



MARCH 2023

## Thank you Paparoa!

It may take a village to raise a child, but it also takes a village to put on an A and P show. Thank you to the so many people who made the 146th show happen, despite the odds with our crazy summer weather. Thank you to everyone who braved the less than perfect parking conditions to come and attend the show.

The whole point of the show is for the community to come together with their families and enjoy watching and/or participating in the various events and it felt like that was happening. In a year when so many things have been cancelled I am really proud of the NKA committee and all the community help that made the North Kaipara A and P show happen in 2023.

Thank you to everyone who entered, participated, sponsored, helped and visited. See you all again next time.

Janine Hames

*More show photos on the back page...*



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Paparoa Press PP

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Progressive Paparoa Inc. (PPI),  
for Paparoa, Pahi, Matakoho,  
Whakapirau and Tinopai.

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ADVERTISING

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Booking & Copy deadline:

15<sup>th</sup> of month

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

## Ministry of Social Development/Work & Income Civil Defence Payment

Support and assistance may be available if you're in the Northland region and have been affected by Cyclone Gabrielle.

There are lots of ways we can help, and we can point you in the right direction based on your situation. You don't have to be on a benefit. You may have to pay the money back depending on your situation.

### Who can get it

You may be able to get a Civil Defence Payment if either:

- a Civil Defence emergency has been declared, or
- the event meets the guidelines for a Civil Defence emergency.

### You must be in one of these situations because of the emergency:

- you had to leave your home (e.g. you've been evacuated or you're on stand-by)
- you were away from your home at the time of the emergency and can't return
- you need help with food, bedding or clothing
- you can't go to work.

### You must also:

- not be able to cover your costs from insurance (or you haven't been paid yet)
- not have access to any other help, e.g.
  - public donations
  - other government relief funds
  - charitable relief funds.

If you're not sure whether insurance will cover your costs, you may still qualify for a Civil Defence Payment. However if you get a Civil Defence Payment and then your insurance pays for any costs covered by this, you'll need to pay us back.

What you can get depends on your circumstances. You can apply for help with more than one type of cost.

### What Civil Defence Payments can help with

- emergency food, clothing and bedding if yours has been damaged or destroyed by the cyclone
- costs if you've had to leave your home
- loss of income because you can't work due to the cyclone
- a payment if you have evacuees staying with you in places such as a private home, marae or community centres.

### Other costs we can help with

We can also help with:

- medical costs
- bedding
- food
- power bills
- repairs or replacing appliances.

We also provide other help such as benefits and help with paying your housing costs. Everyone's situation is different, so what you qualify for will depend on your situation.

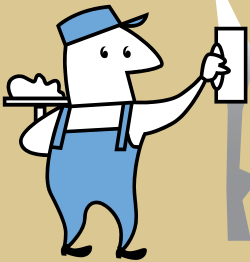
### How to apply

To apply, call us on 0800 400 100. We're open 7am-5pm Monday to Wednesday, and 8am-5pm Thursday and Friday.

These payments are available for a limited time. There's more detail about the Civil Defence payments, including who can get these and how much you can get on the work and income website. <https://www.workandincome.govt.nz/>

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# Cyclone Gabrielle 2023

What support is available and where Northlanders can get help

Here is a list of services and agencies that are available to help you and your whānau. The type and amount of assistance available will differ depending on your needs and situation.

## District councils

If you need information, assistance or to report urgent cyclone-related issues, here are the key contact details for each district:

**Whangarei:** 09 430 4200 or facebook.com/WhangareiDC/

**Far North:** 0800 920 029 or facebook.com/FarNorthDistrictCouncil

**Kaipara:** For welfare assistance contact 09 439 1111. To report damage to roads or log other service requests please phone 0800 727 059. facebook.com/KaiparaDistrictCouncil

## Emergency financial assistance

The Ministry of Social Development (MSD) may be able to help with urgent or unexpected costs- from emergency food, medical costs, and bedding to home repairs, power bills and loss of income.

## Support Service Directory - Hearts & Minds Tai Tokerau

This directory is your pathway to the support and resources available in your local community. Services listed include community information and resources, crisis and emergency disability/special needs, hardship support including foodbanks, counselling/support and many more.

www.heartsandminds.org.nz/support-services-directory/tai-tokerau-directory

## Māori community / iwi support

Civil Defence Emergency Management Groups are working alongside marae, hapū, iwi and Māori community groups across the region. To be connected in with the appropriate person or agency for advice and support please contact Carol Manukau, Te Kahu O Taonui – Email: carol@tkot.org.nz or phone 021 025 98435.

## Animal welfare

If you are concerned about your animals or pets, contact your veterinarian in the first instance. If you need to report an animal welfare issue or have an animal welfare query, contact Ministry Primary Industries (MPI) animal welfare team 0800 008 333. If you need assistance or advice on farm, please contact the Rural Support Trust for advice 0800 787 254.

## Insurance

If your home, car, or contents have been damaged by the severe weather please contact your insurance company. Many household insurance policies will also cover commercial accommodation if you have to leave your home due to damage. The Insurance Council has some good information for landlords, renters, and business: www.icnz.org.nz

## Victim Support

Victim Support can deliver 24 hours, seven days a week support services to help people recover from the stress and trauma brought on by the storm. Call 0800 VICTIM (842 846).

