

Paparoa Lions present an evening with Lance Burdett

## “Managing Your Negative Thoughts”

Covering issues like:

stress, family deaths, feeling overwhelmed & much more!

### “Help Yourself” by attending this complimentary talk

Saturday 25 November at the Paparoa War Memorial Hall 6-8pm

There will be time for a Q&A after - as well as tea & coffee



Lance will talk with us about his knowledge and experience in dealing with suicide.

From his work as an Inquest Officer investigating suicides, as a crisis negotiator intervening with those who were intent on killing themselves, to his personal experience of having had depression and suicidal thoughts, as well as having cared for someone close to him who was suicidal.

Lance will provide an insight that few others can, from both an academic and a practical foundation. He will discuss why is it that we accumulate negative events, why we self-talk and worry so much, what happens to our thoughts when we become overwhelmed, and how to control all of those things.

He will also identify the path we take when life becomes too much, how to identify when someone is unwell, and what to say and do if we suspect a loved one is suicidal.

## Gala Day Paparoa

Gala Day Paparoa was held on the Saturday of Labour Weekend on The Village Green and by all accounts was a great success.

The baking, preserves and bunting competition categories were well represented, and the judges tell us they had quite a job on their hands picking the winners.

There were plenty of good old-fashioned games for the kids to participate in and, thanks to the generosity of local sponsors, there were some fabulous prizes on offer.

But I think it's fair to say, the highlight of the day was the shared lunch. Everyone came together under the marquee to enjoy the beautiful array of food that had been bought along and there was a wonderful sense of community and sharing.



Corban Gilbert won the prize for his baking- ginger slice



The organising committee admire the baking & preserves

The organisers tell us Gala Day Paparoa will be an annual event and they're looking forward to building on this year's success next time.



Getting ready to start the Tug of War!

This year's event was made possible by the generosity and support of local businesses and community groups. A big thank you to: Progressive Paparoa Inc (PPI), the Volunteer Fire Brigade (FENZ), Paparoa Lions, Kaipara Yoga, Skin Image, Trixie Delicious, Country Blooms, The Thirsty Tui, Paparoa Farmers Market, Goodlife Soap, Colour and Cutz, Merrill Road, The Dirty Hippie, Sam Hunt, Paparoa Motor Camp, Skeltons, g.a.s. Paparoa, The Village Caff, Shop & Brew, Empire, Folk, Paparoa Store, Paparoa Dairy and all our wonderful volunteer helpers on the day!

Jillaine  
Gala Day Committee

## Paparoa Press PP

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### ADVERTISING

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



## NDHB update with Libby

One of my roles on the Northland District Health Board (NDHB) is chair of the Community Public Health and Disability Advisory Committee. This committee includes several external members who, along with the board members, provide advice to the rest of the board on community, public health and disability issues.

This year our focus has been on older people and those with a disability in Northland. We have been looking at how well NDHB delivers services to these groups. Northland's population is ageing and there are a number of growing challenges facing Northland in this area. Many of us are staying well and active for longer. But due to our longer lives there is also an increased rate of dementia, increased number of hospital admissions at late stages of life, ongoing chronic health issues (such as diabetes and heart disease), and stress on carers who may also be elderly.

The government has recently updated both the NZ Disability Strategy and the Healthy Ageing Strategy. It is good to see a shift away from looking at these areas as medical problems to be solved,

towards a more holistic view of people as a whole and to focus on prevention, wellness and support for independence. The priority for the ageing strategy is adding "life to years" rather than "years to life".

Northland District Health Board has a great website and Facebook page with updates on services and activities throughout the district - check them out.

I was privileged to go to the launch of Te Ara Oranga- Meth Free Northland recently, which is a two year (at this stage) joint initiative between NZ Police and NDHB funded via the proceeds of crime. There is some great information about this on the Facebook page too, including an explanation about the cycle of meth use, which is very informative.

Noha ora mai- Stay well  
Libby Jones

## Speed alarm



Following a 'hit and run' of a family cat (which has luckily recovered), there has been much discussion about how to slow down traffic before something worse happens.

All communities experience bad driving and speeding and ultimately it is drivers that cause accidents. Paparoa is unique with its downhill approaches through a lightly built-up area.

Be assured that PPI has been working with representatives of NZTA and KDC. We are state highway 12 and NZTA has the final say. They will consider bigger and better signs and threshold planting to narrow the approaches to the town but will not do pedestrian crossings or speed bumps. PPI welcomes any further discussion.

PP

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## Weed control work starts

At the first weed control working bee on October 28 twelve people went 'hammer and tongs' at the privet on Paparoa Station Road, clearing a 100m stretch. A great start.

The next dates will be November 18 at 62 Paparoa Station Road and December 9 by the Old Post Office Guest House at the start of Paparoa-Oakley Road. Please join us if you are interested in volunteering!



Jacque Knight, 431 7022

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## Paparoa's iconic A&P Show

So what is an A&P Show all about these days? Why would you go and see or compete in this iconic event that has been held annually for 142 years?

Held in the first weekend of February the Show is not to be missed. There's always much to see and do and competitions to take part in.

