

# Paparooa Press

FEBRUARY 2018



## 142nd Paparooa A&P Show

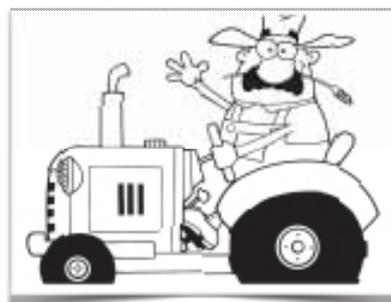
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## Paparooa Press

PUBLISHED MONTHLY BY  
Progressive Paparooa Inc. (PPI),  
for Paparooa, Pahi, Matakoho,  
Whakapirau and Tinopai.

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**15<sup>th</sup> of month**

Publication date 1<sup>st</sup> of month

## Libby's Councillor Corner

The mayoral by-election is in full swing. Postal voting opens 26 January and closes on February 17. Of course I am going to say "Please make sure you have your say".



There are 8 candidates, and the voting is Single Transferable Voting (STV) which means you rank them in order of your preference. Rank as many as you like between 1 and 8.

The Mayor's role is to chair the Council meetings, lead the Council team and to be a leader in the community and the district.

We have certainly had a number of changes during our Council term so far, but I am positive and optimistic about the direction things are moving, although the pace can be frustrating. It will be good to have the Mayor and new CEO in place.

Kaipara District's current Long Term Plan (LTP) was developed under the Commissioners and runs from 2015 - 2025. Every three years Council is required by law to review the whole plan and update it for the next ten years with particular emphasis on the next three.

Everything, from rating policies, development contributions policies, community activities, fees and charges, asset management plans and financial forecasts, needs to be reviewed.

Every year the Annual Plan reviews the current year of the LTP, although in much less detail, to ensure we are still on the track we need to be. New projects and spending must be identified in the Long Term or Annual Plan. The reason for this is that they need to be consulted on with you, the community.

We feel we are making some good changes which will take our district positively forward, but we need to know if you agree. Councils cannot just decide to do whatever we want without any input from the

constituents of the district.

A Long Term Plan consultation document is being prepared and will be available shortly for you to view and comment on. Information will be via the local papers, Council website, Facebook and local drop-in meetings in our district. Or - be in touch with me if you want to discuss any of it.

You may think it is irrelevant, hard to understand or uninteresting, but I would argue there will be something in there that will affect you over the next few years. Therefore, I urge you to check it out and comment on the parts that matter to you, your family or community.

Libby Jones  
Councillor, KDC

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## Rotary Horsin' Around



Maungaturoto Rotary is involved in a number of community activities, the most recent being the mentoring of learner drivers. We are now looking at fundraising to continue this support.

So we would like you to join us on a horse trek over Tarakohe Farms on Saturday 10 February – ride out at 11am.

This comfortable ride will take participants to fantastic views of lower Kaipara inlets and the cost is only \$25 per horse. Bring your camera. A light lunch will be provided.

Pre-registration is essential as numbers may have to be limited.

If you want more information please call Els Bloom 027 378 8982.



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## Pahi's Moreton Bay Fig undergoing treatment



October 2017 - the tree in it's normal state



December 2017 - the tree in decline



January 2018 - new flush of growth throughout canopy

After KDC was alerted to the fact that Pahi's iconic tree was looking less than healthy, an arborist was called to make an inspection and it was concluded that there was a major infestation of Psyllid mycopsylla fici.

We googled Psyllid mycopsylla fici and found the following information: Can cause significant damage and defoliation primarily in Moreton Bay Figs (Ficus Macrophylla).... Its lifecycle is typically hemipteran (true bugs). Free flying adults lay reddish brown coloured eggs on leaf under-sides, white nymphs go through a typical incomplete metamorphosis, producing messy excretions and latex sap litter within the dripline and they have up to two or more lifecycles per annum.

Initial treatment has been regular watering with heavy mulching around the base to help the tree fight the psyllids. Jon Redfern, of Arborlab who inspected the tree this January said "there is now significantly less sign of psyllids on the leaves and a new flush of growth has developed throughout the canopy." The Parks team will continue regular inspections of the tree and hope to see marked improvement again next month.

After initial inspection of the tree, soils tests were also undertaken. Mike Collins, Parks Officer at Kaipara District Council said "We're still waiting on the results, but once the soil tests come back we may be able to find the reason why these insects have attacked so badly this year.

It's often a soil nutrient/chemical deficiency, combined with 'heat stress' on the tree which allows the infestation to grow so quickly."

Let's hope Pahi's lovely tree will make a full and speedy recovery. It is an important food source for large numbers of native birds which have depended upon it for many years.



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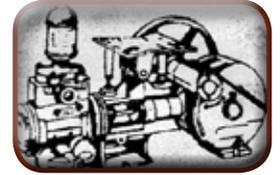
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## What's on at The Museum

Christmas and New Year holiday activities are now over at The Kauri Museum. Coming events have been in planning for some time and are now set to begin. 2018 will be a big year!

### Museum Outreach

As part of The Kauri Museum's commitment to Community Outreach, staff and volunteers are making preparations to be on site at several local events. For the Pahi Regatta on Saturday 27 January, a large selection of photographs covering early regattas and historic scenes will be displayed for viewing in the Pahi Hall from 9.30am. A reading corner will make available for perusal, books (some now out of print) highlighting historic identities and the immediate Kaipara region. In addition, several old-fashioned guessing-games will be running.

The following weekend, the team will again be on site at Paparooa's A&P Show. Once again, a relevant photographic display will be on show, with local history books, more games and other activities. Staff and volunteers will be on hand to assist you and answer your queries.

### Summer at Totara House

Totara House historic home- stead in Matakoho is best known for its quirks and the family tales of those who lived within its kauri walls. From the row of rusty nails in the laundry which held the family-sized side of bacon, to the



Totara House garden - noted for its dahlia blooms

mantelpiece with its scratched signatures and comments, Totara House has a story for everyone. In recognition of this, The Kauri Museum has committed to regular open seasons where the house will throw open its doors and invite visitors and locals to celebrate holiday traditions that were

important to the extended Smith Family.

This summer we pay tribute to the many hours that were spent in the gardens. For a special treat, morning tea will be offered on Sundays 18 February and 4 March from 10.30 - 11.30am. Tables will be set up in the garden for enjoyment of the magnificent surroundings. Come join us and help keep the spirit of Totara House alive, with all proceeds to the Totara House Preservation Fund.

### Upcoming events to diary:

- Totara House - 5 Feb-5 Mar
- Textiles exhibition - 7 March
- School Holiday DIY Workshop - 18 April.
- Dr Adam Claasen - 21 April. Senior History Lecturer at Massey University, will present and read from his book 'Fearless', the story of New Zealand's WWI airmen. This book is a finalist in the Ockham New Zealand Book Awards 2018.

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## Kaipara Cycleway Ruawai project



A Ruawai Promotions and Development Group project

### STAGE 1

Contracts are being let to begin the formation of a 3 metre wide metallised track from Ruawai Wharf to Wilson's Landing Road. Work will start as soon as contractors are available. This section is expected to be completed by April.

### STAGE 2

This track will be extended to Simpson Road. Signage will be installed showing the route, the history and the wildlife.

This stage completion is dependent on an upgrade of the stop bank by Raupo Drainage Board. This means it will be completed by November 2018. There is a possibility it could be finished earlier but is dependant on the upgrade above.

