

The Paparoa Cyclone Response Fundraiser

Any doubts Loie Donaldson had about people attending her brainchild fundraiser on 15 April were soon dispelled. Thankfully, many locals answered the call and hordes arrived at the Paparoa Hall with their fundraising wallets to the ready. After an intensive four weeks of planning, the fundraiser got off to a wonderful start with a welcome karakia by Geraldine Jenkins, followed by a beautiful rendition of Six60's "Pepeha" by a small group of Paparoa school pupils.

Loie welcomed everyone, introducing her steering committee and the amazing Julie Edwards, MC for the night. Julie arrived looking like she had just stepped off the back of our cyclone, her costume featuring chainsaw chaps, teased hair decorated with twigs and (was that toilet paper?) and sporting a huge vintage saw. This

costume seemed to have a life of its own as it evolved hilariously over the course of the evening.

Six bands from the Kaipara donated their talent and time. "Perfect Sense" kicked the night off and by this time the first raffle had been drawn. Amazingly raffle books were filling up almost faster than the organisers

Continued on page 2...



Stormy Mondays



Cyclone Julie



Brian Baker



"Noisy" Shane Wintle



Socially Awkward



Carlene Still

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CONTACT US -

- press@paparooa.org.nz
- ph Vicky 021 248 4259
- PPI, PO Box 107, Paparooa 0543
- www.paparooa.org.nz

ADVERTISING

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Publication date 1st Wed of month

The Paparooa Cyclone Response Fundraiser

could replace them. The prizes donated by local businesses were truly humbling and it is worth acknowledging that many of them had also been dealt heavy blows by Cyclone Gabrielle. They gave anyway.

"Socially Awkward" were next on stage, a young local band who had brought their family along. If they were nervous performing at their first large private event it did not show! Between band changeovers raffles continued being drawn.

Donated goods had been sorted into "goodie bags" full of a variety of valuable donations. Winners chose the bag they wanted. The most valuable items were kept for auctioning after supper.

Slick professional Carlene Still then performed a set of everyone's favourite songs. A real highlight at the end of her set was engaging the audience in a singing duel. Great fun.

Brian Baker, local singer songwriter and music producer was next up with his solo act and quickly had everyone on the floor dancing to his original tunes backed up by complete videos playing on the back wall. The hall was packed, and the mood was incredibly upbeat and excited.

A simple but ample supper was served followed by the auction of some fabulous donations. Our infectiously encouraging Auctioneer "Noisy" Shane Wintle had our generous punters snapping up items. Mayor Craig Jepson purchased Pat George's beautiful mosaic piece to close the auctions.

...continued from page 1...

Quickfire raffles of \$50 notes and meat packs continued alongside goodie bag raffles as "Shimian" took the stage featuring Shelley Miller for a long set of favourites. It was now officially a dance fest!

As the last of the raffles were drawn and the quickfire wheel whirred for the last time "Stormy Mondays" featuring Brian Baker, Tiny Heathcote and Tracey Deane hit the stage. They rocked the event to a fantastic close with the crowd chanting "more" and audible groans when the last tune was finally played.

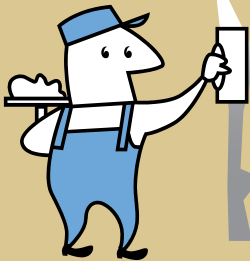
Julie the MC who had now completely wrecked herself and her costume in her efforts at dancing and keeping the night flowing, said farewell and closed the evening with a karakia.

The evening raised approximately \$8,500 for the cyclone relief fund. There is no doubt that this is a fabulous community.

Thank you
Sue Marmont on behalf of the
entire organising committee

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Community Showcase POSTPONED

The Paparooa and surrounding communities' showcase has been postponed. It will now be on July 30th in the afternoon, culminating with a free supper.

Due to forces outside our control, we have had to postpone this event to ensure it is a success. We have over 25 community groups signed up so far and we are very keen to hear from you if you would like to come along and get some free advertising for any local groups you are a part of and that we don't know about yet.

Progressive Paparooa are also taking the opportunity to create a database of local groups to be kept updated and available to the local community so we can celebrate the diversity of our area and get people involved.

Likewise, Paparooa people, SAVE THE DATE! We want to show you that 'Paparooa', small town New Zealand, is alive and well!

Progressive Paparooa will be providing a free supper for attendees.

Please email progressive.paparooa@gmail.com for more information.

Lissie Cleave
Secretary



Paparoa School news

As this goes to press, Term 2 will have started with some more exciting adventures ahead for the students of Paparoa School. We were fortunate enough to receive a grant to have Circus Kumarani come to school each Thursday to teach the students different types of play along with interacting with a variety of equipment.

Our Year 5 & 6 students are going on camp to have three days of fun! We start with Kiwi North and learning more about the kiwi then travel to our campsite for some watersliding and toasting marshmallows. The students will take part in kayaking and archery with a spot of fishing if the weather is nice to us. To finish off, we are heading to Adventure Forest to have a walk around the treetops, on ropes.

We are currently planning our school's 150th Anniversary Day which will be held at the end of June. As a result of covid, the actual anniversary

in 2020 could not be held and so we want to acknowledge the history that our school has.

Our fence is finished, and I want to thank the community for respecting the construction site and staying away during the holidays. For those of you who use our school grounds, the entrance is now the gate on the footpath. The gate will stay unlocked, you will just need to put your hand through and pull up the lever. We encourage families to use our facilities, although please be respectful of what we have available for use.

The Pataka Kai is now in a new location, just to the left of the

original location. We have put it just on the inside of the bus bay which will help keep the donated goods out of the weather elements.

Have a great month of May and Happy Mother's Day to all the mums out there.

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Principal

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Compost kids...