You will find the following in the large Paparoa Hall where the indoor section is displayed:

- The art work and efforts of primary school children from all the local schools - they compete between schools and the work is amazing!
- There's also a special indoor section for children of all ages to enter- crafts, photos, cooking...
- Adults can enter in baking, sewing/knitting, horticulture (vegetables and flowers), craft, home brew, and photography sections, or just come to admire the amazing work of others.
- See the beautiful dahlia flower section - perhaps learn to grow them and compete next year.

This is just the Indoor Section. You can start planning your entries now for 3 February, 2018. Show schedules are available at paparoashow.org.nz or from Skelton's Drapery in Paparoa.

Next month we'll cover more about the outdoor competitions and the many other attractions.



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## Young Ambassadors Award

The Paparoa Lions Club recently hosted the 'Zone Young Ambassadors Award' competition. Entrants were Samantha Allen of Otamatea High School and Hannah de Bruin from Dargaville High School.

The contestants had submitted a written C.V. and had a ten minute interview with the judges before they were judged on the presentation of their speech. After a long and difficult deliberation, Samantha was announced the winner, just edging out Hannah. Samantha has since competed in the 'Lions 202K' final in Auckland and has gained much from that experience.

A superb dinner preceded the speeches which was catered for by the Duke of Edinburgh Award group from Otamatea High School.

The Lions Young Ambassador program is part of the 'Lions Opportunities for Youth' initiative, with the mission



Left to right, President Jim Rowlands, Samantha Allen, Hannah de Bruin, Lions Regional Chairman Alistair Banks, and Lions Zone Chairman Stephen Findlay.

statement:

'To provide the young people of the world with opportunities for achievement, learning, contribution and service, individually and collectively, through sponsorship of activities identified as best practices in the field of youth development'.

The Young Ambassador program encourages youth to view community service as an integral element of leadership. By celebrating achievement alongside community service, youth start to understand the

importance of clubs such as Lions and the motto "We Serve". This program is looking for leaders of the future with emphasis on community service as part of that leadership.

Jim Rowlands  
President

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## Maungaturoto & Districts Rotary news and events



**RECENT NEWS:** Last month's highlight was welcoming three new members with wide ranging skills who will enhance our work. We always welcome and actively seek more members - go to rotarymgtto.club - or talk to a Rotarian if you are interested in joining this worthwhile community service organisation.

Our four-day 'pop-up shop' in town gave an opportunity to showcase the work that Rotary undertakes locally, nationally and internationally. An Emergency Response Kit was on display, these cost \$650 and contain essentials for immediate support for those in disaster areas. We are privileged to support the Otamatea Marae Playground Project, and a number of us attended the 14 October opening.

We've had two interesting speakers, one spoke of 30 trips to Vanuatu with teams to enhance water supplies and other essential resources. And pharmacist Simer gave an insight into what's involved in being a Sikh. We were again reminded of the diverse nature of our community and its outreach. Our International President has challenged each Rotarian to plant a tree prior to Arbour Day next year. We will plant several hundred trees on a local property to fulfill this objective ahead of time!

### SENIOR'S END OF YEAR FUNCTION - AFTERNOON TEA

This year's Seniors Function will be an afternoon tea (instead of a dinner) at the Centennial Hall, 2pm Friday 24 November, with entertainment. All welcome. RSVP by Fri 17 Nov to Alex 431 6434, Eric 431 4874, Eileen 021 142 0357, or Stella 021 149 0877.

### DEMENTIA UNIT FUNDRAISER - EVENING MEETING

Saturday 4 November - a talk by Sir Lockwood & Lady Alexandra Smith at Maungaturoto Centennial Hall. Cost \$15/per person (pay on the night), light supper provided.  
Eileen Parsons

## Kaipara Hunting and Fishing



### Claybird shooting

Our most recent claybird shoot was held Sunday Oct 8 at Cam Shank's Farm, Maungaturoto. The 14 men and 3 women competitors were keen to test their skills on the sporting clay targets. Prizes for the

top three (plus some drawn prizes) were decided over two rounds of 40 targets and the winners were:

Men: Paul Dunnett, Tony Smith, Chris Roma

Women: Lyn Needham, Jenny McLean, Annette Pull

The next claybird shoot on Sunday December 10 will be our Christmas shoot.

### Fishing

The Fishing Leaderboard to date is:

Juniors- Kingfish: Dylan Thompson 15.50kg

Seniors- Snapper: Andy Thompson 10.38kg

Kahawai: Steve Wrathall 2.48kg

Kingfish: Steve Wrathall 14.21kg

Gamefish: Striped Marlin: Jenny McLean 75.50kg



### Gamebird hunting

The Gamebird Hunting season runs from May to August with several weigh-ins for best mixed bag and heaviest birds. This is keenly contested between our members.

**Club members** have the choice of fishing, gamebird hunting and claybird shooting for a yearly sub (begins November) of Juniors \$15; Seniors \$25; Family \$35. You must be a financial member to be eligible for prizes in all sections - claybird, fishing and gamebird hunting. We welcome new comers!