### NEXT STEPS ...

The next step is to plan the stage to Matakoho from Te Kowhai Road and to join this trail to the NZTA realignment cycle pathway using the old one-way bridges.

Preferably this trail would be mostly off-road which would make it safer for all (and less annoying for motorists) but back roads may have to be used.

Any ideas and help for this section are welcome.

Stella Clyde

## Fantastic fishing family day out

At 5.45am 13<sup>th</sup> January, the first on-the-day ticket sale was made and thus the 18<sup>th</sup> Annual Tinopai Fishing Competition was underway. Many had pre-bought tickets and were already on the water.

The lead-up to the day had been intense, culminating in preparation of the hangi the night before, tucking it away in the chiller ready for the morning. The stage was set, prizes arranged, carnival rides set up, the weather was sorted and stalls were ready.

The crowds began to arrive around 1pm in time for the Kids Sprat weigh-in. For catching the heaviest sprat, Braxton Parker won the PlayStation4 with games. He was so blown away, he could hardly speak! The nine runners-up received Shimano fishing rods and reels.



Braxton Parker with his PlayStation4

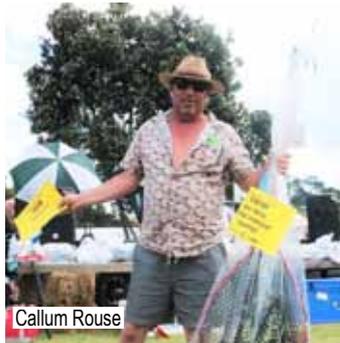
With 'Time to Time' playing their sultry music and kwik-fire raffles going on, the fish started to roll in! Prizes this year were spectacular and it was an honour to acknowledge the fishermen (no ladies this year) who fought for top placings. Congratulations!

### Inner Harbour:

- Snapper:
- 1st Andy Foskett 3.43kg
  - 2nd Barry Howard 3.11kg
  - 3rd Greg Stansfield 2.80kg
- Kahawai: Kerry Hulleman  
Gurnard: Glen Jujnovich

### Outer Harbour:

- Snapper:
- 1st Gregg Lowe 5.85kg
  - 2nd Callum Rouse 5.45kg
  - 3rd Julian Tulloch 5.42kg
- Kingfish: Harrison Sterling  
Trevally: Gavin Hepi



Callum Rouse

There were also over 50 spot goody bag prizes for the main tickets and 20 for the kiddies, contents all donated by local businesses. So much fish was donated back for the auction, it was brilliant. Thank you to all! Feedback has been fantastic. The competition has become a real Kaipara event, with whanau from Pahi, Paparoa, Ruawai, Dargaville, Maungaturoto, Kaiwaka, Mangawhai, as well as Auckland and even a few from Aussie in attendance.

The final tally puts us close to \$14,000. This money will be allocated to employ a classroom teacher-aide, and a portion to our van fund which is now coming close to fruition! A huge thank you to all who helped out. Every little bit helps, and most of all, thank you to all who came and enjoyed the day. Now to start the plans for 2019. See you there!

Sonya Kaihe  
Principal, Tinopai School

## Ruawai Lions Annual Charity Auction



SATURDAY 17 MARCH Kaipara Kumara Forecourt, Ruawai

- TRADING TABLE: 9.00 am
- VIEWING OF GOODS: 9.30 am
- AUCTION STARTS: 10.00 am

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## THE KAURI MUSEUM

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What's on at your Museum

### Exhibitions:

- \* Summer @ Totara House 5 Feb-5 Mar
- \* Tudor Collins - 'Man of Many Faces'
- \* Samplers: 'Stitching Through Time'

FREE ENTRY to the museum for residents of the old Otamatea District  
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## Memories of my sister – Revisiting our early days in remote Kaipara

Marina Pook wrote these memories of her sister Louie (Elizabeth Steele) just after Louie died at the grand age of 99.

We have such lovely memories of our sister, Louise Elizabeth (Louie). Born the second oldest of eighteen children in the Pook family, we can still remember her looking after us, doing her very best to make us look and feel good.

There was the sea and so much mud and we'd love playing in it. It must have been a nightmare keeping us clean and tidy. Louie was seventeen years older, and was our caregiver when Mum was sick. She baked bread and made lovely meals from whatever was available. Fish was always plentiful. She cared for us so lovingly even when she was married and had her own little girls. We remember her coming back to Puriri Point to see we were well cared for. When I grew up and after Mum died, she was there for support if needed. I can't think how we would have coped without her advice and love. She was like a second Mum, our lovely Louie. Louie was born on the beautiful Kaipara and spent her early childhood at Pouto. From there the family moved further

a barge and moved to Puriri Point, at the northern end of the Kaipara. Louie and Robert had to stay behind for a couple of days to care for the animals and she spoke of crying and watching the launch and the barge disappear out of view and feeling desolate.

Old Granny lived in the next bay around from Oneroa and she stayed with them until Dad arrived back with the empty barge to take them and the animals to their new life at Puriri Point. When she was in her 70's, brother Bill decided to take Louie on a nostalgic adventure to revisit some of the places of her childhood. We had picnics at Puriri Point, and wonderful barbeques on the shelly beach, fished at some of the bays, rambled through the old cemetery at Pouto and then on this calm and sunny day, we motored in to Oneroa Bay.

She was very excited as she scrambled into the punt and we rowed ashore. (As all the Pook family had to row to school each day, and as we all lived on the water, rowing was a piece of doddle.)



Louise (Louie) Steele, nee Pook in her 70's

Before we had even touched the sand, she had leapt out of the boat. We actually watched her as she became a kid again. Running from one spot to the next, talking flat out the whole time, pointing this way and that and eventually ending up at the limestone rock face to show us where Dad had

built his smokehouse, and to our surprise, there were remnants of the smokehouse foundations still embedded in the rock.

Louie searched for the spot where the house had once stood and found the flat area where the large vege gardens once flourished. She was delighted to find the old gnarly pear tree that they used to climb and gather fruit from; it was old and sad but still standing.

Hurrying up the hill a little way, she found the little stream where they once gathered watercress, and showed us how Dad had dug out little bays and planted with the valued greens in order to protect them from being washed away when the heavy rains flooded the creek.

She then excitedly ran out on to the sandy mudflat in order to show us how far she had to run or swim if the tide was in, in order to rescue the fowls which older brothers tossed over the cliff to watch how far they could fly. The boys would not have done anything like that when Mum and Dad were

at home. Their actions and other mischief caused Louie and Tots quite a lot of worry and anxiety until Dad's launch would appear in the bay.

She took us on a long walk towards the next bay where, in the limestone cliff, she pointed out a hollowed out space where she and Robert could be sent to leave parcels of food for Granny to collect at low tide.

Before we left for home, we gathered pipis on the same sandy bank that she did as a young girl. We swam in her favourite childhood swimming hole then we sat in the shade



Pooks at Oneroa Bay

and just talked and talked until the sun started to sink. There were so many other stories and she relived all of them clearly that day. It overwhelmed us. We held on to each other and cried.

Louie tried her hand at many things and always did the very best she could. She was physically strong and very determined. Whether it was gardening or digging

out a stump, it was executed without a fuss.

She will always be an inspiration. She has given us the gift of love, care and loyalty. We love our lovely lady.

Dearest Louie.