In the last week of last term, Paparoa Primary School had Margaret Baker from Sustainable Kaipara come in and teach Room 2 the importance of composting. They were taught the difference between nitrogen (greens) and carbon (browns) and the roles they play in the compost bin. They layered the different ingredients, with twigs at the bottom, mulch, leaves, sheep wool, worm wee, green leaves, fruit scraps, shredded paper and water to begin their composting journey.



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Streets of shame

Welcome to Pahi- the jewel of the Kaipara. Steeped in history and an idyllic destination for holiday makers and much loved by residents. There is much to love. Except for Cliff and High Streets...

Residents here have begged and pleaded for years for KDC to upgrade these unkempt and dangerous streets with little result.

The futile ad hoc repairs that have been carried out fail with the next heavy rain event.

Loose metal washed over what is left of the tar seal creates treacherous conditions causing loss of traction and

loss of control.

Residents recently saved a motor home from sliding over the bank off High St, and numerous trade vehicles including a concrete truck have come close to disaster.

A dwelling in High St has been flooded twice due to failing storm water infrastructure and the residents say enough is enough!

KDC have advised that a full rebuild is scheduled for 2023/24 with completion due February 2024 but residents argue that the situation is so



dire that their welfare is at serious risk. These streets and the people who live on them are the victims of carefully managed neglect.

It is considered that KDC have been derelict in their duty of care to keep these streets safe and fit for purpose and should urgently reprioritize their works.

As this seems unlikely residents advise extreme caution or total avoidance of these dangerous streets.

Kevin Molloy



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Table tennis update

Paparooa table tennis is pleased to confirm that free junior coaching sessions will be starting on Tuesday 2nd May at 5.30pm until 7pm at the Paparooa Sports Pavilion. We are very fortunate to have a highly skilled coach coming down from Table Tennis Northland each Tuesday of Term 2 to teach kids from age 8 to 18, whether they have played before or not. Bats and balls will be provided and we are very keen to get a good number of students along to improve their skills.

The coach has told us that he is will be happy to stay around for a while after the kids session to give some tips to adult players. Adults are always welcome to come and play from 7pm at the small cost of \$2 per session. Table tennis has been proven to be a great sport to improve hand – eye coordination and is good for the brain as well as the body, and of course it's also a great way to meet some friendly locals!

Pete Hames 021 0567163

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 –I’ve just given myself a stiff uppercut!

I was so proud of myself recently when the NZ Herald published a letter to the Editor, smug even. The subject was the Auckland Mayor using his casting vote to decide that Auckland would no longer be a member of Local Government NZ.

Wanting to show off my knowledge of Standing Orders I disputed that he had used his casting vote and said: The only time he would get to use his casting vote would be if the scores were even after he had

used his deliberative vote. This could arise at Auckland Council where a member is absent or abstains from voting and an even number of elected members (including the mayor) participates in the vote. I had worked on the basis that there are 20 councillors

plus the mayor, a total which would give an odd number, so a clear decision should always result. While that is true, it was not correct. If I had checked properly I would have seen that a councillor was absent from that meeting. This meant that there were 20 elected members in the room, and the ensuing 10-all deadlock was broken by the Mayor’s casting vote. I was wrong. I wrote and apologised to Mayor Brown, to the author of the article and the editor of the paper (they have since published my retraction).

The point of this article is to remind myself that I don’t always get it right, and I need to make allowances for my fellow inhabitants of this part of planet Earth who don’t always get it right either.

Your humble Otamatea Ward Councillor

Mark Vincent
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Anzac Day 2023

There was a great turnout for the ANZAC commemorations in Matakoho. There was a fall-in at the hall followed by wreath laying at the WWI monument and the hall.

Sir Lockwood Smith spoke about the New Zealand Museum and Visitor Centre being built in Le Quesnoy, France. NZ soldiers liberated this town and the museum will honour all NZ troops who fought in Europe in WWI.



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Lions Club dinner

Paparooa Lions Club's April Dinner was a very special night. Our Guest Speaker Laura Andrews was a fabulous speaker and an amazing young lady. She had us all totally absorbed as we listened to her story about her experience as one of a five member team on the Inspiring Explorers Expedition.

They pulled sleds close to 1,000km, skiing for 50 days in -30°C temperatures, to the Geographic South Pole over this past Summer.

These expeditions honour the legacy of polar explorers from the heroic age in the early 1900s, like Roald Amundsen, Sir Ernest Shackleton, Captain Robert Falcon Scott and Sir Edmund Hilary. They follow the

historical journeys to share the legacy and continue it for the next generation. Laura's expedition team followed the route first completed by Reinhold Messner in the 1980s.

Laura told us how they walked nine hours daily, each night setting up camp and boiling water from clean snow to cook, drink and survive with. She prepared her body for the sled-pulling by towing two tyres around for hours in the months beforehand. Most days they were wearing seven layers of thermal snow clothing. For 50 days they only saw snow and each other and they only saw mountains in the distant horizon for 10 of those days. She also explained how difficult she found the adjustment back into the 'real world' of seeing and hearing people and noises all around her.

This evening was made even more special by 18 of the members and their partners of the Paparooa Volunteer Fire Brigade joining us for dinner.

We had invited them as our guests to this dinner as our

way of saying "THANK YOU" to them for all the hours of voluntary assistance they had put into the community, clearing trees and assisting residents in the aftermath of Cyclone Gabrielle. We hope they also enjoyed hearing from this amazing young lady

and seeing her photos.

In May we are hosting our Annual Young Speechmakers night, with students from most of the local schools attending and competing. This event has been running for over 35 years and schools in the area have it in their Calendars as one of the special events of the year.

Sarolta Bernhardt



Paparooa Community Library



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Letters from The Old Post Office...

Notes from a small car

Dear Reader, as some of you know the Maudi and I set out recently on what is becoming an annual pilgrimage. Packed to the gunwales we waved gaily to the cat and we were off. The cat, as is the way of all cats, did not return the gesture.