For further information visit www.nrc.govt.nz/cyclonesupport



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## Paparooa School News

“He rau ringa e oti ai” - Many hands make light work.

This whakatauki has significance to our community, with everybody supporting and helping each other through the aftermath of Cyclone Gabrielle.

From moving fallen trees, offering kai and hot showers to checking in with each other. Well done to all the communities in the Kaipara for supporting your community.

He aha te mea nui o te ao? He tangata! He tangata! He tangata! - What is the most important thing in the world? It is people! It is people! It is people!

The school's start of year has been a bit higgilty-piggilty with the weather bomb interruptions. However, swimming lessons have begun in the school pool, our winning Giant pumpkins have been split apart and written about. Math has kicked off with Room 2 learning position and orientation while Room 3 have been delving into the features of different shapes.

We are having a family fun night tomorrow with games and races organized, dinner served and time to catch up with our school community. We have just purchased new outdoor games for the students to enjoy, so I can't wait to show them

tomorrow.

We are currently organizing a volunteer group to help in our vegetable garden. This will lead onto supporting our students in our new “Garden to Table” programme in which they will work in the garden and learn to cook with the produce they harvest. We are currently in the beginning phase of establishing a kitchen at school to also support the programme. If anybody is keen to join our group of volunteers for a few hours a week, then please ring the school (09 431 7379) or just pop in.

Ngā Mihi

Karyn Taylor  
Principal



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## Paparooa Fun Walk Run

The Paparooa Sports and Recreation Association is holding their annual Fun Walk Run and Family Fun



Afternoon on **Saturday 25 March** at the Paparooa Showgrounds.

The walk/run starts at the Paparooa Sports Pavilion at 2.30pm, with free entry.

Plenty of fun family activities to enjoy followed by bbq.

All very welcome. Enquiries Libby 021 2080093

## 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.



## Council Mark says - Politics is a funny business

I was sitting in the local doctor's waiting room recently and I opened a copy of the NZ Listener from July 2021. Eighteen months later, its editorial still seems remarkably relevant.

A couple of samples: "When a government moves at pace to advance fiscal and social agendas on several fronts, as this one is doing, indignation can build to game-changing dimensions"... "Too many people are excluded from the 'conversations' and 'consultations' the Government so blithely talks about having - often because there haven't been any". As local identity and former Deputy Mayor Peter Bull has often said: "You've got to take the people with you". This is critical at council as we progress our district plan review, and development of our next Long-term Plan.

A friend of mine of long-standing (well he is about six-foot-six tall) circulated his considered thoughts about the year that has just been thus: "As for public events and policy, it seems to me that hysteria, myth-making and knee-jerk response continues to override principle, judgement and foresight (the lamentable state of our mass media discourse contributes to this)... Are we going to leave our children better off?"

Prime Minister Ardern has since made her astute decision to step down, and this has created a space for a new PM to 'calm the farm' and bring some new faces to the Cabinet table. A local beneficiary of this is our own Northland MP Willow-

Jean Prime, now Minister of Conservation and Minister of Youth. Congratulations to her and I hope she makes a success of it for the remainder of the year with those portfolios.

I make no predictions for the next term. Politics is a funny business.

Mark Vincent  
Otamatea Ward Councillor  
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## COMMUNITY CHAMPIONS



### NKAA - North Kaipara Agricultural Association

This community group manages our annual show and the showgrounds. The first Saturday of Febuary is show day but it takes much of the year and many hours to organise.

The committee meet monthly, more frequently closer to show day, with many different areas to organise, from team roping, horse rings, cattle and goat areas, and outdoor exhibitions, to food providers, indoor exhibitions, judges and traffic management.

You can become a member of NKAA which not only entitles you to voting rights at the AGM but also passes to local shows from Auckland to Northland.

Membership costs \$10 per adult or \$25 per family.

Please refer to the website for more information: paparoashow.org.nz/nkaa-membership They also have a "Paparoa Show - NKAA Inc" Facebook page - so please follow and support them.

Volunteers are a key ingredient in this organisation, and vital on show day, so if you are keen to get involved you can email secretary@paparoashow.org.nz



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## The Gabrielle Experience

I recently had cause to think back to a time when I was doing some live modelling at the Kauri Museum, trying to get the visitors to believe that with my sawmilling clothes on, I was just another of the inanimate models there.

The reactions to my reality were quite fun sometimes, and on one occasion there by the steam-powered sawmill with all the related 19th century technology I got chatting to an eight year-old boy, and he said: do you know what the biggest hardship for the pioneers was? - no internet! And he had the biggest grin on his face that

came from knowing that he was right. Except that he wasn't; I don't think he could comprehend a world without electricity. This is something that most of us have been confronted with recently courtesy of Cyclone Gabrielle, and here are some suggestions to be better prepared for next time:

- For those on tank water, what about a 1,000 litre header tank so you know you always have that much water available? Even on town water such a tank could be used to water the garden if nothing else. For times of need you can get tablets to purify the water.
- A gas cooker or barbeque
- A solar-powered phone charger (It should be possible to get one for less than \$100)
- A battery powered LED light good enough to read by at night (safer than candles),



spare batteries

- A battery-powered radio
- A vege garden, fresh is best, we still had some nice sweetcorn even though it had been hammered by the wind. Tinned food would be good too, just go easy on the baked beans.
- Cash, so you can buy stuff even if the EFTPOS isn't working.