Marina Pook



Pooks at Oneroa Bay

down the harbour to Oneroa - a place of many memories and adventures that were obviously close to her heart. When she was an early teenager, Dad packed up everything on to

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Louie out fishing

## Top of The Rock

Kaiwaka Sports Association's eighth annual multi-sport event, Top of the Rock, will be held Sunday 11<sup>th</sup> February.

The event caters for walkers, runners and mountain bikers, both recreational and competitive as there are a range of options:

- 5km or 11km walk or run
- 10km run + 15km mountain bike ride combo
- 10km or 30km mountain bike route
- plus, a fun bike course for under 10-year-olds



Routes through some of Kaiwaka's most scenic countryside - bush, lakes & farmland, with the chance to climb iconic Baldrock Mountain. Participants of all ages enter, from pre-schoolers up.

Last year's \$50 prize for the oldest went to a 77-year-old! TV3's Brendon 'Money Man' Johnson will host the prizegiving with prizes for placegetters

plus great spot prizes, including a mountain bike. Last year there were over 400 participants. We are hoping for more this year. Please note: there will be **NO ENTRIES ON THE DAY**.

Entries must be in by Friday 9<sup>th</sup> February, go to [kaiwakasports.co.nz](http://kaiwakasports.co.nz). Enquiries to Cheryl Anderson on [kaiwakasports@gmail.com](mailto:kaiwakasports@gmail.com).



**Saturday 17 Feb, noon-midnight**

Tokafest is a small, grass-roots music and arts festival at the foot of Tokatoka peak on the banks of the Northern Wairoa. A stellar lineup

of local, national, & international performers: folk, indie, rock, & alternative, hip-hop, electronic & circus. Stalls, visual art, and great atmosphere!!

FEATURING - Awal, Ben Ratima, Coastal, Dally Beloved, Hearse Nurse, Faceless, Kapa Haka, Kumarani, Olly Knox, Rob Wadmore, Tammy D'Ath, The Seams, Ungus Ungus Ungus (Aus), White Feather. Food available at the tavern, camping available nearby.

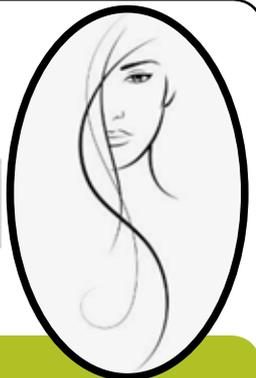
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The **Paparoa Press** is an important part of the local community and provides:

- a vital source of information specific to our part of the Kaipara.
- a vehicle for sharing local knowledge on ... history, the environment, group activities, events & attractions and so on
- a platform for local service providers and businesses to reach potential customers

... in other words,

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Col Stringer was been nominated for the honour of Australian of the Year in 2003 and again in 2010.

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## Otamatea Repertory Theatre

### Children's Week one

Five days of moving from never having been on stage before, to taking part in a production telling a story from Irish history, would be an amazing undertaking for anyone, but even more so when many of the thirty-plus children were very young.

Quite a few children were only 6 or 7 years of age.

Maura and Peter Flower and their team are able to produce miracles! The narrators told the story while the cast danced, sang and acted their way to bring it to life. Lovely Irish music helped set the scenes, along with excellent costuming and rapidly made stage props (such as a cannon)!

The older cast members used their experience and skills to help the little ones and took the leading roles, doing an amazing job.

A great deal of time and effort must have been put into researching and developing the story into a lovely theatre performance which enabled every child to have several parts and feel part of this lovely theatre family.

A full house of family and friends showed their approval and enjoyed a great performance.

Next week the older students get their turn, and Maura, Peter and their crew get to do it all again. I look forward to seeing what they achieve.

## Letters from The Old Post Office

### Ode on a washtub

Once more to the dark laundry the man in the shed sped, quietly muttering his own version of John Keat's famous "Ode on a Grecian Urn".



*"Thou still unwash'd sheets of no longer white  
 Thou foster - child of Sleeping and slow night"*

Thus now spake the washer man as he hefted the guests' used linen into the washing machine and pondered "What wild ecstasy" may have led to the various and unexplainable marks? What may have provoked the leaping about on the bedcovers while still fully shod, as the clear and muddy shoe print would suggest? The long streaks of what could only be orange lipstick, or the pillowslips glued together with chewing gum?

Be that as it may, the man formerly known as the man in the shed (now labouring under the soubriquet of "washer man extraordinaire") has acquired another art. The art of not only identifying the nature of the mark but of applying the appropriate treatment. Many an afternoon has been whiled away with a full and fascinating discussion of the ways and means of eliminating the dastardly stain. Fascinating ... who would have thought? The ways of the world are too wondrous to even contemplate.

Yet, washer man extraordinaire is forced to admit that mother nature is still a marvellous force and when gazing at pristine sheets flapping in the breeze he has been heard to whisper,

*"Oh happy happy boughs that do not shed  
 The twisting, glimmering pale linen that yet resists  
 The parching air and burning sun ..."*

And washer man extraordinaire finally acknowledges that,

*"Beauty is truth, truth beauty, - that is all  
 Ye know on earth, and all ye need to know.'  
 When your linen is whiter still than snow."*

Deb

\* For correct version of "Ode on a Grecian Urn" please google.

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## Kaipara Yoga for 2018

For classes timetable - see page 18

Another year of Yoga classes began on the 29th of January, marking 5 years of Jenny teaching in the district. "What a wonderful community we've created in this time. Thank you everyone for your continued support and I look forward to seeing you again in 2018."

Interest continues to grow in Yoga and now there is a plethora of options, which can be confusing if you've never done any before.

Not all Yoga is right for everyone, Jenny encourages you to try out different classes and teachers and find the right fit for you!

Jenny's classes are a hands-off, breath-based practice designed to bring awareness inside, to discover how your body feels, to bring overall balance and rejuvenation, inside and out. Naturally, as time progresses, the body becomes more flexible and strong, and you learn tools to deal with daily stress.

People who attend classes have said they feel more relaxed, sleep better, have grown taller, gained muscle, helped with arthritis & other issues. But it didn't happen in one class! Like anything, repeated practice is where we get results - whatever results we might be interested in getting - and that is up to you entirely.



## It's a New Year at White Rock Gallery!

There's something about the start of a new year – what changes will it bring?

Due to the purchase of our building by the Paparoa Medical Society, structural changes may bring a few challenges, but rest assured that business will continue as usual while these take place. After all, creativity cannot stop because of a few extra hurdles. And at the end of it all we hope to have a more vibrant, inviting gallery for you all to visit or maybe become a member of.

**We are always seeking new and innovative artists and crafters** to add to our range. Anyone from the Kaipara area is welcome to join. **Or be a part of our friendly, supportive group as a 'friend' of the gallery** by assisting on our roster. It's an ideal way to meet people from our community, especially if you are a newcomer to the district. If you are interested, or know anyone else who may be, we're open seven days 10am 'til 4pm so pop in and see us anytime and have a chat. Our AGM is on Thursday 15 February, 7.30pm at the gallery. Anyone is welcome to attend.

At Anniversary Weekend, two of our artists, Susan Taylor and Stuart Robertson, took part in a 'working' exhibition at One Tree Point where they and about 40 others, displayed their skills 'live' as well as a range of their completed works. They were honoured to be chosen as numbers were limited.