Driving allows the mind to wander and amidst noticing the occasional bursts of splendour, sunlight through mist, oily puddles gleaming in iridescent shimmers, philosophical musings kept the brain active. Although Dear Reader, many of these musings may not seem coherent or even logical to some, to the Maudi and I they made perfect sense, isolated as we were in our own little mechanical bubble.

Random musing no 1: After Auckland city where did all the traffic go? School holidays usually means more travelling traffic and apart from a few teenage drivers cavorting themselves about on the motorway there seemed to be little evidence of them. Too early? Still in bed? Studying?

Parents confiscated their car keys as parents had, belatedly, realised that they had been cavorting on the aforementioned motorway? Working at McDonalds to pay for petrol? Abducted by aliens? Pity really. Even a short stay on another planet could be beneficial. Short internal commentary on the ills of poor diet and social media.

Random musing no 2: After Auckland where did all the road workers go? Astonishingly the Work Safe what-ers appear to be different the further south one goes. One person per shovel, only two support trucks and Holy moly, working



at night, again with only a few roadworkers present. What can this mean? That there are less people available south of our mega city? No doubt some well-intentioned person will tell me. In detail.

Random musing no 3: It is very easy to speed when no one is watching. Does this mean that like the tree falling in the forest it doesn't really happen? (Berkeley's actual quote reads "If a tree falls in a forest, and no one is around to hear it, does it make a sound?") Berkeley's philosophical argument can be simplified to "esse est percipi- to be is to be perceived." And believe me it does need to be made simple for my brain. What I managed to deduce however, was clearly that the Maudi and I were not perceived by that police officer on the Desert Rd as possibly we were in a state of "we were not." Obviously, we had left behind the corporeal plane and had temporarily ceased to be. Of course, sadly Occam's razor states that the simplest solutions are usually the most accurate and that in this case

the police officer was:

- a) in a rush to get to the other end of the Desert Rd for coffee
- b) he liked little grey cars driven by little old ladies,
- c) he didn't trust the army's target practice accuracy, so he wasn't stopping for anyone or
- d) he was just feeling the love

The puzzle puzzled me for the next 30 minutes or so until the fear wore off and I could stop for a nice restorative cup of tea at my favourite café, Brown Sugar.

I did some more musings to myself as I watched various human groupings and made up salacious stories about each and every one of them. I shared them with Maudi later and we chortled quietly the rest of the way to Wellington.

Blessing each and every police officer that passed us by. Mazel tov.

Deb



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Day Camp

April 12-14th saw the Millars farm on Paparooa Station Rd fill to the brim with 140 children, bussed in fresh every morning from areas as far away as Tinopai, Waipu, Mangawhai and Maungaturoto for three fun days of outdoor activities.

30 teenage and 35 adult volunteers lent their skills to teaching things as varied as gun safety, cupcake decorating, horse care, go carting and woodwork.

The kids were split into lots of teams, under a teenage leader and got to build bush huts, sing, dance and learn about God's love in a safe environment. The few rain

storms and thunder merely added to the excitement!

This has been running in Paparooa for (at least) the past 16 years and it was wonderful to see everyone come back after a few years off due to covid.

If you are interested in volunteering for next year, or having your kids attend, they must be aged 6+ and get in fast: this years event sold out in less than 3 days!

Jenny



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Calling woodworkers/crafts people

In the recent cyclones large numbers of trees throughout the district fell victim. On The Landing some of the trees that were planted at the time of the Paparooa Centennial also succumbed.

One was a large oak that fell into the river. Kaipara Council contractors Team Vegetation have cleared the fallen trees. Progressive Paparooa considered that the wood might have some value for woodworkers and fortunately through contacts at Paparooa County Depot Trust were able to arrange a place to store the timber.

If you would like to use some of this wood for a genuine woodworking project, contact Gary Dallas, Depot Trust Property Manager on 021 431712. So long as it is not for firewood or mulching this wood is free to a good home. Hopefully a win-win all round with thanks to KDC for agreeing to the idea. pp

Depot Trust grants open

Does your organisation need financial support? Have you got a project on the go and need a helping hand? Would a particular item make a difference to your activities?

If you are a community organisation and answered 'yes' to those questions the Paparoa County Depot Trust is keen to hear from you.

Established over 20 years ago, the Depot Trust earns income from leases and rentals. As a volunteer community trust its purpose is to distribute surplus funds to local organisations.

Twice yearly the Trust invites applications for its funds. A wide range of community organisations have been funded over the years and in 2022 almost \$40,000 was spread between some 20 different organisations.

If you are part of a local group or know of one that is struggling to finance its activities, please urge them to apply in this latest round. The next opportunity is not until November.

Preference is given to those organisations that have tried to raise at least some of the funds themselves.

To apply contact the Depot Trust secretary Stella Clyde by 4pm, 14 June.

email: stella.clyde@gmail.com

PCDT



OCS May News

VOLUNTEERS: We begin by sending out our grateful thanks to all those in the community who donate their produce, baking, knitting, money

and time. We have such a great management and staff, but we can't forget the wonderful volunteers who gladly help us go about fulfilling the services we provide.

Our free shopping trips to Whangarei twice a month are driven by two ex-public transport operators so we are confident that our passengers are in good hands. There are usually empty seats and we'd love to take more - so why not leave the car at home and take a free trip to town. You can go to supermarkets and shops etc in other parts of town as required.

Then there is our monthly community lunch at the St John Hall in Hurndall Street Maungaturoto. We have a caterer who is helped by more volunteers who make the day go smoothly. Our aim is to provide an opportunity for you to have a social outing and catch up with friends, or make new ones, and enjoy a tasty morning tea and lunch.

Our Food Bank is boosted by the beautiful produce from Grow Paparoa so that those who are in need get the best of fresh vegetables to go with their emergency food parcel. Thanks to the volunteers at Grow Paparoa.