Mark Vincent  
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## OCS March News

**Would you like to have a FREE outing to Whangarei in our van?**

You can go and do some shopping, have lunch, or perhaps just sit and enjoy watching the hustle and bustle of the city. Our van goes from the Retirement Village in Maungaturoto's Hurdall Street at 9 o'clock and returns after lunch. **This happens on the second Tuesday and the fourth Wednesday of each month - and its FREE!** The van takes 11 passengers and there's room for your shopping. Plus we have a handy stool to make it easy to get in and out.

### March dates:

**Wednesday 1st** - Community Lunch at the St John Hall, Hurdall street, Maungaturoto. 10am morning tea and 12pm lunch.

**Tuesday 14th - and Wednesday 22nd** - Free shopping trip to Whangarei. Leaving 9am Maungaturoto Retirement Village, returning afternoon.

If you haven't been to the community lunch and would like to go, please phone us so we can add you to the list. We phone you on the Monday to check if you are planning to come and it helps us with the catering.

If you would like to go to Whangarei in the van- again please phone us so we know how many are going.

Regards from all at OCS

## Letters from The Old Post Office...

And by their review thou shalt know them

Dear Reader, as we weather the weather, whether we like it or not, my thoughts have turned to character analysis (as they do).

For those of you who can remember more than just the last place you may have left your glasses/car keys/ phone, then you may recall an anguished letter that was written in response to a series of reviews that were stumbled upon when travelling the South Island. It was raining then too. Searching for places of interest I discovered that other "local guides" had shared their ratings of various sites. A Japanese stone garden in Dunedin had scored a lowly 1 star. The guide did not like gardens, apparently. Another rated a waterfall as a 2 star. Not enough water. Good Grief. Well, I hope that they are happy now.

And thus Dear Reader, my memory dredged up (and, I do mean dredged, as brain cells stirred and sifted through the sediment of ages past) that meaningful comment from Matthew 7:16-23 (King James's version for those of you who wish to verify my sources), 16 Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?

And thus, I have joined the dots and decided that by their review shall their character be revealed.

Clearly, some of those who reviewed Christchurch's Botanic Garden were rather busy gathering thorns and thistles.

"Car park full, so we left". 1 star.

"There was no stuff" 1 star.

What? Stuff? Garden ornaments? Drugs? The mind boggles.

"Don't like gardens" 1 star.

Obviously the "memory of a goldfish" reviewer had forgotten their feelings about the Japanese garden in Dunedin and repeated their glass nearly empty experience, just to make sure it was the same in another city.

How about the 2 star review of Cape Foulwind "Views didn't deliver, couldn't see stuff from the car." This "Stuff" detail is bothering me, what have I been missing on my travels? Obviously, some important part of sightseeing.

Whereas, the delightfully dotty lady of a certain age (huge assumption here but her comments seemed to belong to the drifty muslin skirts, beads and incense style of fashion) who clearly likes to gather rose-buds (or just buds) while he/she/they may had nothing but praise for the sites she visited on her journeys. The reviews that were left ranged from the ecstatic 5 star "An experience not to be missed, as beautiful as a starry starry night scented with wild violets" referring to the public toilets in Kawakawa (perhaps she had found the elusive stuff, that I had so obviously missed. To another 5 star review of a local café "Every moist crumb lingered lovingly on the lip" Wow. That stuff must be good.

Nevertheless, I rest my case.



If, as I assert, the review showeth the person, who would you prefer to know? I am going with the "starry starry night scented with violets" type. If they can think that of a public toilet, then their glass can never be empty.

In vino veritas.

Deb

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We urgently require qualified 'temporary traffic management' staff and qualified 'site traffic management supervisors' (STMS). *We are keen to help you get either of these qualifications in the new year if you can commit to helping long-term.*

To continue the smooth running of the Saturday market we need to fill crews helping set up stalls and with traffic management/cones, there will be lifting and carrying involved.



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7:30 - 9am  
The late shift  
11:30am - 12:30pm  
(Or both)?

For more info contact the  
Market Manager Linda at

[activator@paparoa.org.nz](mailto:activator@paparoa.org.nz) or  
021 362468 also at the market  
on Saturday mornings.



## Paparoa Community Library



### Opening hours:

Monday & Wednesday 2pm - 4pm

Tuesday & Friday 11am - 1pm

Thursday 11.30am - 1.30pm

Saturday 10am - 12midday

Out of hours books can be returned to the returns box inside the door to the right at Skeltons Drapery

Jas Futter

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## Progressive Paparooa

What a month we've had with the weather, it sure has been a challenging time for many with road closures and power cuts.