We welcomed new member and local artist Cam Shepherd to our ranks in December with his lovely pastel work, and we look forward to seeing more. A great new beginning for Cam!

**Our next Refresh of art takes place on the 1<sup>st</sup> February.** And who knows what our artists may produce this time. So don't forget to call in and view. You are always welcome. Janice



If you are interested in changing your life in ways you might not have imagined, get in touch. Private one-on-one sessions are also available at reasonable rates, ph Jenny 021 114 3370 / 09 280 9694

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## Photo Comp winner 2017

Tony Dodge, overall winner of our 2017 'Winter Scene' photo competition, happily showing his prize - a photo canvas from Harvey Norman, Whangarei. Tony was delighted with the result, and when our PP reporter visited she was amazed at how the frosty scene had come to life on the canvas. Well done Tony!



Second and third overall prizewinners, Jenny Gilbert and Mischa Winnard won photo frames from Robyn at Skelton's in the Village.

During the competition, monthly prizewinners won a chromalux board or a black colour-change mug from Pegasus Engraving.

Paparooa Press is planning another competition for this year, starting 1st March.

The subject will be:

### 'Interesting old buildings in our area of the Kaipara'

and we'll need you to tell the story of said building! This way, we see our history and environment in one shot! So, look around and see what you can photograph: there are buildings we pass every day and those which are hidden away.

## Day dreaming for cool ...

Thoughts of how to endure those long, hot, rainless days. How we sometimes get more than we wish for ...

Preparing for Summer Holiday January 2018 - Driving 'Miss Bernina' over acres of blue canvas, concentrating hard on keeping straight on the endless white line. High humidity intensifying the long hot Kaipara day. A daydream diversion overcomes the yawning, sweltering seamstress as she drifts ... seeking some cool ... ahhhhhh! ...

... Refreshing memory of crisp, cold air, clean white snow. It's February 2000 ... THIS HAPPENED TO US as we escaped from a grim, grey English winter ... swooping into Reykjavik. Clear, icy blue sky. Picturesque town.

Sleek modern architecture alongside historic, colourful clinker-board buildings. Cool fresh air .. everywhere. The ever glowing 'Pearl' on the hill. Nature's powerhouse and heartbeat for the snow-capped city.

Velvety, deep blue night sky. Star spangled. Alive with flowing waves of blue, pink, green and gold. Breathtaking.

Visit to The Blue Lagoon. Sunshine thins. Wind strengthens. Snowfall increases. Quick sprint to the lagoon hot pools. Boulder-landscaped water and snow scene. Steam, hazily rising from brilliant Blue Lagoon and waterfalls. Surreal and slightly spooky. Cool scene. Ultramarine, turquoise, aquamarine. Ice blues, soft greys, black rocks, white sky. Cold air. Fresh wind.

Multi coloured bathers, playing, swimming, soaking up the water's warmth. Laughter and chatter. Clinking of Blue Lagoon cocktail glasses in celebration of the holiday. Large snowflakes swirling down. Time standing still. A memorable party.

A struggle to remain grounded on exit from Blue Lagoon! Powerful wind gusts and blizzard delivery of cold stinging snow. Serious storm warning declared. Emergency status confirmed. All North Atlantic airports closed.

Decision made to seek refuge in nearest fishing village. Slow, nerve-racking, rocking and rolling drive to destination. Some travellers terrified and tearful. Refugees hosted in local fishermen's 'watering hole' (stubbies @ nine english pounds each!). But, for the very hungry and the brave, traditional Icelandic delicacies of cod stew and plank fish with butter. Salty but sustaining. The 'tearful and terrified' commence a 'Nine Pound' party in the bar. Provision of Red Cross blankets and mattresses. Temperature continues to drop. Screaming gale force winds shake the building. Bitterly cold, harsh environment. Bedding down on bar floor ... the 'Drifter' on her Red Cross raft floats away to warmer southern climes ...

Soft warm breeze, rippling blue waters, green clad hills, golden sunshine. Blue tent beneath Pohutukawa. Tui solos in the trees.

Helen Hughes

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## A, B, C's of skin vitamins

Vitamins are chemical compounds found in food which are important for human development, body functions and health. Because our body cannot make them we must get them through the food we eat and when it comes to healthy skin, there are vitamins that we cannot do without.

**Vitamin A** is the undisputed number 1 skin regenerator and normaliser. It is absolutely necessary for skin cell renewal and regeneration. It strengthens the skin by stimulating collagen production and accelerates skin cell renewal, the key to anti-ageing.

**Of the many B vitamins**, those important for skin health are:

**B3 (niacinamide)** - stimulates microcirculation, erases pigmentation and helps to mitigate acne and congested skin. **B5 (D-Panthenol)** supports wound healing, **B6 (pyridoxine)** and **B7 (biotin)**, both enable the skin to metabolise lipids and protein, B6 further supports immune functions of the skin.

**Vitamin C** is a potent antioxidant. It works by neutralising free radicals which cause oxidative stress and damage to skin cells. Vitamin C also helps repair sun-damaged skin and control hyper-pigmentation.



New research suggests that it also stimulates and regulates collagen production.

**Vitamin E** is the perfect partner to Vitamin C. They work together to fight free radicals. Vitamin C "sacrifices" itself to neutralise free radicals, then Vitamin E comes along to "revive" it. Vitamin E is vital for soft and

supple skin.

Naturally, the best way to get your vitamins is through a healthy, balanced diet and lifestyle. But did you know that your body distributes the vitamins you ingest to your vital organs (brain, heart, liver, kidneys etc.) first, and only what's left over goes to the skin.

So if you are feeding your skin with great skin care, make sure it contains the right vitamins for your skin, at the right dosage, in a delivery system that your skin can absorb.

Nina Quan

Skin Health/Beauty Therapist

## If a dog was your teacher ...

If a dog was your teacher, these are some of the lessons you might learn:



- When loved ones come home always run to greet them
- Never pass up an opportunity to go for a joyride
- Thrive on attention and let people touch you
- When you are happy, dance around and wag your entire body
- Delight in the joy of a long walk
- Never pretend to be anything you're not
- If what you want lies buried, dig until you find it
- When someone is having a bad day, be silent, sit close by and nuzzle them gently

## Paparoa Tennis Club

Now that the holidays are over it's time to pack up from the beach and take up your tennis racquets again. Junior Tennis – Primary and High School age, will re-start on Tuesday 13<sup>th</sup> February from 5-6pm (Tuesday 6<sup>th</sup> being Waitangi Day holiday). Adults have been continuing on Friday mornings 9.30am (before the heat builds up!) and Tuesday evenings from 6pm. Some more competent junior players may stay to play with the adults.

Membership is open, affordable and newcomers are welcome, so come along and have a go. We have some racquets available to use. Enquiries: Sue 431-6224 or Pete 431-6822.



### What's Hot

Rowie Panhuis keeping the flowering hanging baskets looking beautiful around the village

### What's Not



Somebody emptying the dam at the A & P Showgrounds.



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## From our family to yours Humid Parenting

As I write this at 9am, the air temperature feels like about 28 degrees. And it probably is, as I melt into a puddle of sweat under the computer desk ...

My children don't mind the heat. Never have they said, "lets stay at home and relax today Mum", for there are adventures to be had.

Captain 6 insists daily on building boats, sailing in boats, or watching boats sinking on YouTube. Never mind that HE isn't building the boat, that's our job apparently. Thank goodness for YouTube.

