consider.

Lissie Cleave

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Real Estate Market Update

Nationwide, house prices were still down for January although there were some indications that the decline is slowing.

Nationwide, the number of sales in January was the lowest ever, however, that was not my experience here! Buyers burst into action around mid-January (with a little frustration at bad weather and unreliable road access). Buyers were back in action quickly after the cyclone. Fresh stock is attracting good enquiry although turnover is slower and there is greater risk of properties going stale on the market. It has become more important for sellers to price their property to the market. My advice is to keep a close eye on recent sales, whether selling or buying. If I can help you by providing a list of recent sales in your area, please contact me, I'd love to help. (No strings attached!)

In the finance world, the OCR increased but interest rates are still not high. Locally, first home buyers are already coming back, and lately Westpac announced "some softening in the under 20% deposit space". That has got to be good news!

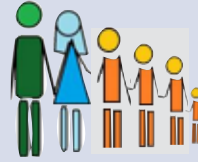
Have a great day! Warm regards, Nicky Reid, 021 103 6277

From our family to yours Fur Baby

We have welcomed a new addition to the family, of the 4 legged variety- a wee cat called Jeremiah or, affectionately, Jerry. I feel that pets are so good for kids, to learn about responsibilities, and caregiving and the answer to the question, "If I do this, what will he do?" For example, "If I pull his tail, will he scratch my face?", or, "If he scratches my face, did I deserve it?". The answer to both those is a resounding "Yes". The big boys are very caring and responsible, sadly it's the little wild thing (Mr 4) who seems determined to test Jerry daily.

Considering Jerry came from a home without little people roaming in it he's doing very well. And it is Mr 4's love for Jerry that makes him want to constantly carry him around, constantly squish his face onto his sleeping belly, and generally harrass him throughout the day.

Did Mr 4 know that cats don't like water? Probably not until he threw him into the pool. Did



Mr 4 realise that his claws would explode the inflatable section of the pool? Not until it exploded.

Life is a bit like this. Even as supposedly rational adults, we can consider all the options and possible consequences of a decision, only to have it explode in our faces. (Like writing in a mocking tone about the

Maungaturoto toilet debacle, only to have them open the day the Press went to print.) Does it cause us to withdraw from all future decision making, for fear (of the truth) that everything is out of our control? No.

And no matter how many scratches Jerry gives Mr 4, or how many times he runs away from his loving embraces, Mr 4 will keep loving Jerry in a hands on, up front and frankly, invasive sort of way. Watching Jerry often just lie there and take the smushy kisses, I suspect he doesn't hate it as much as I think he would. I just want him to go out and catch some mice already! As most cat owners know, the first place a wee cat will bring a gift like that is straight inside, so that could be this month's statement to blow up in my face! You'll find out next month! Have a cuddly April!

Jenny

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Apology to Jayne Short

On behalf of the Paparoa Press, I would like to offer my sincere apologies for the advertisement run in our March Press and the incorrect wording used.

Jayne is a qualified Podiatrist but not currently registered in New Zealand. The word Podiatrist was used in the ad which should have read "Foot Care Services".

I understand this is a current hot topic which was not helped by my error. This was an error on my part only. Please accept my apology Jayne and any others offended by the error.

Advertising Editor

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Kaipara Hunting & Fishing

The club will be holding it's annual Duck Hunters shoot on the 9th April, 10am. Chance to get some practice in before opening weekend.

Shoot details

Club Grounds: Hames Road Maungaturoto

Entry: \$50.00 per person.
Juniors: 16 years and under Free

Ammo: \$14.00 per box (25)
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No Dogs please on course.
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All new members welcome so bring your shooting friends.

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See you all there.

For New Membership:

Email Andy at awthompson@outlook.co.nz



Science Corner

Butt Catapults on insects

Insects with "Butt Catapults" for peeing!

A relative of the cicada called a "glassy winged sharp shooter" (*Homalodica vitripennis*) uses super propulsion to fire droplets of urine.

This insect sucks xylem from living plants to feed. Xylem is one of a plant's vascular tissues and is made up of water conducting cells and nutrients that plants "suck" up from the soil. The other vascular tissue, phloem, is the sticky sap that transports foods produced in the leaves during photosynthesis to the rest of the plant.