We are very grateful to everyone who has helped in the aftermath of the cyclone; the Northpower team have been working extraordinary hours to restore power, Paparooa Fire and Emergency did a great job clearing trees and assisting those in need, the Rapid Relief Team were invaluable helping with the sandbagging to stop floodwaters getting into the

village businesses, the council contractors have been busy making our roads passable and countless other amazing locals have pitched in to help out. It is at times like this that small communities like ours really pull together and make sure that everyone is okay, I'm sure that our community spirit will be strong in the coming months as we work towards getting everything back to normal.

In between the weather events we been working with Cissy Rock to create a Strategic Plan to give Progressive Paparooa direction as we move forward.

As an organisation Progressive Paparooa are responsible for the weekly Paparooa Farmers Market, the Paparooa Press, providing the 'Copy Shop' printing services at Skelton's Drapery, looking after the gardens on the Village Green, leading the extension of the playground, liaising with Council and NZTA on behalf of the Paparooa community and we have a subcommittee driving progress to get a solution for local wastewater issues.

The weekly market, copy shop and Paparooa Press are the primary ways we raise funds so we can help finance the maintenance of the Lions walkway, contribute to the playground extensions and other community events and developments. As you may imagine we have a very diverse agenda at our monthly meetings!

One of the initiatives that came out of our Strategic Planning

session is to hold a 'community hui' where all the community groups in our area will be welcome to come along and talk about what they do, what they plan to do in the next year, and express what will help make their plans come to fruition. Watch this space for the date and details which will be confirmed soon.

The Farmer's Market has been going through transition with Graham Taylor's well deserved retirement from the position of market manager after many years of exceptional service we have big boots to fill.

Linda Allan, our community activator, has stepped in as administration leader, we are now looking for someone to take on a 'paid' lead role in traffic and site management to lead our 'market volunteer' army. Contact Linda for more details, 021 362468.

The planter boxes at the Village Green have been looked after by Ruth de Mann for several years, we are very grateful for the time and energy Ruth has put into this project. Ruth has recently retired from this role, so we are currently on the lookout for someone who is able to volunteer to continue this project.

Keep safe everyone, and if you are keen to help us or have any suggestions you can catch up with Linda at the market most Saturdays or contact me.

Pete Hames

Progressive Paparooa

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Look forward to seeing you there



# Antarctic Expedition

Earlier this year our niece Laura Andrews, whose mum Glenice Hames grew up in Paparoa, was selected by the Antarctic Heritage Trust to be part of a team of five Inspiring Explorers who skied 920km to the South Pole.

The team included Inspiring Explorers Mike Dawson and Marthe Brendefur; the Executive Director of the Trust, Nigel Watson; and they were guided by Bengt Rotmo of Ousland Explorers. This was the 8th Inspiring



Explorers expedition, and it was launched to celebrate the 150th birthday of the late Roald Amundsen, who famously led the first successful expedition to reach the geographic South Pole in 1911.

Our niece Laura is no stranger to endurance challenges! She has participated in Coast to Coast, Ironman, Godzone adventure race, Tour Aotearoa cycle and the South Island section of Te Araroa. But this was another level of epic- Fifty days of Antarctic isolation. The environment is barren and desolate, and the continent doesn't support life beyond marine wildlife, birds, moss and algae - all found on the coast. Inland, due to the lack of rain and extreme temperatures, nothing can survive.

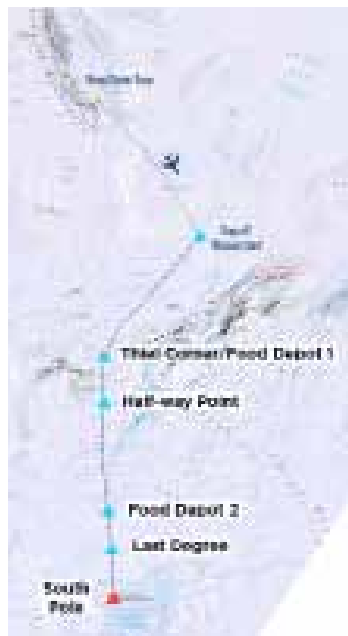
In Laura's words "It's hard to imagine fifty days in the wilderness with the only life around you being the four other people in your team. This expedition thrust me into a new world where it was icy plains as far as you could see. There were no people, no wildlife, no connection and an average temperature of -25 degrees.

"Our daily routine consisted of five-and-a-half hours of boiling water, over an hour of camp set up and break down, and nine legs of skiing for an hour with ten minute rests. Everything is more complicated in these conditions - only a few minutes with exposed skin in these temperatures creates potential for frostbite. Navigation requires precision, and without landmarks we used the sun and our own shadows, the wind carving the ice below our skis into massive waveforms called sastrugi. We had to be careful to not lose anything, as every piece

of equipment we carried in our sleds had a purpose for our survival. We had weather with strong catabolic winds that rolled off the central polar plateau, picking up momentum as they barrelled across the plains, and then we had still, bluebird days with icy halos that surrounded the sun.