In the melting muddle of humid parenting, a screen is the moment of peace I wait for. I choose my screen moments carefully, and relish that half hour where I am not disturbed, until I see what garbage they are watching and it all gets switched off again.

Beach swimming is very good for humid parenting. Makes all the preparation worthwhile; making lunch, organising everyone's gear, packing the car while the little ones sit

around and complain how long the preparation is taking, until eventually we adults are screaming that the trip is cancelled due to their lack of helping ...

But then we are in the water, cool, cool water, throwing the children (lovingly) out into the tide, and floating ... and for a moment everything is good.

And at the end of the day, when it's still 28 degrees, and there are 40,000 flies in the lounge, (a number set to double as soon as food starts cooking) and there are sunburnt faces and tired little bodies who don't want to go to bed because they can still see the sun; I find a quiet spot on the deck and pretend I can't hear them, watching the sun set and preparing for the battle that is bedtime ... ready to do it all again tomorrow.

Jenny

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## Summer in the garden

Wow what hot dry weather! Our super-wet soil has now dried out and cracked - the joys of living with a clay soil! If you mulched, or planted a good thick ground cover on your gardens earlier in spring, you'll be smiling now. If not, remember - a good soaking every few days is better than a little water each day, and that potted colour in terracotta pots dry out very quickly needing water more often.

### My successes this season:

**Sweet peas** - I've had three lots flowering one after the other - mostly purple as they're from saved seed, fantastic scent.

**Lavatera** - grown from seed, nearly finished, have given months of pink and white flowers that withstood all wind and storms.

**Candytuft** - self seeded, pretty pale mauve, pink and white flowers.

**Godesia** - self seeded, bright pink.

**Ivy Geraniums** - also pink and white, matching those above.

**Calendula** - (some bought, some self seeded) a lovely match with the Black-eyed Susan I've controlled in a corner.

**Teddy Bear Sunflowers** - huge and so pretty with sweet peas behind.

**Spinach** - from Marge at the (Maungaturoto) Op shop, a really good veg; and

**Leeks** - always reliable!

### My Failures - luckily not too many so far!

**Early potatoes** at home, I used an organic weed killer on the lawn edge next to them - a very bad idea!! (Those planted at my daughter's have been fantastic.)

**Early beans** - wiped out by the hail storm and later ones have been struggling.

The green beetle larvae population has exploded. I go around early morning with a container of hot water. Mostly they're on dead calendula flower heads and kale and they drop off so well into the hot water. I must have killed thousands.

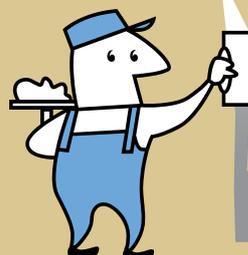
I've collected purple sweet pea seed to sell at Maungaturoto Op Shop (\$1 for a small packet).

Hoping all you great gardeners will enter the Paparoa Show Indoor Section this Saturday 3 Feb. Check the schedule online ([paparoashow.org.nz](http://paparoashow.org.nz)) or at Skelton's Drapery. Enter online to save time on Friday morning the day before the Show, when you bring in your entries. You can have multiple entries per section if you wish!

Have a great summer, Stella

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## Kōrero Māori - give it a go Kaipara place names



Many place names in Kaipara are Māori words; the history and origins of some is known, in other cases it has been lost so we're left to talk to kaumatua (Māori elders) about the possible intended meanings:

**Paparoa**- the word "Papa" refers to *Papatūānuku*, Mother Earth, and the word "roa" means "long". So Paparoa could mean "Long Earth" - however, "Papa" has a few different possible meanings including the bed (of a lake or the sea) or a rock.

**Maungaturoto**- the word "Maunga" means mountain, the word "tu" means to stand, and the word "roto" is both a noun meaning lake or wetlands, and a preposition meaning "in".

**Tinopai**- This beautiful spot is well deserving of its name which means "very good"- Tino is the amplifier "very" and pai is, "good".

**Matakohe** - The A.W. Reed, Dictionary of Maori Place Names tells us that Mata stands for Headland, and Kohe for the KoheKohe tree. It is not clear from the book if local Māori actually provided the information for this description.

**Mangawhai** - The word "Manga" means stream (as in a river), and the word "whai" has a number of meanings including the verb "to follow" and the noun for "stingray". Some sources quote the meaning as "Stream of stingrays".

**Kaiwaka** - The New Zealand Herald did a lovely story about Kaiwaka and said this about its name: "There are two schools of thought, one refers to air pressure and a cloud that appeared over the area when a respected elder in the community died and now when the cloud "Kaiwaka" appears against a clear sky, it foretells the passing of a person of rank. The other meaning refers to the destruction of several waka (canoes) by fire, referring to them being consumed by the flames, with "kai" meaning to devour rather than "food", per se."

**Want to know more about local history and learning Māori?**  
Please contact local kaiako (teachers) for further information about classes in the new year:

Thomaseena Paul [stp@otamatea.school.nz](mailto:stp@otamatea.school.nz) or  
Reno Skipper [matuareno@gmail.com](mailto:matuareno@gmail.com)

## OCS News

Happy New Year, we hope you've all enjoyed a peaceful Christmas time.

Hopefully the weather's been to your liking- it doesn't always suit all circumstances ie: farming, beach house, or whatever - but the feeling around Community House has been one of delight at the summer days. Still, even with all doors and windows thrown open it's very very hot as I write this during mid-January.

Improvements to the front of the Community House grounds are planned to give easier access and the drawings will be on display for viewing very soon.

We're excited to welcome our new Family/Whanau Support Worker to our team who will provide her valuable experience and expertise to clients.



Three more volunteers have joined us over the past year - we're growing all the time.

This year we join the rest of the 'social media' world with a Facebook page. As it's such a popular medium we're pleased to be able to provide information this way as well as on our website and through local newspapers.

The mini-bus has been well used by the community and we'll be taking it to Whangarei for a shopping trip on the 4th Wednesday of the month (next time is 28 February). Please phone the House to let us know if you intend to come 09 431 9080.

Take care of each other,  
The team at OCS  
Hurdall St, Maungaturoto

## Pioneer Luncheon



Paparoa Lions are looking forward to hosting the 71<sup>st</sup> annual Pioneer Luncheon on Friday 16th March.

Originally started to honour the pioneering families of the district, this event now includes any senior citizen who resides in the district or has lived or worked in the area in the past. Guests often travel from as far afield as Tauranga, Tokoroa and Kerikeri, and it is a great opportunity for past members of the community to catch up with those still here.

Invitations will be sent out by mid-February. We are always keen to add to our invitation list, so if you know of anyone who would like to be included please ph Pete Hames 431 6822.

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## Medical Matters with Dr Lynne: Summer sun damage

Summer's well and truly here and we're off to the beach for long, lazy summer days with good food, good company, good weather. Lots of splashing and splashing for the little kids, swimming, boating and fishing for the big kids. Lots of lolling in the sun for everyone.

But there's a serious downside to Summer. Quite apart from heat, humidity; blow-flies and mosquitoes, there are very real dangers - of dehydration and heatstroke, sunburn and of course skin cancers. Sunburn is skin cancer in the making; just waiting to happen. The skin cancer problem in NZ is huge. On a par with Aussie and in fact, for our female population, greater than Australia.