Other organisations and individuals who regularly help at the Community House are not forgotten; we appreciate and thank you sincerely for your time and efforts. Some of those are our trusted Governance Board Chairman and members, without whom we would not operate as we do. These very important people give their time every month and it's so good to know we can approach them for their input and guidance.

MAY CALENDAR: Our regular monthly events as follows:

* **Wednesday 3rd**, Community Lunch, St John Hall 10am to 1pm

* **Tuesday 9th and Wednesday 24th**, Free shopping trip to Whangarei. Leaves Maungaturoto Retirement village at 9am, returns after lunch.

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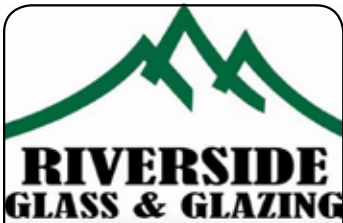


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A Waikato and Taranaki EV road trip

I headed off on a week long road trip last month in my EV. This is something I do every year with a group of other EV owners. We used to organise "Ride & Drive" events to introduce others to the joys and benefits of EV ownership but in recent years these trips have been more about getting out to the far-flung corners of our beautiful country for a bit of a holiday.

This year we planned the trip to coincide with the "Electricarna" event in New Plymouth and also had a few planned stops along the way. These included a high tea at the Zealong Tea



Estate in Hamilton, the fabulous Hamilton Gardens, Xtreme Zero Waste in Raglan, a glowworm walk at Waitomo, and a visit to Te Tokanganui ā Noho marae (Te Kūiti Pā).

Electricarna was a huge success, despite the drizzle and wet ground, with 40 vehicles of about 30 different makes and models. We also had sales reps



Hamilton Gardens

there from Tesla and Polestar with vehicles for drives.

We all drifted off homewards at different times on the Sunday and I decided to take the road less travelled and go over the Forgotten World Highway through Whangamōmona, back to Te Kuiti. What a road! Not that the unsealed 10km in

celebrate Republic Day every two years. I'm thinking that would be well worth a trip.

All good things must come to an end so here I am belting out the May Press in record time!

Stats for my trip: 1240km, \$25 in paid charging and about another \$25 worth that was free via four 8A overnight top-ups (all with permission and none of it stolen!), so about \$50 all up. The range of my car is 450km and all top-ups were less than 50%.

We won't even mention the money spent at restaurants and cafes but that's what it's all about!

Margie



Whangamōmona Hotel

the middle was a problem to someone used to negotiating the goat tracks of Kaipara... But the scenery and tunnels as I slowly wound my way over SH43 were spectacular.

Whangamōmona, for those who haven't been there is like stepping back in time - and a very beautiful little town.

In 1989 the townsfolk declared themselves the "Republic of Whangamōmona". They have an elected President and



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BOOKS AND BOOKCLUBS

I am in profound admiration of actors and authors!! Being once again forced into isolation recently, I watched all 28 episodes of Foyle's War free on Youtube. Never once could I have believed anything other than that the character on the screen was a real person, yet his attitudes, mannerisms, astuteness were all faked. In real life he is no doubt somebody quite different from the intensely honest policeman whose ethical view of justice was constantly thwarted by the politics of war. (Also the settings, vehicles, costumes were authentic to England in WWII, well done all round.) The books were written by Anthony Horowitz (of Alex Rider fame) and again I am in awe of where our favourite authors get their ideas, and the skill in which they develop them. Agatha Christie is crowned Queen of murder mysteries but I wonder how intrigued we would continue to be if it were not for David Suchet's brilliant portrayal of Hercule Poirot and the 1920s settings in the TV series. These had an almost cult following in the UK, and a town in Belgium claims to be where Hercule was born, even 'tho he is a fictional character.

I am also delighted by the fact that television comedians write novels. There is no valid reason to be as no doubt they write a lot of their own material, but that is comedy, and their books are true to life. And they are actors as well! Graham Norton, that gay guy who topples his guests off a big red chair on his Show, has a profound insight into human character and relationships and writes intriguingly. His first book, "Holding," is also a TV series. "A Keeper," and "Home Stretch" are all worthy reads. Dawn French (French and Saunders) has also written six books. "Because of You," is one which your bookclub will have a wonderful time with, pondering the rights and wrongs of the behaviour of its characters. Can't let too many cats out of the bag, so you will just have to read it for yourselves. The souls of her characters are laid naked on the page and can break your heart. When a grandmother dies of cancer her son writes to his daughter, "Those who die in grace go no further from us than God. And God is very near." Of course there is wit as well and it is truly a remarkable piece of writing. She breaks the rules of conventional novels by adding poetry and sometimes just lists of words rather than attempting to describe feelings or situations. Very refreshing. I can't wait to read more from her: "Me. You. A Diary," "According to Yes," "Oh Dear Silvia," "A Tiny Bit Marvellous," and "Dear Fatty."

Books and videos by all four authors are available in Kaipara Libraries. Lots to keep you happily reading as autumn comes to a close and winter approaches.

Anne Bate



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Another area where Zinc is important is reproduction and mens fertility. Zinc also boosts our brain health and supports good energy production.

I hear you ask where can I get Zinc from in my diet? Foods high in Zinc are oysters, pumpkin seeds, chicken, beef, salmon, chia seeds, flaxseeds, spinach and dark chocolate. Supplements can be taken in addition to great nutrition and chelated zinc is best for absorption, eg, Zinc gluconate, zinc citrate or my favourite zinc picolinate (11-40mg daily).

Always seek professional advice as taking zinc may effect some medications and may decrease your copper levels. All things in balance- anything can be harmful if taken in excess.

Vicky

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Maungaturoto and Districts Rotary

Our group continues to meet on a weekly basis which not only offers fellowship but also the chance to help OHS Netball and DOE with their fundraising. These two groups work in rotation to provide our two course meals. We have not had many guest speakers recently but that has given us all a chance to share some of

the activities we are involved with outside Rotary. When we listen to each other, we become aware of what a diverse bunch we are.