For more information about the club please call:

Cam (President) 09 431 6229 or Andy 021 129 4378

## New at The Museum

### Quilt Exhibition

The Otamatea Quilters' Group has been quilting for more than thirty years, holding an exhibition of their work each year at The Kauri Museum. Visitors to this year's exhibition will experience more than forty quilts on display.

The Volunteers Hall is filled to capacity, with the overflow adorning the upstairs walls of the Boarding House. More than half of the quilts on display are personal to the maker and a number are for sale. The materials for the community quilts have been donated and the quilters assemble them. They are for sale, with any proceeds being donated to a local charity.

Quilts in the exhibition range from entirely hand worked to machine stitched, embroidered, embellished, contemporary and traditional.

They reflect many hours of work by dedicated needle workers.

This year's exhibition opened on 20 October and will run until 19 November. As is usual, members were in attendance over Labour Weekend (see pg 10 for more quilts).

### Samplers exhibition

In conjunction with the quilt exhibition a new textiles display "Samplers of all sorts: stitching through time" has opened. The samplers are on show adjacent to the quilts in the Boarding House, with more in the nearby Seamstresses' Room. Also in this area are some exquisitely embroidered garments from the collection, displayed on mannequins with the quilts as backdrops.



Heather Whitehead and Lyn King of Otamatea Quilters' Group check the paperwork for each quilt

### Heritage Roses

With the weather improving, many people are heading outside to bask in the warmth. The roses are doing the same thing with many in the Heritage Rose Collection now bursting into bloom. There is no charge for smelling the roses, so come to Matakoho and enjoy them. They can be found growing on the tennis court fence or in beds just inside the cemetery. Each rose is named and labelled for easy identification.

Mary Stevens

## 'True Tales' - local family stories

As a descendant of the Albertlanders, Don Goodall believes the stories of our families should be preserved for posterity. "We have a million untold stories of what life was like 'in our day'; remember how we sat around the table talking or sang round the piano with neighbours".

Five books in the 'True Tales' series have been published; about families of Kamo, Whangarei Heads, Onerahi, Hikurangi and Maungatapere-Maunu. Don's hope is that Paparoa might be the sixth!

These are not academic histories; they are 'true family tales' written by several different people. 'Stories' are to be short - anything from 5 to 1500 words and need not take long to write. Don't worry about your writing skills; we can help you. What we cannot invent are the facts

of the stories and you must write those down. We need lots of those precious family photos of places, events and gatherings and to get whole families involved.

History began yesterday. Your 'Tale' doesn't have to be 100 or 150 years old - it might be of a fishing expedition, a recent strange occurrence at the local market, being caught in a small boat in the 'funnel', walking an unused/never used railway tunnel. What about the soldiers' camp at Wairere, or floods through Paparoa,

opening day at golf; remember the course on Dodd's farm at Huarau? Why was Golden Stairs so named? Why is it Doctor's Hill? Are there stories about ships arriving at Pahi/Whakapirau, building the rail viaduct or the kauri logging?

This is also a voluntary project and any profit goes back to your nominated charity.

For more details and/or to answer your questions email Don Goodall  
dgoodall@clear.net.nz  
(Don's family settled in Paparoa 1882)

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### Exhibitions

- \* Otamatea Quilters to Nov 19
- \* Tudor Collins - Man of Many Faces
- \* Samplers of all sorts: 'stitching through time'

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5 Church Road, Matakoho, Northland. p: 09 431 7417 w: www.kaurimuseum.com

## Riverview Resthome & Village

The Maungaturoto Community Charitable Trust annual public meeting will be held at St John Ambulance Hall Maungaturoto, 1pm, Thursday 23 November.

As well as an update on our current expansion plans, guest speaker Dr Arron Donald from Coast to Coast Health Care will speak about the various systems available to support families who are caregivers for a loved one. He will explain the pathways to take to enlist the various levels of support available. You may be eligible for home help, or some days of respite care in our Resthome to allow the caregiver a well-earned break.

Come along and be informed, our Riverview policy is to "care for our people".

Alzheimers Northland has offered their moral support to our new Dementia Unit project. Our architect Keith recently visited the day centre at Tikipunga Whangarei to catch up on the latest design ideas. A special thanks to Margaret Mulholland for her fundraising

efforts during Alzheimers week. She has directed a substantial portion of the funds that she raised to our local project, thank you Margaret. And of course Alby and his Den workers keep adding \$\$\$ to the fund.

This is a huge project, please give consideration as to how you may be able to help. Many families over the years have appreciated the benefits of having loved ones cared for in our home town. The fact is that, going forward, increasing numbers of our community will require increased levels of care.

A pledge pack can be obtained from the Rest Home manager ph 431 8696.

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## Lions Dementia Unit donation

Paparoa Lions recently raised \$1000 towards the Maungaturoto Dementia Unit.

The cheque was presented to Don McKay, Chairman of Maungaturoto Community Charitable Trust, on the evening of the 'Young Ambassadors Award' dinner.



Don McKay receives the cheque from President Jim Rowlands

## November in the garden

What a wet spring! But there are positives ...