The statistics are horrifying. Skin cancers (both melanoma and non-melanoma), account for over 80% of all cancers registered in NZ annually (ie: Ca breast / bowel / prostate etc.). NZ has one of the highest rates of melanoma in the world, it's the 4<sup>th</sup> most common cancer registered in NZ.

In 2013 there were 2366 notifications of melanoma and 489 deaths from it. And the stats keep rising despite

our increased awareness of the issue. Half-way through 2015, melanomas in the older age groups were continuing to rise (because they *didn't* know about the hazards of UV exposure when they were younger?), and melanomas in the younger age groups were actually falling (likely because they *do* now know about the hazards, or at least their parents/schools do?).

This would, at least, suggest that our preventative measures are actually working! So the overall rate has levelled off and in fact is now lower than 2004. Hopefully in another 20 years the statistics will have fallen. But in the meantime what to do?

If you are Maori or Islander and have a dark complexion, you are likely safe. But beware! It can still happen to you, and may present late as something that just won't heal, kinda irritating and keeps bleeding

on and off.

If you're fair-skinned, blue or green eyed, freckly and burn easily, you are a sitting duck. If your skin colour is pretty average but have many freckles and larger freckles which are mottled with light brown/dark brown/red/purple black (dysplastic naevi) you are also a sitting duck.

Sitting ducks should take EXTRA care.

- \* Wear a broad brimmed hat, not a cap, to protect your ears and the back of your neck.
- \* Use sunblock rather than sunscreen. Sunblock is opaque, is better, and lasts longer. If you use sunscreen, use the highest SPF factor, definitely at least 50, and re-apply every 2 hours.
- \* Cover up with a loose, long sleeved, light-weight cotton shirt and pants and



vigorously apply sunblock to hands, feet and face.

\* If you absolutely don't want to do this, at least cover any dysplastic naevi with an opaque plaster and slather sunscreen everywhere else.

\* Be especially aware when you're out boating, a broad brimmed hat protects from the sun above but not UV radiation bouncing up from the water – protect your face from below as well as above!

\* Check yourself and come and see us if anything changes at all.

\* Watch your kids and please don't let them get sunburnt.

Soonest found, soonest fixed.  
Dr Lynne

 **Playcentre**  Tues & Thurs 10am-1pm  
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further info: [paparooa@playcentre.org.nz](mailto:paparooa@playcentre.org.nz)  
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## Dementia Unit project

We're "on our way". Our Plan For the Future has begun!

Just before Christmas two rental units were demolished to make way for the new building. Thanks to Albie's team at The Den some value was retained through sales of retrievable items. The old vicarage house was loaded onto a Poyner trailer and transported to its new location at Marohemo.

Early in the new year Brogan Builders, under the direction of Grant Eager, his foreman Ben Huband and sub-contractors Huband Contractors Ltd., began site preparation for the commencement of Stages 1 & 2 of the Plan.

Eventually a 14-bed dementia unit with upgraded kitchen for the existing Rest Home will be built. This will future-proof our business for ongoing expansion as funding and needs dictate.

We are indebted to the ANZ

bank for their support as they have underwritten the initial stages of this project. However there is now a real requirement for the community to step up to compliment and support the huge financial cost required to provide for the ever increasing needs of our ageing residents.

There are many families in this District that have enjoyed and understood the benefits and value of the care that has been provided to their loved ones on their home patch.

Aged care will affect all of us near the end of our lives. We encourage you to 'Dig Deep'.

Donations can go direct to Maungaturoto Charitable Trust. ANZ account number: 06-0365-00014253-046 with your name or phone number as reference.

We have 'Donee Status' for tax purposes.



Don McKay  
Trustee  
09 4318308

### Maungaturoto Rest Home

In residence are:

- Elizabeth (Liz) Alsop.....has family in Matakohe
- Clyde Chapman .....formerly of Maungakaremea
- Dora Cross..... formerly of Mareretu
- Adelaide Priebe..... Pat George's mother
- Roy Flower ..... formerly of Riverview Pl, Mgto
- Agnes Philpott .....Josie Benetto's mother
- Patricia Vaulkenburg ..... has a daughter at Oneriri
- Jean Bell ..... formerly of Riverview Pl, Mgto
- Doreen Eager ..... formerly of Riverview Pl, Mgto
- Joy Millar..... lots of Mgto connections

There are respite rooms available on roster.

For enquiries ph Tracey 431 8696

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## Kaipara Hunting & Fishing

### Claybird shoot

The club held a successful Xmas Claybird Shoot Sunday 10th December at Cameron Shanks Farm, Hames Road, Maungaturoto. There were 23 men and 2 ladies and some new faces in the squads this time with some close scores as well. Results were:

Men: 1st Paul Dunnet; 2nd Bruce Hamlin;  
3rd Andy Thompson

Ladies: 1st Lyn Needham; 2nd Jenny McLean

Thanks to our sponsors of the day who provided us with special Christmas prizes: Karl Wrathall (Ruawai Ground Spread); Maungaturoto Liquor Centre; Nola Sports Dargaville; 4 Square Ruawai; Jenny McLean (Jepstar Farms).

Thanks also to our club members who set the course on Saturday, the clean up team on Sunday, and all other helpers on the day that made this event run smoothly.

### Upcoming club events

**PRE-PARRY CLAY BIRD SHOOT SUNDAY 11th FEBRUARY**

START: 10am  
 COST: \$40 for 80 targets- 2 rounds  
 PRIZES: 1st, 2nd, & 3rd; plus a drawn prize.  
 BBQ lunch, drinks and ammo available to buy on the day

**PARRY WEEKEND : 24th / 25th FEBRUARY 2018**

WEIGH IN: Sunday 25th February  
 TIME: 5- 6pm  
 WHERE: Club House, Cam's Farm, Hames Rd.  
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## Back to School

It's hard to believe the holidays are over and we're back to school for another year. We hope you're all keen to

get back to spending time with your friends and taking part in lots of interesting learning opportunities.

Try this *Back to School* wordsearch:

p a c l a s s r o o m o r v l  
 l r l l u n c h b o x z v r n  
 a t r m d n x s u n h a t j t  
 y m e g f r t o w e l r g j g  
 i p a l f i i v e t g j c n o  
 n b d t c s r n y o s u i i f  
 g f i r h s o t k d k m f t i  
 o x n s k s r b n b m l w i k  
 y z g o y o h e x i o e r n u  
 u o o b p y i m w z l t i n d  
 t b a s s r a s k v g n t c v  
 x z k i f y w s g c a d i l u  
 j m b j s s m i l e m d n z e  
 k a p a h a k a c s e n g n t  
 o i l i b r a r y k s g x s e

- |             |          |
|-------------|----------|
| art         | maths    |
| bag         | playing  |
| books       | reading  |
| classroom   | smile    |
| drinkbottle | sport    |
| friends     | sunhat   |
| games       | swimming |
| kapahaka    | togs     |
| library     | towel    |
| lunchbox    | writing  |

### Weet-Bix Slice

- Ingredients:**
- 2 Weet-Bix, crushed
  - 1/3 cup runny honey
  - 1 cup rolled oats
  - 1 cup wholemeal flour
  - 1 tsp baking powder
  - 1 cup low-fat milk
  - 1 cup dried fruit- chopped (raisins, currants, sultanas, or apricots)
  - 1 cup seeds (pumpkin, sunflower) (optional)



### Method

1. Preheat oven to 180° celsius
2. Mix all ingredients in a big bowl
3. Line 18x28 tin with baking paper
4. Press mixture into the tin
5. Bake 25 min (until firm to touch)
6. Cut into slices when cool.