Recently, President Les spoke of a Farm Forestry Group conference he attended in Timaru. He has belonged to this group for about 30 years but does not often get to their meetings. The attendees took part in a number of day trips. They visited Mt Cook station where they learnt about the destruction of wilding pines. The most effective way to deal with these is to chop and spray. He also visited Port Blakely Forest near Geraldine which has 10,000 ha planted in pines.

Our incoming President (this role only lasts for a year from July) Babe Kapa spoke of his work as a Maori Ward representative of the Far North District Council. Babe has a wealth of knowledge coming from his previous involvement in a variety of organisations and we look forward to his

leadership. Apart from normal duties associated with being a Councillor, Babe is on the steering committee for a new library complex in Kaikohe. These facilities are now known as Civic centres and as well as offering a variety of digital options for the borrowers both young and old, they have a café emphasis as well as having a museum on site.

We hear that Josie has sold the Sitting Duck. Thank you Josie for your fantastic service to our organisation. We have always had a fantastic meal from you, often at short notice and we wish you all the best in wherever the future leads you. We also welcome the incoming owner.

Another parting thought which one of our Rotarians found on a trip north :

Advice from a Tree: Stand tall and proud; Go out on a limb; Remember your roots; Drink plenty of water; Be content with your natural beauty and Enjoy the View.

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

Eileen Parsons 021 142 0357
Maungaturoto & Districts Rotary Club

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GROW WHAKATIPU Paparoa Inc

As Autumn draws on, the vast majority of our summer crops have finally come to an end and we've replaced them with our winter vegetables.

Best things to be planting this month are brassicas such as broccoli, cauliflower and cabbages however be aware that the white butterfly is still lingering and so we are netting our brassicas at present to prevent damage to them. Additionally planting broad beans are both a good cover crop and food crop for this time of year. Perhaps you can have a go at making the King's coronation quiche when they are ready!

Our new raised beds are in progress and should be finished next month ready to be filled with seed or seedlings. In October last year we gave away some giant pumpkin seedlings and would like to congratulate Paparoa Primary School on their success with those seedlings.

Unfortunately our second hand shop, Aladdin's Cave, will be closed during May. It will be reopening in June and we are looking for a volunteer to help assist in the shop on Saturday mornings. It will involve setting up and assisting throughout the morning with sales and collection of donations. If you are interested please get in touch via our facebook page or email kfullerton25@gmail.com.

Katie Fullerton

It's a Dog Thing

Doggone it, dog!



A theme I see in consultations is 'frustration' with neither side able to break the cycle. I hear, "They're so clever they know exactly what they're doing", or, "They do it because they get a rise out of me". This says to me that there is a breakdown in understanding- like crossed wires in a bomb- it will explode when you least expect.

The cold hard truth is that humans and dogs are mammals. We evolved down different branches of the same tree but our survival instincts are the same, "How do I make it to tomorrow". As the self-professed more intelligent species it is our duty to understand this and be the change.

Dogs are one of the few types of animals who came to villages and worked out how to be of use to us. We didn't need to ask first- they auditioned for the role of man's best friend willingly.

There is evidence of wild dogs entering villages and eating the scraps which decreased the rodent population and helped slow the spread of disease. In turn the dogs were shown affection from the humans they helped. 'Humans equal food' and, to the humans, 'dogs equal health'. The dogs learnt very quickly that if they overstepped they would be 'run out' or even killed. Their survival instinct

told them to be thankful for the scraps and dogs who were banished would starve. This was the start of domestication and the rest is history.

How can we be the change? Unfortunately, this isn't a quick question to answer and is very specific to every situation, here's a snapshot of considerations.

- Dogs are emotionally and intellectually equal to non-verbal toddlers, we learn to interpret their needs so we can do the same for our dog.
- Dogs (like children) will identify inconsistencies in leadership which will cause insecurity and heighten survival instincts. Having all the humans interacting with the dog in the same way, using the same commands and routines, will stop this spiral so the human family will have to communicate and compromise to create a unified plan.
- Dogs need food, water, shelter, and companionship, in that order the same as us. We

don't need to over think it. My closing sentence is the base I use for life with my dogs- "I must be consistent, calm, and compassionate to create a stable environment". When I lose sight of this, chaos reigns and everyone loses.

Lissie Cleave

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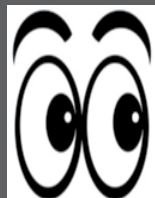
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Just three years ago the world was reeling from the effects of a deadly flu virus. In the two short years from then, the world's health and medical experts, pharmaceutical scientists, drug companies, governments and the ordinary population, worked together and today we have almost solved the problem.

We have vaccines that lessen or prevent the symptoms and keep people out of hospitals, medication that speeds recovery, testing kits, (no more waiting all day in a line of cars outside "testing stations") and life is almost back to normal, whatever that might be. Together we faced a common enemy and won.

I believe we can do it again in tackling climate change. The complacency of the last fifty years is behind us as devastating, costly weather events occur almost daily somewhere in the world. Scientists are well ahead of us and tell us we already have the solutions, we just have to put them into practice. It will take the power of governments and mega-industries, and the willingness of the ordinary population to adapt. Our comfortable ways of living are unsustainable - like every other great civilisation throughout history we are heading for

collapse, and the extinction of the entire human race!

Some of us already know that it is time to up sticks and move to somewhere safer and more habitable. Parts of the natural world unable to adapt to having to move to new habitats are already extinct. Life as we know it, or have known it, no longer exists. The next ten years are vital. History will tell the story of how we pulled together yet again to save ourselves and our planet, or... there will be no-one left to tell the story.

We have such an opportunity to create a Brave New World, (utopia not dystopia so pardon the terminology) to live in eco-villages with micro energy-sharing schemes, farm better, build better, travel in less damaging ways, fix what we have broken, and grow back what we have destroyed. Not being a "glass half empty" person, I believe we will do it.