"We began our expedition on the edge of the Ronne Ice Shelf and skied 920km to the Geographic South Pole. After nineteen days skiing in a straight line, we took our first turn, avoiding a mountain range and a crevasse field. Life in Antarctica has the ability to simultaneously make you feel at once like a tiny speck and yet so connected with the world. Despite our isolation we were able to connect via satellite phone and share our daily updates with over one million people across the world. It was humbling to understand with vivid certainty, the bravery required for historic and heroic explorers who ventured into the ice before us, without the knowledge we relied upon. A century later, with modern gear, satellite communications and the hard-won knowledge of those who went before us."

It's a remarkable adventure



for a small town girl from Northland, and she is now one of the few people to claim the title of skiing to the South Pole. She has experienced once-in-a-lifetime opportunity, which expands the horizons of what you believe is possible, build resilience, courage & curiosity. Not only for Laura and the team, but for the million-plus who followed the expedition updates, undertakings like this help to build an explorer mindset and enable us to grow, to take risks and to discover more about ourselves. Ultimately, we learn to drive change and instigate new perspectives for tomorrow's world. Applications for Antarctic Heritage Trust's ninth Inspiring Explorers Expedition™ to South Georgia Island in October 2023 are now open and close on 19 March 2023. Find out more at [inspiringexplorers.co.nz](http://inspiringexplorers.co.nz).

Libby and Pete

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## Random Musings

I was pretty excited just to get a tomato crop with the wet season we have had. Imagine having more than I could eat. Enter passata day at Grow Paparooa Whakatipu.

I had the privilege of being first off the bench with my tomatoes through the machine. All the equipment was ready and waiting for me and wonderful helpers halved and de-cored my crop in no time - they even helped turn the handle for the squishing. All I had to do was shepherd the tomatoes into the funnel and down through the grinder. Like magic, juice and pulp

came pouring out, and the skin and seed went "over there".

I walked away with a litre and a half of the finest passata which went straight in the fridge when I got home.

And then blah, blah, blah, cyclone, etc, and no power... I got distracted with trivia like having enough fuel, not running out of essential medications, laundry trips, begging for phone charges and showers from passing strangers. (JK, many thanks to generous friends and neighbours). It wasn't until the power came back that I even opened the fridge. Ummm... Weaponised passata. Luckily it was pointed towards the compost when I loosened the lid, which shot off at great speed propelled by a fountain of fermented passata. The compost benefitted from a wide variety of not frozen foods, well mixed with sawdust for balance. Even the dogs

got a much more varied diet. What? More boiled mystery meat and veges?

At least the tomatoes are still ripening.

Linda



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## Judges Choice Awards For Two Local Cheesemakers

What a fantastic effort from eight artisan cheese and butter makers who exhibited 27 entries at the Paparooa Show at the beginning of February. There are certainly some very talented cheese makers amongst the group.

Each entry is judged on taste/aroma, texture and presentation

and, where some cheeses were fabulous, their presentation let them down. But talking to each contestant and with constructive critique they were encouraged to keep going and try again next year as the aim is to foster their enthusiasm and desire to keep going.

There were 1sts, 2nds, 3rds and highly commended handed out in each of the 6 categories with two Judges Choice Cheeses which were outstanding. We split it into two categories this year - Cheddars and Soft White Rind Cheeses and these two entries fulfilled all categories while producing outstanding tastes in two totally different types of cheese and cheese making processes.

Well done and thank you to all of you who competed - I was so proud of you all.

Jas Futter  
Cheese at the Green



## I've been thinking ... Food...

A few days after Gabrielle I drove to Dargaville: Lake Ruawai glittered in the sunshine, water creeping against the road margins.

In some areas a colourful tinge on the wet surface could be identified as kumara leaves. Doomed plants: the farmer's work wasted... very few kumara will be harvestable. The price will rise and this staple of our local cuisine will become a luxury.

I recalled the images of floating onions at Pukekohe during the great rain. Drowned potatoes also?

Kiwifruit in the Bay of Plenty... A supermarket super sleuth told me that, in his local, fillet steak was cheaper per kilo than kiwifruit.

Hawke Bay? Consider apples and autumn fruit. What about the vineyards?

By the time you read this the implications will have become clearer but I'm betting that the price of

fresh produce will have rocketed.

Perhaps the land will have dried out enough for some farmers to plant some winter crops, but our fruits, grapes and kumara cannot be replaced this year. It's a dire situation for both producers and consumers.

Add the grain shortages caused by Putin's war and we have a food crisis which is bound to affect the already economically stretched lower income families the most. How to best alleviate this situation is a pressing issue which really can't wait.

But what to do?

You can bet that this will be a much debated election issue and truly the long term planning must be at national level. The complexity of the problems

are mind-boggling.

As individuals we really are unable to provide solutions. We can only help one another.

Gabrielle was a reminder that we cannot control the physical world.

Mother Nature does have the last say. RS

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## GROW WHAKATIPU Paparoa Inc

Pre cyclone we had a lovely Passata day at Grow Paparoa. We would like to thank everyone who attended and all of those who contributed. Those were Rabo Bank and The Vet Centre for the use of their gazebos, Bidfood for the donation of tomatoes and Sports and Rec for kindly allowing us use of the Sports Pavilion. We hope that next year we can expand on this event and that the weather may be better for all of us to fully enjoy it. We sincerely hope that everyone is well and getting past the recent bad weather.