Of the bog irises I planted out, two have flower buds, the sweet peas are about to flower and it's definitely warming up as the soggy lawn is growing faster. My broad beans taste just great while the leeks, spinach, silverbeet and kale are also in full production.

Daisy bushes are in flower along with self seeded candytuft, cineraria, calendulas, black-eyed susan and snapdragons. They make a colourful picture. Black-eyed susan is rather like a trifid plant as it creeps everywhere, but I have this one cornered (I hope) over a very exposed trellis with concrete on one side, iron fence on the other while its bright orange flowers complement the calendulas beautifully.

The green vegetable bug is doing it's best to reproduce as fast as possible in sheltered warm spots. For some reason they like kale and calendulas, so I check these each day - every one killed means 100s less next month. Slugs and snails are particularly bad this spring and a walk around in the damp morning sees me dispose of a few 100! I have also bought some 'Neem Oil' which should keep thrips at bay on my gladioli and the bay tree.

I've planted my dahlias and this year I will stake them. I always mean to until it's too late and by then they've blown over. This year they're in a new and hopefully more sheltered spot. Just maybe I will have some good enough to put in the Paparoa Show in February?

I'll plant out tomato, egg plant and capsicum in the coming week or two. There's one courgette trying to grow in a sheltered corner. Mulch everything you can as it makes a huge difference and saves watering as it gets dry.

Stella

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# 17 yr old Honour reaches out

*"All in all I'm super excited and a little bit terrified" ... Honour Smith before embarking on 'Outreach' in Nepal.*

Pahi local Honour Smith (Paul & Marietta's daughter) is overseas, training and expanding her knowledge and experience of the world and its people, and loving every minute! She's currently in the US attending a 5-month YWAM Discipleship training school, which includes a four-week 'outreach' experience in Nepal, followed by a further four weeks in Hong Kong, as part of an 18-strong team.

Some of Honour's impressions when still in the US in the three month lecture phase: "... we've been learning a lot!! It's kinda hard to take it all in! ... learning about my identity and how important it is that we expose the lies we believe about ourselves and fill it with truth. It's really intense and hard and tiring and really good."

When they arrived in Nepal the team reported:

"A scavenger hunt through Kathmandu served as a speedy introduction to the city and the organised chaos of Nepali streets! We toured through Kathmandu, visiting various historic and religious sites, praying for the people of Nepal, in particular for those in Kathmandu impacted by human trafficking.

After two days in Kathmandu we travelled to the village of Sanga where we stayed for the next five days, helping with the preparations to build

a discipleship training centre on the church grounds. It was a week of carting baskets of sand on our backs Nepali style and being able to encourage and fellowship with a Nepali house church each day!"

Their first week was "incredibly blessed and an incredible introduction to this beautiful country". A week long trek through the mountains took them to the village of Gyangphedi where they were going to help rebuild the women's community centre helping to provide jobs and income to the village. However due to local government issues they went instead to Bolung to build a 'homestay'. After clearing the land, building the



Honour and friend above Gosaikunda in Nepal at altitude 4,380m



Honour (centre front) and the team in Nepal

frame, roof, and erecting a fence they were finished in two days, and had time to spend with the village children making bracelets, paper airplanes, doing colouring-in and acting out the story of David and Goliath for them.

Details of the Hong Kong outreach are as yet sketchy - as Honour says "We must go on and take the adventure that comes to us." Her role includes English teaching - yet another new challenge for her.

How you can help:

"Can you pray for unity in our team and that we will be so full of love for those we meet and that both theirs and our lives will be changed for the better. also could do with some financial support, so if you want to contribute I would be so grateful, for any amount.

If you want to know more about what I am doing please feel free to email me - honouradelaide@gmail.com."

What an adventure!

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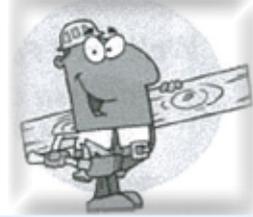
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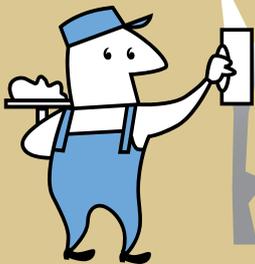
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## What's going on at ORT?

### The Frog Prince

Tickets are on sale now for the six shows to be held between 24 November to the 3rd December. Don't miss out!

This is a very funny show written by Peter Flower and you will see many locals featuring onstage. (See advert pg10 for further details).



### Annual General Meeting

This will be held Thursday 9 November, 7pm at the theatre, Bickerstaffe Road, Maungaturoto. All welcome.

### Albi and the Wolves - with Looking for Alaska

Sunday 5 November at 7.30pm Tickets \$20 on Eventfinda. This band features ex-local student Chris Dent. Door sales available.

### Into the Woods

This will be our major musical for 2018. Peter Flower will be the director with auditions to be held in December and the season will most likely be during July 2018. This show has a small, mainly adult cast and a high level of singing ability is preferred.