Since xylem is very dilute, in order to get sufficient nutrients, this "sharp shooter" insect has an awful lot of water (pee) to dispose of and getting rid of this fluid can take a lot of energy (some humans know about this problem too). The "sharp shooter" has to get rid of 300 times its own body weight of liquid per day- humans only have to get rid of 1/40th of their body weight.

High speed videos and microscopy were used to analyse the insect's tail end (anal stylus) or "butt flicker" as called by Saad Bhamia a biophysicist from Georgia Institute of Technology, Atlanta.

When ready to pee the stylus moves downward to make room for the liquid droplet and when a certain size of droplet is reached, the stylus bends down even further, then flicks the droplet off. It is flicked off at more than 40g/s- 10x faster than the fastest sports car!

The droplet moves faster than its launching pad because of an energy boost- just as divers move faster than the spring board that launches them.

The stylus compresses energy in the pee droplet just before launching, which is stored by surface tension in the droplet and then it is released after launching giving super propulsion.

This method of insect peeing uses much less energy than pushing out a jet stream of liquid and it keeps the animal clean as all the liquid is totally removed.

Engineers are looking at ways of copying this principal of super propulsion as a way of removing water from engines leaving the surface clean.

Clever little creatures that we can learn so much from!

Stella



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Pets in the Valley



One of the great things about working with animals is that they always manage to come up with something you have never seen before. Recently I had a big dog come in with severe rapid blood loss. The source of bleeding was from his mouth. He had lacerated the artery under his tongue and



despite being nearly 40kg he had bled enough to go into shock.

After stabilizing him we worked out with his owner that he had been in his kennel but could smell a bitch on heat. So in trying to escape his kennel he had managed to cut his tongue on wire as he was thinking of other things. Obviously, his blood pressure was up and as there was no pressure on the tongue to slow the bleeding it didn't clot until his lack of blood slowed him down. Young love!

Take care, Janine

April Gardening Notes

Autumn is a great time to look back on the Summer growing season and assess what worked well and note down what wasn't as successful as you would have hoped. Cooler months are settling in and now is the ideal time to get your winter garden underway. In the vege garden plant or sow your winter staples including brassicas - broccoli, cauliflower, cabbage, Brussels sprouts, beetroot, carrots, onions, radish, spinach, and silverbeet into well prepared friable, manured, composted soil.

A raised vegetable bed in winter assists with drainage, improves growth, and winter sun raises soil temperatures. Grow Broad Beans (even if you don't like them!) as they'll still serve a purpose by keeping the weeds down. Add a layer of mulch, feed the bees, add nitrogen to the soil, and sow now. I'm sprouting seeds between 2 thick layers of wet paper towelling on a tray in the hot water cupboard and will plant out into well prepared, friable and manured soil in 2 rows to aid cross fertilization. Feed monthly with liquid fertilizer.

Remove spent summer flowering annuals and trim back summer perennials such as hebes and daisies. Geranium cuttings can be propagated by planting into small pots of potting mix. Take debris away to help keep disease out of the garden. Building up your compost heap over winter will produce nutrient rich compost ready for spring planting.

Brighten up the flower garden or the patio with pots and hanging baskets of winter flowering annuals including cinerarias, mini cyclamen, nemesia, Iceland poppies, calendula, pansies, violas, polyanthus, snap dragon, and hollyhock. Plant out Spring flowering bulbs. Sow a row of Sweet Peas into well composted/manured soil in front of a trellis. This will allow the plants to make plenty of leaf growth over winter. Come Spring as temperatures warm these plants will produce a good show of flowers. The blue colours are more fragrant than red.

Planting new trees and shrubs will allow time for their roots to get well established over the cooler, damper, winter months.

Once fruit trees have finished producing, prune nectarines, peaches and plums into shape with an open centre and remove any dead or diseased branches. Spray pip and stone fruit with Copperox to protect against leaf curl, blight and leaf spots, downy mildew, black spot and verrucosis.

Remove runners from Strawberry plants and pot up in potting mix ready for planting out in winter.

JR

Edamame Salad with Smashed Cucumber

This salad is crunchy, spicy, savory, and tangy! A quick and easy side or light lunch that's packed with plant-based protein.