Anne Bate

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Tamarillo Beef Bourguignon



Ingredients:

- 1kg blade steak, diced into 2.5 cm cube, fat removed
- ½ cup olive oil
- 1 large onion, thinly sliced
- 1 Tbsp plain flour
- 2.5 cups dry red wine e.g. pinot noir
- 2 cloves garlic, crushed
- ½ teaspoon salt
- ¼ teaspoon ground pepper bouquet garni (1 rosemary sprig, a few thyme sprigs, some parsley stalks, 2 bay leaves) tied with string.

To add towards end of cooking:

- 300g chopped onions (we used red)
- 1 Tbsp sugar
- 50g butter
- 100g streaky bacon, sliced thickly
- 100g button mushrooms, quartered
- 6 Tamarillo, cut a cross into base of each, blanch in boiling water and refresh in cold water

Method:

Pre-heat oven to 170°C.

Heat a heavy based casserole or ovenproof pan on medium to high heat. Add a large drizzle of oil and brown the meat in two batches until well browned on all sides. Remove meat to a dish, add remaining oil to casserole with onion, brown lightly. Add flour and stir for a few minutes, add wine, bring to the boil and reduce by a third.

Add garlic, salt and pepper, bouquet garni and cold water until it just covers the meat. Cover with a lid and slowly bring to simmering point. Transfer to the oven to cook slowly. Stir half way through and check after 1.5 hours to see how tender the meat is.

While meat is cooking place onions, sugar and butter into a small sauce pan, cover with water and a lid, bring to the boil. Turn down to simmer until all the water has evaporated and a sticky caramelized syrup remains. Toss onions through until glossy and put aside.

In a large frying pan fry bacon in a little oil and remove to a plate. Cook mushrooms in the oil from bacon until golden.

Cut peeled tamarillo into wedges. Once the beef is tender after 1.5 hours add tamarillo, onion, bacon and mushrooms. Cover and cook for a further 15-20 minutes or until the meat is tender and ready to eat.

Season to taste and enjoy.

From our family to yours

Pascha Parade



April saw a wonderful opportunity for our family to participate in an annual celebration of unity, freedom and remembrance in Paparoa. A deeply moving, yet joyful parade of 100 plus persons of all ages and nationalities made its way into Paparoa, to meet with still more families, locals and out of towners alike, to remember and celebrate the life, death and resurrection of Jesus Christ. Perhaps you thought I was referring to another parade of colourful flags held in Paparoa, well, sorry but no.

The 'Cross walk' was a joint collaboration between Paparoa Community Church and Ararua church and has been walked every Good Friday morning in Paparoa for at least the past ten years! This year, 5 churches participated, and maybe even a few local faces who you might not have expected to see walking under the banner of Jesus. For it wasn't about us. It wasn't our pride at being Christians, our identity on display- it is all about Him and how He has changed our lives. I shared on that morning how I was moved to tears (driving by, years ago, as an atheist!), at witnessing this walk. Thinking, how these people are unafraid to step out and remember someone thousands of years old, who died- awfully- to bring hope and freedom to the lost.

Which highlights some similarities between the two 'parades' in Paparoa. Two groups who are unafraid to step out for what they believe in, people who are dedicated to unity, and freedom, and (hopefully)- not looking to judge one another.

And what is Pascha? I'm trying not to use the 'E' word here; many moons ago I wrote for the press an 'expose' about the origins of Easter, (purposefully trying to upset Christians I can admit now), and in that name and celebration, it is pagan at its core. Pascha is an Aramaic word that relates to the Passover, specifically to the sacrificial lamb, used here as a reminder to Christians that that weekend is not about bunnies and chocolate eggs, but celebrates centrally the resurrection of Jesus.

Not everyone will agree with me, and honestly, I'm not trying to make you agree, I don't need a personal parade of positive responses to this piece to vindicate my opinions and make me feel complete. He already did it for me, on that cross, all those years ago.

Jenny

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Instead of trying to imagine your ideal PLACE, (which can be very challenging to do), it is often helpful to try to **imagine HOW you want to fill your TIME**. How would you fill your ideal day, week, or month?

What do you want more of (or less of) in your life? Who do you want to see more of? And should that be little and often, or occasional big gatherings. How often do you need the shops or local services?

What do you need for your hobbies? Proximity to like-minded people? A spare room, studio, workshop or garage? A veggie garden, orchard, hen house or paddock?

Could you work from home? Or would you like a passive income?

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Science Corner

The amazing camel

The camelidae family includes llama, alpaca, vicuna and guanaco as well as the 3 true ones we call camels. This family originated in North America and migrated across the Bering Land Bridge to Asia about 6 million years ago. Camels disappeared in North America about the same time as the first people arrived according to Wikipedia.

The animals we now call camels live about 40-50 years.

Can run at up to 65km/hour.

Mate while sitting down (the only hooved animal to do so).

Have widened hoof toe spaces which provide a grip on varying ground conditions.

The male dromedary has an organ called a dulla, a large inflatable sac, that extrudes from its mouth when in rut. This attracts females and asserts dominance.

The camel's hump does not directly store water but contains fatty tissue which when metabolised produces water and energy. 1 gram of water for every gram of fat. A dromedary camel can drink as seldom as once every 10 days even under very hot conditions. Their red blood cells are oval rather than round which makes them better at withstanding the high osmotic pressure when drinking up to 200 litres of water within a short time. A camel only loses 1.3 litres of water per day while other livestock may lose 20-30 litres.

Camels rarely sweat and can stand losing 25% of their body weight in water whereas most other mammals can only lose 12-14% dehydration before heart failure. When a camel breathes out the water vapour is trapped in their nostrils and reabsorbed. Camel's urine comes out as a thick syrup and their faeces are dry, saving water.

Most camels today are domesticated apart from feral populations in Australia, India, Kazakhstan and wild Bactrian camels in the Gobi Desert.