### Youth Theatre 2018

Youth Theatre will be held 22-26 January 2018, 9-3pm daily, with a 7pm Friday night show. If we are inundated with enquiries, we will possibly run

a second, earlier week on 15-19 January - as we did earlier this year. Price to participate is \$130 per child which includes ORT subs and the Friday night meal. Please register your interest asap. Email maura.flower@gmail.com with your child's details.

### One Act Play Festival

Are you interested in taking part in a One Act Play Festival to be held the weekend of 13-15 April 2018? Plays may be originals or purchased ready to go. It is not our intention to have these plays adjudicated, nor participate in TheatreFest. The play must have at least two performers and be no more than 50 minutes long. If we get enough interest, we will hold an information evening on Thursday 16 November to help people get started. Please contact George Skelton (gskelton@xtra.co.nz) by 8 November.

Maura Flower

## The Den - community fundraising

Our September Garage Sale was very successful and our takings since June 1st exceed \$20,000.

At a presentation function at Maungaturoto Country Club a cheque was presented to the **Community Trust** for extensions to the rest home and the new secure unit for dementia patients.

This was an opportunity to further inform everyone about the project, to answer their questions on the extension, and to review further funding opportunities for the public and the general community.

Money raised from 9-13 October was donated to the **St John's 'Trash & Treasure'** event in Maungaturoto and should be in the region of \$1,000. Our last big Garage Sale for the year was held

over Labour Weekend 21-23 October.

We will have a stall at Maungaturoto Primary School's **'Classic Car & Bike Show'** on 25 November which will include old and vintage tools and other collectables gathered throughout the year. Most of the proceeds will go to the primary school.

The Den Group meet every Tuesday from 10am til about 2pm. Everybody is welcome to come along and take part in the activities, to chat, or just for a cup of coffee.

Enquiries or questions to Albie Paton 09 431 8148 or 027 494 9448.

Peter Matheson

## Letters from The Old Post Office



Florence, or the gentleman with the lamp

It has been long since finger has been put to keyboard and it is only now one becomes aware of the tacky nature of the Lord of the Manor's dribble. Yes, it is patently obvious that the furious feline has been snoozing by the laptop's warm air vent. (No doubt there is a technical term for it along the lines of *Exit 2020 variable 101xx123*, in reference to the warm air vent, not the cat). However, by dint of using the sharp point of an old compass (confiscated from a bored student, always an useful tactic when short of supplies) the glued down letters have been prised up. Sort of.

To continue. The point of this epistle is in fact to praise mans' ability to develop previously unknown skills and this brings me to the hub of the matter.

The man-in-the-shed is, by his very nature, a man of the shed. A man, a Kiwi bloke, a man good with chisels and hammers and drills and bits of wire. A man who struggles to use up the allotted male word count. (Please see research regarding difference between genders use and quantity of speech). A taciturn, some might even say slightly grumpy, character who generally only displays affection to dogs and occasionally small children (but not always).

Yet, this dyed-in-the-wool bloke took to nursing care with verve and aplomb. Sometimes too much verve it is true. However, from glasses of water to night lights the man truly became the man-with-the-lamp. Caring, quiet and considerate he came to cut the very image of a nurse. If only he could have brought himself to wear the white apron and red cape I suggested the picture would have been complete. Proof that old dogs can learn new tricks (or at least some).

Deb



## St John Trash & Treasure

Well folks, once again you have supported us very well in our main fundraiser for the year.

This event started 34 years ago when we needed to put a garage on our newly purchased ambulance building. In the



early years Trash and Treasure was held at the Ambulance Station but we outgrew that so moved to the Centennial Hall. There's always a huge range of items that come to hand, and we appreciate the cooking and produce made available for sale. At close of sale on Friday we had collected \$8,756 and proceeds from items

purchased at 'The Den' during the week will also come our way. Thank you Albie for your support.

We couldn't run this event without a large band of workers who basically give up a week of their time to support us. While some are involved in St John, most helpers are people who just want to use their skills to ensure the event runs smoothly.

Proceeds will go towards the purchase of more defibrillators to be placed around town as

well as supporting our volunteers and cadets. Raffle prize winners have been notified and are listed on local noticeboards.

**Thank you all for your support!**

**What a great community!**

Eileen Parsons



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## Grand Prize photo winners

The grand final prizewinners in our "Winter in the Kaipara" photo competition are:

**Overall winner:**

'Frosty Morning' by Tony Dodge (September). Tony wins a canvas print of his chosen image from Harvey Norman, Whangarei.



'Frosty Morning' - Tony Dodge



'With Orbs' - Jenny Gilbert

**Two runners up:**

'With Orbs' by Jenny Gilbert (August) and

'Whakapirau Wharf' by Mischa Winnard (October).

They each receive a beautiful photo frame from Skelton's Drapery, Paparoa.

Congratulations to our winners and thanks to everyone who participated.

We are indebted to **PEGASUS ENGRAVING** for the monthly prizes and to **HARVEY NORMAN, WHANGAREI** and **SKELTON'S DRAPERY, PAPAROA** for the final overall prizes. Thankyou for your generosity. PP



'Whakapirau Wharf' - Mischa Winnard

## Quilts on display

The Otamatea Quilters exhibition is currently on show at the Kauri Museum, Matakoho.