Prep Time: 25 Minutes

Ingredients

1 med\large cucumber
Salt
1 tablespoon soy sauce or tamari
2 tablespoons rice vinegar
1 teaspoon maple syrup
1 teaspoon toasted sesame oil
1 tablespoon chili oil (optional)
1 large clove garlic, crushed
340 g shelled edamame beans, thawed if frozen
3 spring onion stems, thinly sliced
1 tablespoon sesame seeds

Instructions

Smash the Cucumber: Cut the ends off the cucumber, then slice in half lengthwise. Press on each cucumber half with the flat edge of a chef's knife until "smashed". Slice into 1.5cm pieces, place in a sieve and sprinkle a small amount of salt over them. Let rest for 20 to 30 min to drain.

Dressing: Combine soy sauce, vinegar, maple syrup, garlic, chili oil, and sesame oil in a large bowl. Mix well and set aside.

Combine: Add the drained cucumber pieces to the bowl with the dressing along with the edamame, green onions, and sesame seeds. Mix well to combine; serve immediately, or let marinate in the fridge for 30 minutes before serving cold. Leftovers will keep in the fridge for up to 5 days.





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Appreciation

We are still hearing from people acknowledging our FENZ crews as true champions; they were out doing long stretches of clearing our roads during and after Cyclone Gabrielle.

The Lions club are hosting them at the next dinner meeting mid April just to say how much they are appreciated.

OUT & ABOUT AROUND TOWN

Paparoa's Farmers' market happens every Saturday morning, 9am - 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, olive oil, fish, preserves, live music and so much more. A great place to catch up with friends or make new ones.

Artisan Market Fourth Sunday Every month. Paparoa Memorial Hall 11.30 - 3.30. Next market April 23. Email artisanmarket.paparoa@gmail.com or ph Steph 027 452 7124 or Ruth 021 433 969.

Grow Whakatipu Paparoa Drop in for a chat, hands on experience, or a cuppa. Every Thursday & Friday 10am- 1pm.

Flax Weaving At Shop & Brew on Sundays. Bring some flax and learn under Naadi's tuition. Feel free to come in and try it out.



COLOUR & CUTZ

- Ladies & Mens Cuts
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All colours & products used at the salon are organic

Salon 431 7255 Gaylene 021 115 8056

OPEN TUESDAYS TO SATURDAYS
1994 Paparoa Valley Road



Libby & Pete Hames and Sally & Graham Taylor having a big autumnal tidy up at Paparoa Medical Centre!
Familiar faces involved in many local community groups.

KAIPARA LANDSCAPE

2 Blakey Road
Maungaturoto



Landscape and Garden supplies,
garden ornaments, firewood,
digger hire, pots
0800 769 843

When An Asset Becomes A Liability

It has been wonderful watching all the people use the showgrounds footpath to walk, bike and exercise their dogs, Unfortunately things don't always stay simple.

There are people who are taking their dogs to the show grounds and they're not being kept under control. This is especially true of people with multiple dogs.

Recently a dog ran into the Grow Paparoa gardens and bit a volunteer working there. Along with the convenience of being dog toilet walks for owners who have no intention of picking up after them, we now have a problem on our hands.

Ninety percent of people are great but it is the small percentage that ruin things for everyone. As I have mentioned before I didn't want to have to put up signs telling people to do what they already know they should do but something has to change.

Suggestions on how we can manage this problem and prevent people being hurt or intimidated by uncontrolled animals are welcome. Please contact the show committee with any thought or ideas.

Thanks

Janine Hames

jekhames@gmail.com

WHAT'S ON - APRIL 2023

The Kauri Museum open 7 days, 9am-5pm

See the ad on p11 for ongoing exhibitions

Paparoa Artisan Market - Sat April 15, 11.30 - 3.30pm, at the Paparoa Hall

Cyclone Response Fundraiser - Sat April 15, from 5pm, Paparoa Hall. Tickets from Skeltons. See back page for details.

Kaipara Wool & Fibre Festival - Sun April 16, 10 - 3pm, Maungaturoto Country Club. See ad p3 for details.

Community Groups Hui - Tues April 28, 5.30pm, Paparoa Hall. See Progressive Paparoa story p3 for more info.