Camels have been domesticated possibly since the 10th century BC as a means of facilitating trade.

A truly amazing animal.

Stella



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May Gardening Notes

It's now coming into winter in the vege garden, so time to plant 'winter staples' including varieties of brassicas like broccoli, cauliflower, cabbage, Brussels sprouts etc. Spinach can be planted at 4-6 weekly intervals to ensure continual harvesting. A few silverbeet plants can be grown successfully in between the rows, especially if you're short of space, as they grow tall, not out, and can be ready for picking earlier. Both of these crops thrive in well-drained soil rich in animal manure, compost and in full sun. Companion planting for these crops include nasturtium, which can be used as a trap crop attracting caterpillars together with providing shelter for their predators of ground beetles and spiders, and calendulas, which will also attract a lot of beneficial insects.

Flowering bulbs grown either in pots or in clumps (1 colour in each is very effective adding vibrancy) at various spots around the garden will give a splash of colour into Spring. Bulbs grow in any well drained soil, full sun to partial



shade away from over exposure, and need to be kept moist with frequent rain or watering. Loosen soil to a depth of 25 cm and plant tulips and daffodils root base 15 cm deep and apart. Plant all other bulbs

with the root base at a depth and spacing of 8-10 cm. Press bulbs into damp loose soil (pointed end upmost) cover with soil. Fertilise over surface to prevent burning new roots.

Leaf Mould- fallen leaves from deciduous trees (oak and maple are best, gum leaves take longer to break down) and can be raked up to make a dark, crumbly leaf mould by placing damp leaves in big plastic bags with a few air holes. Put them in a shady, out of the way place for a year to break down.

Continue planting mesculin lettuce in pots filled with potting mix at 6 weekly intervals for continuous picking over the coming months.

JR

Burnished Brass Moth (Thianoplusia orichalcea)

A very pretty moth that found its way under the netting on my broccoli plants! Not so pretty were the caterpillars that then proceeded to munch on the leaves.

This moth, self- introduced from Indonesia, has wings that look like gold leaf and has semilooper caterpillars. Their egg structures on my plants appear to be light brown patches about the size of a milk bottle lid containing a thin layer of a great many eggs.



They are currently out numbering the white cabbage butterfly eggs and caterpillars- a daily job to pick them off unless I resort to derris dust.

Stella

The Te Araroa Walking Trail Eco Friendly Tourism

Over 4,000 walkers have been out on the trail this summer season. They spend on average around \$10,000 if they are completing the entire length of NZ and many of these walkers are from overseas.

The Trail is run by a trust with only 2 paid employees- so most of the work on maintaining the trail is done by volunteers (apart from DOC huts and tracks).

It starts at Cape Reinga and finishes in Bluff, and can take several months or be done in bite sized pieces.

Having had the privilege of meeting quite a number of these tourists on the trail it was interesting to hear their experiences. Most had heard of it from people who had done it and raved about it! The only negative comment I heard was that it is getting too crowded and that this will only get worse as more people hear about it.

Some of the frequent positive comments were - they got to meet the "Real NZ" - the small towns - the trail angels (local people who helped them out) - and the amazing wilderness areas.

The Spanish Camino Walk has

1000s walking every day during the season but it also has many options of trails. Te Araroa only has one.

What if we had more options - a West Coast trail in Northland (the current one goes down the East Coast) ?

We already have the bones of some trails in Northland so wouldn't it be great if these could be built onto. Possibly Marae could help with providing some low cost accommodation hubs like the Albergue Hostels in Spain. The Camino Trail brings financial gain to depopulated rural towns providing jobs. Trail walkers usually like to find places to enjoy a good meal and a shower.

Trails only need to be a metre or so wide and the government subsidised the provision of turning empty houses into hostels in Spain. But it will only happen if locals make it happen.

Just a thought?

Stella

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Paparooa Speedsters

In case you're unsure (or just stupid), the speed limit through the village (as in **MAXIMUM**) is still **50!**

It's unbelievable to see so many vehicles, large and small, fly through here without even seeing the great big **50** signs.

If it's you, then just **slow down!** If you're a passenger then make sure you let the driver know how seriously uncool they are.

OUT & ABOUT AROUND TOWN

Paparooa'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. Paparooa Memorial Hall 11am - 3pm. Next market May 28. Email artisanmarket.paparooa@gmail.com or ph Steph 027 452 7124 or Ruth 021 433 969.

Grow Whakatipu Paparooa

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How's the serenity?

- The good people of Paparooa (and particularly residents on Paparooa Oakleigh Rd) will be breathing a collective sigh of relief at the re-opening of SH1 over the Brynderwyns. We all appreciate the fact that the traffic had to get through somehow, BUT, the constant thundering of huge trucks 24/7 has meant sleepless nights and caused massive damage to our roads.
- PO Rd had some work done which has been "undone" Who will be paying for the repairs? Waka Kotahi or Kaipara ratepayers?

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What's Not



People who don't tell their great little community paper about their upcoming community events... like they don't really want you to know about them...

NORTH KAIPARA COASTGUARD QUIZ NIGHT

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5.30pm onwards - Dinner available from the Club, Bar available

Quiz starts 7.30pm, \$5 per person

4 - 6 people per quiz team,

Prizes for Quiz Winners and Spot Prizes through the evening

Bring extra cash for Silent Auction and Raffles

RSVP Sarolta 0212702135 or sarolta@bernhardts.co.nz

Coastguard North Kaipara would like to thank the following sponsors for this fundraising event:

The Woodturners Kauri Gallery, Kim Fusion Art, Snazzi Gifts, Polworth Design Dargaville, Nola's Sports, CGNZ, Steph Wilson, Tina de Suza Silversmith, Matakohu Holiday Park, Fosters Home Decorating, Stella Dornbusch, 100% McKays, Roundabout B&B, Hunting & Fishing Dargaville



WHAT'S ON - MAY 2023

- The Kauri Museum** - open 7 days, 9am-5pm
- North Kaipara Coast Guard Quiz Night** - Fri May 12, Northern Wairoa Boating Club, Dargaville. See opposite for details.
- Vern Powell Memorial Golf Tournament** - Sun May 21, 9.30 for a 10am start, Paparoa Golf Club See opposite for details.
- Paparoa Artisan Market** - Sun May 28, 11am - 3pm, at the Paparoa Hall
- Community Groups Hui** - **POSTPONED** - see p2 for more info.