## Arty Farties - Community Connexions

Summer hot, hot, hot. Those who think there is no climate change need to go outside, work on the land, feel how hot everything is - some are saying that even the swimming water is warmer than usual.

How to conserve water: One example is the 3-minute shower- get into shower- turn shower on- twirl around- turn shower off - lather soap or body wash over you- turn shower back on- good rinse- turn off, get out and dry yourself down. Another option is to stand in a big bowl, wash yourself down, then use the water caught in the bowl for other things.

If you have any other water-saving suggestions please let me know when you bump into me, or phone me on 09 431 6229 (keep it nice).

Otherwise, our New Year has begun and we wish you all the best.

The vegetable run has been going well over the holidays: Paparoa food bank, Rose Plunket and Youth & Whanau Focus combined to feed some 29 families in the local areas plus there were another four families who came into the gardens and we were able to help with vegetables.

We stayed open over the holidays and our volunteers were happy to help. Thanks to Judith, Alwyn, Gracie, Charlene, Lea, John, and Janet.

Cheers, Anne

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## Science Corner



Some school students say "I can't do science!" But science involves us all everyday in every way, like it or not.

Take electricity! We use it everyday and get grumpy when it's off, but more and more people are using different ways to power their homes in order to reduce the ever increasing monthly bill.

### What is electricity?

It's a flow of negatively charged electrons - very tiny charged particles that flow a bit like water does but which are always trying to get back to 'earth'. Conductors are substances that let the electrons flow through them - like humans! Non-conductors don't let electrons flow through - like rubber tyres.



If there's a lot of them, as in a lightning bolt, and a conductor gets in the way of the electrons trying to 'earth', then the conductor will get burnt as the electrons race through.

Electricity in houses runs through wires, which conduct electricity around a circuit. Fuses (thin bits of wire in the old days - nowadays circuit breakers) are put in the circuits to prevent house fires or to limit current if there is a fault in the circuit - such as a faulty vacuum cleaner or similar appliance (current is the flow of electricity).



**LED lights** use much less power, last longer, don't get as hot and don't break as easily as traditional light bulbs, but they're more expensive (but rapidly becoming cheaper). They work differently - a bulb light uses a heated filament whereas in LEDs, a semiconductor produces light as the electrons move through. Because the semiconductor

doesn't heat up much, the LED doesn't waste the energy and therefore runs on very little power.

LEDs don't work so well if the semiconductor gets too hot and most have an aluminium heat sink plate to take the heat away, but if the light gets too hot, as may happen in some instances, its life will be much shortened. 25,000 hours is the suggested life of these lights, and they don't burn out but gradually get dimmer.

There is much more to know about electricity and lights - and this is just a short introduction.

Stella

## Pets in the Valley



There's a lovely article in the latest NZ Geographic magazine about the use of dogs in the Department of Conservation.

As we all know dogs have an extremely well developed sense of smell - 10,000 to 100,000 times better than ours! NZ was the first country in the world to put that olfactory ability to use for conservation work and now has about 80 dogs working for DoC.

Each dog has one target it is trained for, some seek the species that needs protecting such as Kiwi, Kakapo or Tuatara, while others seek the pest species such as rats and stoats. Even more unusual are dogs that are trained to detect Argentinian Ants and Kauri die back disease. The nice thing is that many different breeds are used and many are rescue dogs. Terriers do particularly well at the rodent/rabbit detecting!

As NZ is the only country with a canine detection certification system, several dogs have been exported to work in other countries such as Australia, Chile and Japan.

So next time the dog doesn't come straight away when it is called, be aware they are extremely busy processing all the information their noses are collecting!

Janine



## Back to School

After a fabulous summer break, we're all refreshed and ready for a new year of learning. We welcome two new staff members. Kathryn Gibbens will teach our senior class, and Emma Vinnels is our new Teacher Aide for the junior school.

This year we're having a strong focus on our Enviroschools programme which links all curriculum areas, key competencies, and our school values. Next Monday we commence the 'Swim for Life' programme with wonderful Kirsty Hamlin. This is a great opportunity for all students to learn swimming and water safety skills.

We look forward to sharing our achievements and activities with you throughout the year.

Julie Harper

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## OUT & ABOUT

**Congratulations** to Samantha Allen, Paparooa A&P Show committee member and assistant secretary, who has won the Whangarei Agricultural and Pastoral Society's Scholarship worth \$7,500. This will go towards her study at Massey University in veterinary studies. A well deserved award.

**Skelton's** summer sale is on now with 30% off all summer fashion. Congratulations to December's Lucky Shopper, Amy Tuifuavaha who wins a \$50 voucher.

**Top of the Rock** Have you ever climbed Kaiwaka's Baldrock Mountain? There are routes for runners, walkers & mountain bikers, on a wide track which winds its way through lovely native bush with spectacular views at the summit (see pg 7).

**Tokafest** is on Saturday 17 February at Tokatoka Tavern, 12pm - 12am, \$5 entry. Including local and international acts! Enquiries 027 488 6093.

**Congratulations** to the Hartles family on the birth of their second daughter Iris Isobel.

**Mens BBQ** to hear Col Stringer (aka Pastor Crocodile Dundee) Saturday 17 Feb, Matakoho Hall \$5. Bring a friend for free (see ad pg 7 for details).

**Badminton** returns in autumn on Thursday evenings 7pm at the Paparooa Hall. contact Pete 431 6822.

**White Rock AGM** is on Thurs 15 Feb, 7.30pm at the Gallery. Anyone is welcome to attend.

**Paparooa Playcentre** Term 1 starts Tues 30 Jan, 10am-1pm.

**Lions firewood** working bees have begun. Order now to be sure of your winter supply. Stephen Finlay ph 431 6148.



## Kaipara Yoga for 2018

MON	6-7.15pm	M'gto Centennial Hall, View St
TUES	9.30-10.30am 1-2.15pm	Paparooa Sports Pavilion, Chair Yoga Anamana Studio
WED	5.15-6.15pm	Matakoho War Memorial Hall
THUR	11-12.15pm 6-7.15pm	Anamana Studio Anamana Studio, Relaxing
FRI	9.30-10.30am	Paparooa Sports Pavilion, Chair Yoga
SAT	-	-
SUN	9-10am	Anamana Studio

## Privet on its knees

The Maungaturoto/Paparooa Privet Project 2017/18, is funded by the NRC and contracted to TaG Vegetation Control.

The following table shows how much privet spraying has been done so far. The contractors, TaG Vegetation Control, are planning to be back for some of the unfinished road sections. This is hoped to happen during February, depending on weather conditions, of course.

TaG have covered all the SH12 section except for the main parts of both Paparooa and Maungaturoto towns due to wind conditions at the time in November. They plan to come back for one more day to use the remaining budget and then an approach to NRC will be needed to see if they will fund any further work. TaG are happy to carry on if they can, now that such a good start has been made.