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

Anglican Church St Marks Hook Road, ph 431 8193 or 431 6224 for services info
Ararua Church 10.30am every Sunday. All welcome Ph 431 6622

Art Studio, Ruawai Wed 10-12noon ph Frances 439 2554

Badminton Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 021 056 7163

Exercise to Music Tue 10.30am Paparoa Hall \$5 Ph Janice 021 0282 0969

Farmers' Market Every Saturday 9-Noon, Village Green, Linda 021 362468

Grey Power Last Wed in month, 1pm, Anglican Church Hall, Maungaturoto

Grow Paparoa Thur/Fri/Sun 10am to 2pm at the Community Gardens

Holy Trinity Anglican Church, Maungaturoto, 1st & 3rd Sundays, 10am;
 2nd & 4th Sundays, 4pm. All welcome

Kaipara Marching Team Weds 4-5.30pm, M'gto, Ph Lyn Hutchings 022 070 8674

Line Dancing Thurs 10am-noon Paparoa Hall Ph Jackie Comes 027 368 7298

Mainly Music Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520

Matakohe Garden Circle 1st Weds each month, 1pm, J Mackinnon 431 6689.

Maungaturoto Opportunity Shop Open Mon 10-1pm Wed 10-3pm Fri 10-3pm

Maungaturoto and Districts Rotary Club Maungaturoto Centennial Hall,
 Tuesday evenings 6pm, Ph Stella 021 149 0877

Otamatea Quilters 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262

Outdoor Bowls Maungaturoto Green Ph Tony 431 6026 or Brian 431 6884

Pahi Hall available for hire Ph Tina 0210335128

Paparoa Community Church Sundays 10.30am, 4 Hook Road, 431 6795 or Dave Porteous 0274 180 676

Paparoa Garden Circle 2nd Wed of month. Contact Raylee Over 431 6880

Paparoa Hall Functions venue Ph Robyn 431 7306 or a/h Loraine 431 7290

Paparoa Library Mon, Wed 2-4, Tues, Fri 11-1, Thurs 11.30-1.30, Sat 10-12.
 Manager Jas Futter 022 678 1474. Returns Box at Skeltons

Paparoa Lions Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion

Paparoa Playcentre Tuesday and Thursday 10am-1pm Visitors Welcome

Ph Kirstin 431 7373 txt 021 525 425 or Jane 431 6148 paparoa@playcentre.org.nz

Paparoa Primary School 2023 Term 1 Jan 31 - Apr 6, Term 2 Apr 24 - Jun 30, Jul 17 - Sept 22, Term 4 Oct 9 - Dec 14. Ph 431 7379

Paparoa Toy Library Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330

Paparoa Volunteer Rural Fire Force (VRFF) 1st and 3rd Monday of the month
 6.30pm Depot Rd ph Ken Ogilvie 021 129 4042

Plunket Ready Steady Wriggle Mon 10am Sports Pav. Tina Ball 021 033 5128

Selwyn Centre Thurs 9.45am for over 65's, St Marks, Hook Rd, Ph Sue 431 6224

Sports Pavilion Functions Venue Bookings ph Jane Bailey 431 6148

St Mary's Catholic Church Maungaturoto 10am Wed, 4pm Saturday

Table Tennis Tues 7.30pm, Sports Pavilion \$2 Pete 021 056 7163

Tennis Mondays 4pm children, 5pm adults. Ph Sue 431 6224 or Pete 021 056 7163

Yoga For Everyone Monday 6-7pm Maungaturoto Hall, Tuesday and Friday
 mornings 9.30am Paparoa Sports Pavilion. Ph 027 294 4855

PLEASE UPDATE US WITH YOUR DETAILS: press@paparoa.org.nz

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At Skelton's Paparoa Drapery 431 7306



print@paparoa.org.nz
 all your printing needs

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LOCAL TIDES for April 2023

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	15.04	9.08	17th	14.49	8.49
2nd	14.53	9.59	18th	15.38	9.40
3rd	15.33	9.39	19th	16.24	10.25
4th	16.08	10.14	20th	17.06	11.07
5th	16.42	10.46	21st	17.47	11.48
6th	17.14	11.18	22nd	6.06	12.27
7th	17.48	11.49	23rd	6.45	13.06
8th	18.23	12.23	24th	7.26	13.46
9th	6.37	12.59	25th	8.09	14.28
10th	7.17	13.39	26th	8.58	15.18
11th	8.03	14.27	27th	9.56	16.16
12th	8.59	15.24	28th	11.02	17.24
13th	10.07	16.35	29th	12.11	18.35
14th	11.25	17.55	30th	13.13	7.14
15th	12.44	19.16			
16th	13.52	7.50			