Katie Fullerton



### Mentors Wanted!

Maungaturoto Rotary Club, Driver Mentoring Scheme, urgently requires more Mentor drivers. We need people who are willing to work with people who have their learner's licence and are working towards their restricted. This involves taking them out in our car (or theirs) providing approx 12 free weekly sessions.

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## Our Heroes!

It was a busy start to 2023 for Paparoa Volunteer Fire Brigade, but not much in the way of fires though.

In January, we had a lot of trees down, especially on Paparoa Oakleigh Road, due to the unseasonably wet ground and some good winds, as well as a number of medical events.

In February, we had the Paparoa A & P Show where we had the Wajax pump racing competition, which was hotly contended by the 'Barbarians' (a mixture of volunteers from other areas).

Then of course our most recent event was Cyclone Gabrielle.

That was a busy night for us... we cleared 30 trees off roads, some of them quite large, in an almost continuous 20 hour run. This included a trip to Dargaville to assist with the flooding on the Tuesday morning and a couple of other storm related calls.

It was fairly hairy through the wee hours and we had two crews rotating through the night, working with the TK heavy chainsaw team. In this instance the team comprised of two more Paparoa members trying to fight our way through on SH12 to assist in opening SH14 for the flood rescue teams from Whangarei. As it was it was all we could do to make Dargaville by morning, clearing trees the whole way. We would like to thank Monty and the



Rapid Relief Team for taking the flood protection off us and making our village shops safe with sandbags.

A big thank you also to Tony B and Frazer for assisting Maungaturoto Brigade with some heavy chain sawyering at the other end of town, and to all the farmers and civilian groups who also cleared many trees too!

A massive team effort!!!  
Once again, our local people proved especially sensible and resilient in an extreme weather event.

I am very proud of the efforts of our team. Efforts that didn't go unnoticed by FENZ command.

Ken Ogilvy



## BOOKS AND BOOKCLUBS

Everyone has a story. Most of us don't write them down or even talk about them to all but our closest friends. But whether you are a young girl growing up in Kenya or the President of the United States of America, our stories, when skilfully written, are fascinating and take others along our most intimate journeys.

"And Then Life Happens," is one such true story of a girl growing up in Kenya at a time when society was still very much patriarchal and men could have more than one wife. This intelligent, courageous woman overcame her childhood difficulties, making a good and purposeful life, not just for herself but for other disadvantaged children. I have to admit to picking up this book because of the author's name, Auma Obama. Yes, she is the half-sister of Barack Obama, but this is her story, not his, although his fame has certainly impacted on the family back on the farm in Africa. Both brother and sister have "done good" with what life dealt them. Inspirational.

"The Real Katie Lavender", by Erica James is a lighter fictional novel about a girl who finds that she is not who she thought she was after the death of her mother. She discovers a family, possibly even more dysfunctional than the current British Royals, but by all of them working through their various and divergent problems in an assortment of ways, they manage to make it to a happy ending. Let's hope our Royals can do the same. (I am not going to even mention THAT book, I will spare you the idiocy, beautifully exposed by R.S. in last month's Paparoa Press. I didn't know there was a current Prince Richard, but never mind.)

Now, gird your loins for a daunting true memoir, "The Girl in the Green Dress", co-written by Jeni Haynes and her psychiatrist, George Blair-West. There are holds and long waiting lists in the libraries, such is the popularity of this book, I hope not for sadistic gratification from the detail of abuse it contains. It is written to inform and warns the reader what pages they can skip if they don't want to go into the details. The explanations by the psychiatrist are really what it is all about, and are clear and informative with only a few psychiatric terms. The victim narrating her story developed over 2,500 different personalities in order to cope with the hideous abuse from her father from a very early age. In an unprecedented ruling in court, many of her "personalities" were permitted to give evidence which ultimately convicted him. It will take a brave reader to tackle this one but it gives such understanding and insight into how our subconscious minds watch over us, protect us, and aid us in our life that it accomplishes what the authors intend, to help us in our own journeys. No-one has had a perfectly harmless childhood.

One I haven't read yet is "A Man Called Ove," by Fredrik Backman, translated into "A Man Called Otto." I've seen the movie along with other bookclub friends, I and two others loved it as a darkly amusing, poignant, sweet story, but others who had read the book first were deeply disappointed. "It is nothing like the book," they commented. So now I just have to read the book for myself.

In the meantime you might want to discuss in your Bookclubs just what is a "gravelly voice," what does a "peaches and cream" complexion look like, all orange with cream swirls? And what does it look like when a character "curls their lips". Have fun!

Anne Bate



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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



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## It's A Dog Thing

It was touch and go whether the dog shows would be able to go ahead due to the weather and then the ground conditions. We amended our plans to have dogs working in our "modified" arena and be able to answer questions from show goers.

The Accell therapy mat went down a treat with the dogs showing off their talents and some of the dogs attending the show. It uses cycloid vibration to boost circulation/blood flow to both relax and help repair muscles and joints.

Our expert trick dog had the crowd buzzing with her skills which include stealing bags, fetching tissues and putting away her toys, over two years of hard work have gone into teaching these tricks and the bond this has created with her guardian is heart warming.