SH12 .....Matakoho East Rd to SH12 ..... 90% complete  
 Gorge Rd .....SH12 to Woodland Road ..... 70% complete  
 Griffin Rd .....SH12 to Gorge Road ..... Not started  
 Whakapirau Rd...SH12 to First Bridge ..... 75% complete  
 Ford Rd .....SH12 to 1.27km from start ..... Not started  
 Wearmouth Rd...SH12 to Stirling Rd ..... Not started  
 Schoolhouse Ln..SH12 to end ..... Not started  
 Huarau Rd ..... Ford Rd to Mooney Rd ..... 50% complete  
 Linton Rd ..... Batley Rd to Massey Rd ..... 100% complete  
 Franklin Rd ..... Not quoted  
 Paparooa/Oakley Rd ..... Not quoted

On the private land side of the problem, it is hoped that landowners will join the push to eradicate privet too: the spread from the roadsides is a great start to eliminate new infestations, but there is much that can be eradicated on private land.

Contact Jacque Knight 021 488 822 if you could do with help and advice on this. It is a good time now to identify the noxious plant Tree Privet with its prolific flowering and seeding.



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**WHAT'S ON - FEBRUARY 2018**

**The Kauri Museum** open 7 days, free entry to Otamatea District residents  
 Exhibitions: 'Tudor Collins - Man of Many Faces',  
 'Stitching Through Time' - open until 6 March  
 Summer @ Totara House - Open for visits 5 Feb - 5 Mar

**Paparoa A&P Show** 3 February (see front page)  
**TokaFest 2018** Sat 17 Feb, 12noon-11pm TokaToka Tavern, SH12, RD2 Ruawai

**REGULAR EVENTS, MEETINGS AND ORGANISATIONS**

- Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
- Ararua Church** 10.30am every Sunday, All welcome ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Arty Farties** Thur/Fri/Sun at the "Tile Shed"; Garage sale Sundays 10am to 2pm; Beginners Patchwork, Mon 7pm, Te Pahi River Dr. For info: ph Anne 431 6229
- Badminton** returns in Autumn Thursdays 7pm, Paparoa Hall ph Pete 4316 822
- Crafternoons** 1st & 3rd Wed in month, 10.30-4pm, Tinopai Hall ph Jo 431 7219
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
- Farmers' Market** Every Saturday 9-noon, Village Green. Contact Ruth 021 433 969
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Mgt
- Kaipara Marching Team** Weds 4-5.30pm, M'gto, ph Rose Plunkett 431 7418
- Library** Mon 1.30-4.30pm, Wed 10am-12noon, Thu 1.30-4.30pm, Fri 9.30am-1pm  
 Now open every Saturday 9.30-12.30pm. Closed 24 Dec - 5 Jan 431 7555
- Line Dancing** Thurs 10am-noon Paparoa Hall ph Rose 431 7418
- Mainly Music** Wed 9.30am Paparoa Comm Church, Carolyn Poyner 4316008
- Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm
- Music Makers** Second Wed, monthly, Pap Sports Pavillion, 7pm. 4316 722
- 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 Sherryl Corbett 431 7127
- Paparoa Community Church** 10.30am every Sunday, 4 Hook Road 431 7106
- Paparoa Garden Circle** 2nd Wed of month, President Charlee Kerr 431 7557
- Paparoa Hall Functions venue** ph Robyn 431 7306 or a/h Loraine 431 7290
- Paparoa Lions Dinner Meetings** 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Playcentre** starts 30 Jan. Tuesday and Thursday 10am-1pm Visitors Welcome  
 ph Bianca 431 6730 txt 021 782 456 or ph Jane 431 6148 paparoa@playcentre.org.nz
- Paparoa Primary School** Term 4 ends Friday Dec 15
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
- Paparoa Volunteer Rural Fire Force (VRFF)** 1st and 3rd Tuesday of the month  
 6.30pm Depot Rd ph Cohan 431 6668
- Plunket Ready Steady Wiggle Playgroup** Mondays Paparoa Sports Pavillion  
 Tina Ball 0210335128
- Sacred Soul Circle** 2nd Sundays, 10am-12 Marohemo Hall Helen 021 938 024
- Selwyn Centre** Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193
- Sports Pavilion Functions Venue** Bookings ph Jane Bailey 431 6148
- St Mary's Catholic Church** 10am Wed, 6pm Sat, Maungaturoto
- Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
- Tennis** Tues 5-6pm Primary & High School; 6pm Adults; Fri 9.30am  
 ph Sue 431 6224 or Pete 431 6822
- Ukelele Players** Beginners / experts, Thur 4pm Matakahe, ph Dennise 431 7012
- Village Flea Market** 1st Sunday every month in the village 9am-12pm.
- Waka Ama** Tue & Thu 5pm, Sun 10am, Pahi Domain, ph Grant 027 474 3856
- White Rock Gallery** Open 7 days 10am-4pm, in Library building
- Yoga - Chair Yoga** Pap Sports Pavilion - Tues & Fri 9.30-10.30am
- Yoga - Anamana Studio** \$10/session ph Jenny 09 280 9694, 021 114 3370

PLEASE UPDATE US WITH YOUR DETAILS: [press@paparoa.org.nz](mailto:press@paparoa.org.nz) PP

**HOOK, LINE & SINKER**



Fishing is very good at the moment, with lots of medium sized fish, mostly snapper.

Kahawai and gurnard seem to have disappeared for now.

And you don't have to travel far from Pahi to get onto the fish.

Happy fishing

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**LOCAL TIDES for February 2018**

FEBRUARY TIDES - CALCULATED for PAHI-WHAKAPIRAU					
DATE	LOW	HIGH	DATE	LOW	HIGH
1st	6.39pm	12.42pm	17th	6.49am	1.13pm
2nd	6.59am	1.29pm	18th	7.23pm	1.45pm
3rd	7.44am	2.15pm	19th	7.57am	2.20pm
4th	8.29am	2.59pm	20th	8.34am	2.57pm
5th	9.13am	3.44pm	21st	9.15am	3.39pm
6th	9.58am	4.29pm	22nd	10.02am	4.27pm
7th	10.47am	5.18pm	23rd	10.59am	5.25pm
8th	11.43am	6.13pm	24th	12.07pm	6.33pm
9th	12.49pm	6.45am	25th	1.24pm	7.19am
10th	2.01pm	7.56am	26th	2.40pm	8.39am
11th	3.08pm	9.08am	27th	3.46pm	9.50am
12th	4.02pm	10.06am	28th	4.44pm	10.48am
13th	4.47pm	10.52am			
14th	5.26pm	11.31am			
15th	6.02pm	12.07pm			
16th	6.37pm	12.40pm			

**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: Doctor Tue + Fri 8.30am-12.30pm..... 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

**LINKING HANDS** Health Shuttle Service, Maungaturoto 09 431 8969

**LIONS CLUB PAPAROA** Secretary Mark Pilkington .....09 431 7369

**MAUNGATUROTO CHIROPRACTIC**..... 09 431 8019

**MAUNGATUROTO PHARMACY**..... 09 431 8045

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**PLUNKET** Helpline ..... 0800 933 922

**PAPAROA PRIMARY SCHOOL** ..... 09 431 7379

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## Pahi underwater

While news of extreme weather and extra-high tides were dominating national news in early January, Pahi was also experiencing it's own dramatic flooding from the super-moon king tide and storm surge event. Seen here, water covers the wharf and boat ramp, laps against houses and swamps the road and parking areas.



## Pahi in the sun

And then out came the sun, and temperatures soared ...



## Holiday fun

Paparoa: Picnic on the Green



Tinopai: Fishing Competition



Maungaturoto: Piroa Falls



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