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

Maungaturoto Medical Centre: 8am-5pm Mon-Fri 09 431 8576
 Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222
 For urgent after hours medical service (Wellsford)..... 09 423 8086

DISTRICT NURSE Dargaville Hospital 09 439 3330
 Healthline - 24 hour service..... 0800 611 116

HOSPICE KAIPARA Dargaville Hospital 09 439 3330

KAIPARA DISTRICT COUNCIL Helpline 0800 727 059
 Mangawhai Office..... 0800 100 388

KAIPARA PHYSIOTHERAPY Lyndsay Bargh/Lynne Rhodes...09 4391656

LINKING HANDS Health Shuttle Service, Maungaturoto.09 431 8969

LIONS CLUB PAPAROA President Jim Rowlands..... 09 431 7290

MAUNGATUROTO PHARMACY 09 431 8045

MAUNGATUROTO REST HOME 09 431 8696

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

PAPAROA LIBRARY Free Membership. ContactJas 022 678 1474
 Mon, Wed 2-4, Tues, Fri 11-1, Thurs 11.30-1.30, Sat 10-12

PAPAROA PLAYCENTRE paparoa@playcentre.org.nz

PAPAROA PLUNKET .Plunket Nurse Louise 027 2823987 or 09 438 2508

PLUNKET Helpline 0800 933 922

PAPAROA PRIMARY SCHOOL 09 431 7379

PROGRESSIVE PAPAROA INC (PPI)Pete Hames.....021 0567163

PARENT PORT Inc. free help for families Linda 09 425 9357

Paparoa Fun Walk Run

About 75 people participated this year in the Paparoa Fun Walk Run around the local farm countryside on a lovely Saturday afternoon. All ages from pre schoolers to grandparents walked or ran the 4 and 5km trails. Recent rain had made for some more boggy conditions than normal in places but it was all part of the fun.

The Kaipara play trailer kept the younger ones happy after their walk, playing with a great variety of fun equipment and each other. Organised activities were hardly needed as they entertained themselves.

The Paparoa Sport and Recreation Association who ran the event put on a barbecue afterwards



Lolly scramble fun

supported by the famous hot chips from Paparoa Lions. The day finished with a bit more outdoor fun, in the form of a lolly scramble and cool down from the local Fire and Emergency services.



Stella and Dorothy, long time walkers

Thanks to everyone who supported the event, especially Sport Northland, Paparoa Lions, local landowners and all who came along. Keep an eye out for next year's event.

Nga mihi, Libby



Wind down at the end of the event



BBQ for afters

The Paparoa Cyclone Response Fundraiser

Bringing to YOU, a night of music, dancing and fun!

15th April 2023 from 5pm

And YOU, will bring your dancing shoes and a fund raising attitude!

The Paparoa Cyclone Response Fundraiser is going to be a fantabulous event to raise monies for our Kaipara district. The Paparoa War Memorial Hall is the venue and doors open at 5 pm.

Be there or be square!

A small group of locals gathered together to create this event after realising the extent of Cyclone Gabriel's destruction. Local residents have lost houses, livelihoods and property. The mess is ongoing with agricultural land needing to be cleaned up, accessways to be repaired, and the removal of giant trees from our land and rivers. The Kaipara needs our help!



Come along to the Paparoa War Memorial Hall and join us in fundraising, fun and laughter. Adults \$15, couples \$25 with supper being provided at 8.30 pm.

The line up of bands includes :Shimian, Carleen Still, Brian Baker, the Stormy Mondays, Socially Awkward and Perfect Sense. Music for all tastes! Not forgetting an auction, numerous wonderful raffles and spot prizes. Local contemporary mosaic artist Pat George has donated a beautiful mosaic while local businesses have, as usual, stepped in with a range of donated prizes!

Check out our FB page: Paparoa Cyclone Response Fundraiser for more information and contact information.

Put on your dancing shoes and come along to support our Kaipara.

See you on the 15th April.