A wide variety of quilts are on display including nursery, laptop, single, double and king-sized ones.



Also of note is that there are 35 'community quilts' which the Quilters have made for donation to a local charity. Proceeds from any of these which may be sold during the exhibition will also be given to the chosen charity.

The display of table toppers is the 'members' challenge' with each person given a piece of fabric to be used as the basis with any other fabrics added to make individual designs. This year the quilters also have a display of pin cushions.

Closing on November 19 the exhibition is well worth the visit.

Glennys McKenzie

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## Pets, books and sports

Term 4 got off to a busy start on Tuesday 16th when we began preparing our indoor exhibits for 'Pet and Show Day' on the 17th. The students worked solidly all morning to create miniature scenes, sand or vaseline saucers, and models/creations using a range of materials including shells, driftwood, and toothpaste boxes.

'Pet and Show Day' was a huge success and we congratulate all children who spent time caring for and training, their lamb, calf, or goat- it's a big commitment.



Charlie Hutton with 'Panda'



We celebrated Book Week in week 2 culminating with a book character dress-up day on Friday 27th. There was also a Scholastic Book Fair which enabled us to get some more new books for our library.

Our Years 3 and 4 students have continued working with Rippa Rugby skills with Paul Hope from Northland

Rugby Union. Years 1 & 2 are looking forward to the annual Junior Tabloids day which will be held at Maungaturoto Primary on 10th November. A Fun Day at Otamatea High School on November 14th will be attended by Year 6.

Julie Harper

# Museum Settlers Day



Saturday 7 October was a wonderful day out at The Kauri Museum in Matakoho. The museum overflowed with visitors who came to enjoy this annual event which has been held for more than twenty years.

This year's theme; 'the collector's edition' highlighted local collectors who were on hand to speak about their personal collections on display, and there was

a slideshow of Harold Marsh's Albertland photographic collection.

As the day that 'the museum comes alive', it did not disappoint. There were traditional dancers in action, live models interacting with historical displays, demonstrations of settler pastimes and bush living, all to a background of music provided throughout the museum by several musical groups.



The Kauri Museum would like to thank all those visitors who supported the event either by their participation or attendance and who travelled many miles to be part of the day. Particular thanks go to the volunteers and friends of the museum who gave so freely of their time to make the occasion such a resounding success.

## First National Roper and Jones welcomes Tony Northcott to their Maungaturoto team.



Tony brings a wealth of farming and rural knowledge that will be an asset to anyone wishing to market their property.

Tony has spent most of his life in the Kaipara region and is married with three children.

He is a keen sportsman and has been a member of five local sports clubs over the years as well as being a successful Farmer. Please feel free to contact Tony:

- Mgto Office:** 09 431 1016
- Mob:** 021 831 864
- Email:** tony@fnkaipara.co.nz



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## Ruawai College waterway planting

Ruawai College Year 7 & 8 students and members of the community planted 550 native plants along the canals and drains of the College 'back field' in August.

Ruawai College is working alongside Enviroschools Facilitator Jacque Knight, who organised the donation of the plants through *Reconnecting Northland - Landcare*, which has donated a total of 6,800 plants across Northland, focusing on restoration planting of waterways, especially harbour catchment areas.

Students and the community worked together to achieve the first stage of the restoration planting sending a powerful message that as a community we care about the health of our waterways.

Teaching our students local history and the importance of our local environment is both meaningful and empowering.

We have focused on getting to know our area and the issues regarding our waterways. Our project based Enviroschools programme crosses over



Jacque Knight, Penny Smart, Kirsty Batters & Marsha Finlay

volunteers, along with Northland Regional Council member Penny Smart, and Enviroschools Facilitator Jacque Knight helping on the day.

"It's important to improve our waterways because if we don't fix them, who will?"

most areas of the curriculum. Students have carried out extensive testing of our canals and drains during science, and the results have established the need and importance for restoration. Students used this data as evidence to write reports and planting proposals, and this data is now the focus of our statistical investigation in mathematics.

To further our Enviroschools programme at Ruawai College we have received funding for beehives here at school, have initiated a recycling programme, worm farming, planting vegetables for shared school lunches, planting and maintaining an orchard, and propagating our own seedlings to promote waterway planting in our area.

Students are learning first hand that their actions can have a positive impact on their environment.

We were fortunate to have plenty of community

If we don't start saving the waterways the harbour will be ruined for future generations, I can't let that happen." - Emma Phillips, Year 7.

"It was great to get outside and work together. Knowing what we are doing is really going to help our environment is really cool." - Ryan Hassall, Year 8.

"We have to look after our environment. I want my grandkids to be able to fish in the harbour too." - Raymond Marychurch, community volunteer.

*Written by Ms Marsha Finlay and Miss Kirsty Batters, Ruawai College Enviroschools Project teachers*



Student Taimania Bristow and volunteer Joseph Hammon



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## Car & Bike Show

Maungaturoto Primary School's PTA are organising their Car and Bike show at the school grounds on November 26, 10am-1.30pm. All money raised on the day will be gifted back to the school to enrich the children's learning and assist their education.