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Anglican Church St Marks** Hook Road, ph 431 8193 or 431 6224 for services info
- Ararua Church** 10.30am every Sunday. All welcome Ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 021 056 7163
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 Ph Janice 021 0282 0969
- Farmers' Market** Every Saturday 9-Noon, Village Green, Linda 021 362468
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Maungaturoto
- Grow Paparoa** Thur/Fri/Sun 10am to 2pm at the Community Gardens
- Holy Trinity Anglican Church**, Maungaturoto, 1st & 3rd Sundays, 10am; 2nd & 4th Sundays, 4pm. All welcome
- Kaipara Marching Team** Weds 4-5.30pm, M'gto, Ph Lyn Hutchings 022 070 8674
- Line Dancing** Thurs 10am-noon Paparoa Hall Ph Jackie 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** For info ph Sue 431 6224 or Pete 0210567163
- 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

Paparoa Press CLASSIFIED ADVERTISING

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LOCAL TIDES for May 2023

TIDES - CALCULATED for PAHI-WHAKAPIRAU

| DATE | LOW | HIGH | DATE | LOW | HIGH |
|------|-------|-------|------|-------|-------|
| 1st | 14.04 | 8.07 | 17th | 15.12 | 9.13 |
| 2nd | 14.47 | 8.51 | 18th | 15.58 | 9.58 |
| 3rd | 15.26 | 9.29 | 19th | 16.41 | 10.42 |
| 4th | 16.04 | 10.06 | 20th | 17.22 | 11.23 |
| 5th | 16.41 | 10.42 | 21st | 18.02 | 12.03 |
| 6th | 17.19 | 11.19 | 22nd | 18.40 | 12.42 |
| 7th | 18.00 | 11.59 | 23rd | 7.05 | 13.23 |
| 8th | 6.20 | 12.42 | 24th | 7.48 | 14.06 |
| 9th | 7.07 | 13.30 | 25th | 8.34 | 14.53 |
| 10th | 7.59 | 14.24 | 26th | 9.25 | 15.45 |
| 11th | 8.58 | 15.25 | 27th | 10.20 | 16.42 |
| 12th | 10.05 | 16.34 | 28th | 11.17 | 17.41 |
| 13th | 11.15 | 17.46 | 29th | 12.13 | 18.40 |
| 14th | 12.23 | 18.58 | 30th | 13.06 | 7.08 |
| 15th | 13.26 | 7.25 | 31st | 13.55 | 7.56 |
| 16th | 14.22 | 8.22 | | | |

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

- Maungaturoto Medical Centre: 8am-5pm Mon-Fri 09 431 8576
- Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222
- For urgent after hours medical service (Wellsford)..... 09 423 8086
- DISTRICT NURSE** Dargaville Hospital 09 439 3330
- Healthline - 24 hour service..... 0800 611 116
- HOSPICE KAIPARA** Dargaville Hospital 09 439 3330
- KAIPARA DISTRICT COUNCIL** Helpline 0800 727 059
- Mangawhai Office..... 0800 100 388
- KAIPARA PHYSIOTHERAPY** Lyndsay Bargh/Lynne Rhodes...09 4391656
- LINKING HANDS** Health Shuttle Service, Maungaturoto.09 431 8969
- LIONS CLUB PAPAROA** President Jim Rowlands..... 09 431 7290

- MAUNGATUROTO PHARMACY** 09 431 8045
- MAUNGATUROTO REST HOME** 09 431 8696
- OTAMATEA COMMUNITY SERVICES** Community House 09 431 9080
- PAPAROA LIBRARY** Free Membership. ContactJas 022 678 1474
- Mon, Wed 2-4, Tues, Fri 11-1, Thurs 11.30-1.30, Sat 10-12
- PAPAROA PLAYCENTRE** paparoa@playcentre.org.nz
- PAPAROA PLUNKET** .Plunket Nurse Louise 027 2823987 or 09 438 2508
- PLUNKET** Helpline 0800 933 922
- PAPAROA PRIMARY SCHOOL** 09 431 7379
- PROGRESSIVE PAPAROA INC (PPI)**Pete Hames.....021 0567163
- PARENT PORT Inc.** free help for families Linda 09 425 9357

St Patricks Day fun

Paparoa Selwyn Centre celebrated St Patrick's Day recently (a day early) in style, with guests and volunteers turning up wearing green, enjoying a singalong of Irish songs and a green iced cake with morning tea.

Photos courtesy Estelle Lydiard

Sue



Sue Skelton (Coordinator), Pat McGonagle & volunteer Gael Johnston



Ruth Smellie



Pat Sutton and Dorothy Quaife

A colourful turnout for Paparoa Pride

Paparoa Pride 2023 was held on the 1st April in the Paparoa show grounds. This event was a wonderful celebration of our communities diversity and inclusivity; with circus acts, music and kai. Karen O'Leary was a fantastic MC on the day - joined by Councillor Ihapera Paniora to open the event. Thanks to the event sponsors (Creative Northland, Wharepuke Organics, Pheasant Lodge & Progressive Paparoa) volunteers, and the Mangawhai choir as well as many local musicians - a great day was had despite the weather.

Mel Juer



What is your property worth?

Contact us for your no obligation, free sales appraisal.

roperandjones.co.nz

09 431 1016
143 Hurdall Street
Maungaturoto 0520

09 439 7295
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