We demonstrated a new dog sport called "Hoopers" where dogs are directed by their handler to run through hoops and tunnels with the handler trying to stay in one place and direct their dog with body and verbal signals. The dogs that were demonstrating had not been introduced to the hoops before the show day so we could demonstrate the whole process of teaching the sport, and by lunchtime all teams were really enjoying the new sport.



We have had a good response from locals who would like to teach "hoopers" to their dogs so I will be running a course in Paparoa. The first week of class will begin next week. If you would like more information please email me [ejmcleave@gmail.com](mailto:ejmcleave@gmail.com) or phone 0273835194



Next month I will go over ways to stop your dog barking when you would rather they don't.

Ellisia Cleave



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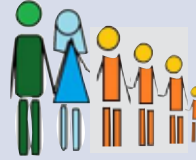
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# From our family to yours

## Lost in Paparoa...



So that didn't age well. I must have written last months piece on the one day of hot sunshine, for after that, it was rain, more rain, and then a cyclone.

While the Brynderwyns were periodically closed last month (and possibly into this month) due to ongoing slips, large portions of traffic were sent on a round-about journey into the wilderness known as Paparoa, the long and winding road of Paparoa Oakleigh, back through to Whangarei. You knew who the cars were, just from the slow speeds, the heavy braking, the obvious bewilderment as they had no idea where they were or the nature of the roads out here- perhaps good they weren't going fast, as a few spots you could be airborne if you hit the \*hump\* wrong!

Lines of lost, slightly terrified Aucklanders (ever so obvious in clean cars), venturing to streets unknown- only to miss the not well identified detour route, and have to quiz any local they can find before coming back up the hill to begin a whole new journey. Perhaps if Deb of Post Office Guest House fame, was out on the corner, ankles exposed from under some bizarre jaunty get-up, offering scones and jam to these lost travellers, then the detour route would be more obvious. (Not sure that the mood would have been so accommodating if the sign on the door was anything to go by... lost travellers knocking at all hours soon wore thin I believe.- Ed)

Truck drivers knew where to turn, even though they were being specifically told not to use the back road en masse, clearly thinking the prospect of driving SH 12, to Dargaville, and then east to Whangarei is such a giant waste of travel time that it wasn't worth it. You can hear the price of goods ticking up with each extra kilometre travelled, as if food wasn't expensive enough...

Where am I going with all this? I think Paparoa missed an opportunity to entertain all these new-found guests. Local celebs, such as Deb, could have taken turns to entice families into an information booth about local sights, namely that we have a public toilet that is operational (while Maungaturoto crosses its legs and continues to wait).

Naturally I jest, as usual, and write this with a hearty dose of 'Im kidding'- particularly about Deb's creative fashion choices, which I think are worthy of a detour.

Have a (hopefully) dry and warm March!

Jenny

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# Pets in the Valley



Well I was going to write about protecting animals from facial eczema this month but the arrival of Gabrielle made me change my mind. The damage caused by this storm was incredible and I'm very grateful we got off as lightly as we did here in Paparoa.

It is a timely reminder that planning, and prevention are so important and it is too late to do either once a crisis arrives. I have only one cat cage but 3 cats. If I had to leave my home it would be interesting trying to put 3 ladies who only just tolerate each other in one cage! Likewise I remember reading about people trying to evacuate horses from the Nelson forest fires and some owners did not have enough halters and leads for the number of animals they had- plus many were unhandled and trying to load then on trucks was a challenge for all.



So when you are finished chain sawing and have your power back on spend a moment of two thinking on how you could make you and your animals lives easier if a different or worse disaster requiring evacuation occurs. And then hopefully it never happens!

Take care Janine

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## Science Corner

### How Do Mosquito Survive Raindrops?



Mosquito live in wet places with high rainfalls so how do they cope with rain drops?

A raindrop hitting a mosquito is comparable to a person being hit by a bus yet it doesn't seem to cause them a problem. But bugs do get squished on car windscreens, so what is their trick?

So, a biologist and a mechanical engineer set out to figure out what happens.

They tried bombarding a container of mosquitos with raindrops- failure.

Success was achieved when they used water jets on a container of mosquito and they found that the insects hitched a ride for about 1/1000th of a second (a very short joy ride) until their wings caught the wind (like a kite) and

whipped them off to safety before the rain drop landed.

The experiment continued using measurements and concluded that the low mass (how much stuff the insect had - like its weight) plus the hard exoskeleton also had a bearing on the result.

Stella



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Few foods naturally contain vitamin D, though some foods are fortified with the vitamin. For most people, the best

way to get enough vitamin D is taking a supplement because it is hard to eat enough through food. Vitamin D supplements are available in two forms: vitamin D2 ("ergocalciferol" or pre-vitamin D) and vitamin D3 ("cholecalciferol"). Both are also



naturally occurring forms that are produced in the presence of the sun's ultraviolet-B (UVB) rays, hence its nickname, "the sunshine vitamin," but D2 is produced in plants and fungi and D3 in animals, including humans. Vitamin D production in the skin is the primary natural source of vitamin D, but many people have insufficient levels because they live in places where sunlight is limited in winter, or because they have limited sun exposure due to being inside much of the time. Also, people with darker skin tend to have lower blood levels of vitamin D because the pigment (melanin) acts like a shade, reducing production of vitamin D (and also reducing damaging effects of sunlight on skin, including skin cancer).