It will be a fabulous day of entertainment, showcasing many classic cars and bikes. Other activities include 'Petrol Head Olympics' competitions (such as timed tyre changing) and a People's Choice Prize and other awards. There will be plenty of food available including BBQ sausages, spit roast sandwiches and the

Lions caravan on site with chips hotdogs and drinks etc. For just a gold coin entry come in via the driveway on Hurdall St adjacent to the Four Square. Register your vehicle or bike at [maungaturotocarshow@gmail.com](mailto:maungaturotocarshow@gmail.com). For further info email Tracey Foy [maungaturotocarshow@gmail.com](mailto:maungaturotocarshow@gmail.com)

## Kōrero Māori - give it a go

### He aha te wā? – Telling the time

Here's a short lesson in asking and telling the time in te reo Māori. First start with the question, then respond with a range of possible answers.



#### Asking the time

When you want to ask what the time is, you say

He aha te wā? (pronounced "Hay aaah-haa tay wah") or

He aha te tāima? (te taima is a transliteration of the word 'time' and is pronounced 'time-ah')

#### Some possible responses

Iwa karaka te wā = It's nine o'clock

Rima karaka te tāima = The time is 5 o'clock

#### When saying to/from the top of the hour

To say the time is some minutes until the hour (e.g. before) use ki te.

To say the time is some minutes after the hour use mai i te

Rima miniti ki te iwi karaka te wā = It's five minutes til nine o'clock

Tekau miniti mai i te rua karaka te wā = It's ten minutes past two o'clock

#### Quarter and Half past the hour

There is an easy way to say both quarter to/after and half past the hour in Māori

Hauwhā ki te iwa karaka te wā = It's quarter to nine.

Hauwhā mai i te iwa karaka te wā = It's quarter past nine.

Haurua mai i te ono karaka te wā = It's half past six.

These two words are easy to remember because they divide the hour up – whā means four, and rua means two. So hauwhā and haurua each tell you what part of the hour they represent.

#### Some important times of the day

Poupoutanga o te rā = midday, noon

Waenganui pō = midnight

Atapō = before dawn

Tōnga o te rā = sunset

For further information and/or if you are interested in learning Māori, please contact local kaiako (teachers):

Thomaseena Paul- [stp@otamatea.school.nz](mailto:stp@otamatea.school.nz)

or Reno Skipper- [matuareno@gmail.com](mailto:matuareno@gmail.com)

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## Vaccinate don't vacillate

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OK you guessed. I am a little bit in favour of vaccination. Why? Well because I am old and when I was little we didn't have anything like today's vaccines. We had polio and smallpox vaccines back then. Remember Smallpox? Remember Polio? (Nah! Of course you don't- but trust me, just because they've now been eradicated, does not mean they never existed- seriously nasty stuff.)

Otherwise I got everything.

Measles nearly killed me. It started with a (febrile) convulsion while playing in the street and ended with four weeks in bed, with bacterial pneumonia and scars on my lungs. I don't even remember the German measles which are pretty innocuous unless you are pregnant and then it can be super-serious. Mumps wasn't too bad, except the pain made it impossible to eat anything for a whole week and I was quarantined. (For those

unfamiliar with that term - quarantined means you and your child cannot see **Anyone** at all, cannot go **Anywhere** at all until guaranteed non-infectious.) Likewise with chicken pox.

Whooping Cough nearly killed me too. Months of coughing, then vomiting until I was exhausted. I am surprised I did not burst a blood vessel coughing. I've seen kids that did. Babies especially are at risk of bursting a blood vessel in the brain. I've seen that too - just eight weeks old and brain damaged for life.

All these infectious diseases can cause encephalitis; leading to mental retardation, behavioural problems, epilepsy and deafness.

Please don't defer your baby's first vaccination. The younger they are the worse they will suffer if they actually get the disease itself. *'That which does not kill us makes us stronger'*

Facts everyone should know...  
Medi-matters with Dr Lynne

Maybe...sometimes...but these infectious viral diseases weaken the immune system for months after and can lead to serious adult health issues.

The current trend away from vaccination scares me. We currently enjoy what we call 'herd immunity'. Most of us and our kids are vaccinated so we only ever get the odd case, or little outbreak easily contained. But it won't take too many more parents to refuse vaccinations for their children before that balance is tipped and we're plunged back into the dark ages when babies and children died from infectious viral disease all the time. Remember, we can treat bacterial disease - and the bacterial complications of viral disease - but not the viral disease itself. Please think carefully and don't let it get a hold again. I would be very happy to answer questions.

Dr Lynne Mitchell  
Coast to Coast Health

## Arty Farties Community Connexions

Well, another year has almost gone by and with Christmas and the New Year on the horizon it's a time to touch base with our families, reach out to our friends, and say hello to our neighbours - with love, hope and joy in our hearts.

One of my favourite songs is *"Reach out and touch somebody's hand. Make this world a better place if you can."*

Our Arty Farty's family is the coming together of community volunteers, who care for others and for each other and who give without demanding anything in return.

The 'paying it forward' that results sees all kinds of people in our community helping with many donations that come in many forms.