The Recommended Dietary Allowance for adults 19 years and older is 600 IU (15 mcg) daily for men and women, and for adults >70 years it is 800 IU (20 mcg) daily.

Vicky



## March Gardening Notes

The aftermath of Cyclone Gabrielle has all but decimated much of my veg garden and put paid to any producing tomatoes, beans, apple cucumbers, courgettes. Pumpkins are one exception, they've flourished, producing very good quality crops of good size which have now matured and detached naturally from the dying vines. I've stored them outside on a shelf covered with chicken netting in a dry airy place under the eaves of the garage. Any other dead remaining plants were removed. If there are any remaining green leaves these are not only edible - in soups, salads or a stir fry - but are rich in iron, and protein, and also contain vitamins A & C.



The newspaper/lawn clippings mulched in between the rows early last summer has broken down so the ground is easily dug over. I have sprinkled a dressing of fertiliser and will sow a green crop such as mustard or lupins, just leaving a small area to grow a few winter staples like broad beans, silverbeet, spinach, broccoli, cauliflower, cabbage etc. Except for broad beans the rest will grow happily, well spaced in pallets (can be purchased at minimal cost from Farm Source) each one taking just over a bag of potting mix. Growing green crops over the winter months rejuvenates and gives the ground a good rest. The soil becomes less pugged, forming a hard surface crust, and is also virtually weed free. Come early spring, before flowering and stems get too fibrous, it's easy to hoe in the rows of green crop and cover with soil from the next row. Allow it 4-6 weeks to break down in time to start sowing and planting the new seasons veges. Then sowing and planting at 4 to 6 week intervals provides continuous harvesting.

Saving seeds - if you've never tried before, start with peas and beans. Simply leave the biggest/healthiest pods on the vine to dry. Seeds in the pods will rattle when you shake them. Shell them and keep seed in the freezer for about 3 days to kill any overwintering insects and diseases. Then store in paper envelopes, rather than in plastic as they tend to rot if there's any residual moisture. Store in a cool, dark place and out of reach of mice.

In the case of tomatoes - ferment the seed so it's free flowing by squeezing the pulp from a good quality overripe tomato into a bowl, cover with water and plastic wrap with a few holes pierced in. Put in a warm place for a few days. Remove the smelly residue that has formed on the surface, viable seed will sink to the bottom. Collect the seed and dry on paper before storing in paper envelopes.



JR

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**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 March 26. 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.



**Big Thanks**

To all the volunteers who kept our community safe during the cyclone and days following. The awesome volunteer fire brigades of Paparoa, Tinopai, Maungaturoto, and beyond for clearing our roads of fallen trees, Rapid Response for sandbagging the shops and much more, the marae, churches and other groups who opened their doors for hot showers, food and fellowship. To all those who called on friends, neighbours and strangers - you know who you are!

**Join Our Team** It's Life Changing  
Paparoa Volunteer Fire Brigade  
Contact Ken Ogilvy 021 129 4042



Tony Prangley (father of Josh & inlaw of Kristeen of Tinopai) and family enjoying an evening fishing while visiting from Australia.

**WHAT'S ON - MARCH 2023**

**The Kauri Museum** open 7 days, 9am-5pm  
See the ad on p11 for ongoing exhibitions

**Paparoa Artisan Market** - Sun March 26, 11.30 - 3.30pm, at the Paparoa Hall

**Paparoa Pride** - Sat April 1, 3pm, Paparoa Hall. Follow "Paparoa Pride" on Facebook

**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 Cornes 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](mailto:press@paparoa.org.nz)



**Paparoa Press** CLASSIFIED ADVERTISING

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**Buy Local**  
**Support Local**  
Help your community thrive and businesses survive

**LOCAL TIDES for March 2023**

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	13.21	7.16	17th	13.55	7.47
2nd	14.39	8.40	18th	15.10	9.07
3rd	15.41	9.47	19th	16.10	10.11
4th	16.28	10.36	20th	17.01	11.03
5th	17.07	11.15	21st	17.48	11.49
6th	17.43	11.50	22nd	18.32	12.33
7th	18.15	12.21	23rd	9.49	13.15
8th	18.47	12.51	24th	7.30	13.55
9th	6.57	13.21	25th	8.11	14.35
10th	7.28	13.52	26th	8.52	15.15
11th	8.01	14.24	27th	9.36	15.58
12th	8.36	15.00	28th	10.26	16.47
13th	9.17	15.41	29th	11.57	17.48
14th	10.06	16.33	30th	12.42	19.04
15th	11.10	17.38	31st	14.01	7.58
16th	12.30	18.58			

**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. Contact .....Jas 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



### Pahi Regatta

Anniversary Weekend saw boats, rafts, bathtubs and all manner of floating things take to the water at Pahi. It seems the watercraft aren't the only things that come in all shapes and sizes!

There was entertainment for the whole family and if you didn't make it this year it'll be back in 2024.



...Paparoa Show continued from front page



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