So thank you from all of us here, and thanks to all other volunteers out there who are doing all sorts of amazing things in our community.

Cheers from all at Arty Farties

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## Pets in the Valley

There's probably not many of us that can say we enjoy going to the dentist but I'm sure we all appreciate the job they do in keeping our mouths healthy and pain free.

I've mentioned before how I enjoy doing dentistry on horses and the benefits they can derive from it and of course cats and dogs too. I've done a few donkeys and the odd rabbit and I guess trimming a bird's beak is sort of dentistry. But until recently I had never done a dental on a goat.

Although I've never really thought about it before the structure of a goat's teeth is somewhat similar to a horse in that the top teeth are set apart wider than the bottom teeth. This means the outside edges of the top teeth and the inside edges of the bottom teeth don't fully abrade against each other and can form sharp edges. So when I was asked to go to Mangawhai to see a goat I wasn't sure what to expect.

There I met Gary a lovely big white goat who had very sharp edges on his upper molars. I wasn't sure if my horse files would fit in his mouth but Gary was pretty relaxed after the sedation I had given him - goats are extremely sensitive to drugs, and away we went. It was all over pretty quickly - much easier than a horse, and now we have a goat who can enjoy eating again!

Enjoy the warmer weather, Janine



## From our family to yours Significant Days

Thanks to the internet it is now possible to find out all things you never needed to know. Just about every day in every year can be attributed to 'something' or a weekly celebration of 'something'. Being November, let us celebrate these little-known 'days', one for each in November: (and no, I didn't make these up and which one is missing ...?)

For each day of November:

- |   |   |
|---|---|
| 1st...Give Up Your Shoulds Day  | 17 ....Homemade Bread Day  |
| 2 .....Plan Your Epitaph Day  | 18 ....Married to a Scorpio Support Day   |
| 3 .....Cliche' Day  | 19 ....International Men's Day  |
| 4 .....Sausage and Sauerkraut Day   | 20 ....Universal Children's Day   |
| 5 .....World Tsunami Awareness Day  | 21 ....World Television Day   |
| 6 .....National Nachos Day  | 22 ....National Jukebox Day   |
| 7 .....International Merlot Day   | 23 ....National Espresso Day  |
| 8 .....National Parents as Teachers Day   | 24 ....Buy Nothing Day  |
| 9 .....Microcia Awareness Day   | 25 ....Blase' Day   |
| 10 ....Sesame Street Day  | 27 ....Cider Monday        |
| 11 ....Red Lipstick Day   | 28 ....Giving Tuesday   |
| 12 ....Fancy Rat & Mouse Day  | 29 ....International Day of Solidarity with the Palestinian People  |
| 13 ....World Kindness Day   | 30 ...Stay Home Because You are Well Day!   |
| 14 ....National Spicy Guacamole Day  |   |
| 15 ....National Clean Out Your Refrigerator Day   |   |
| 16 ....Historic Teddy Bear Day  |   |

Jenny

## TE ROROA LEARNING ASSISTANCE



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##### 20/20 TRUST

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100 hour programme learning basic uses of a computer including *Microsoft Office* and *Google Chrome* (internet).

##### Digital Citizens Plus

100 hour programme learning intermediate uses of a computer including *Microsoft Office* and *Google Chrome* (internet).

##### Kiwiskills

100 hour programme for more advanced computing students. For home work you will need a computer and internet.

##### Stepping Up

2 hour modules delivered one a week during the school term for students wanting to learn specific computer topics. (Also enquire about Spark Jump).

##### Driver Education

Learner Licence - Restricted Driver Mentoring

##### Literacy, Language and Numeracy

Literacy/Numeracy - ESOL

Te Reo Maori - Whanau Literacy

Workplace - Workplace Literacy

### MAUNGATUROTO

#### DIGITAL LITERACY

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100 hour programme learning basic uses of a computer including *Microsoft Office* and *Google Chrome* (internet).

##### 20/20/ TRUST

##### Digital Citizens

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Literacy/Numeracy - ESOL

Whanau Literacy

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Please contact us if you would like to - (a) learn something that is not listed

(b) become a literacy/numeracy trainee tutor in Dargaville or Maungaturoto

(c) become a volunteer restricted licence driver mentor in Dargaville or Maungaturoto.

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**Fireworks**

Fireworks are used to celebrate and commemorate many events internationally. It is believed that the invention of fireworks happened accidentally some 2000 years ago in China.

In New Zealand the sale and use of fireworks is associated with the British commemoration of 'The Gunpowder Plot' of November 5th, 1605 - some 412 years ago. Guy Fawkes, and 11 other men, plotted to blow up the British Parliament by lighting barrels of gunpowder. Fortunately, they were caught before they were able to do so.

The use of fireworks in New Zealand today has changed significantly over the years and even though many families still use fireworks at home, most people now attend larger, community run events that have spectacular displays.

Fireworks are a lot of fun when used safely. We hope that you all have an enjoyable and safe time this Guy Fawkes Day.

For more information about the use of fireworks in New Zealand go to <https://www.newzealandnow.govt.nz/resources/fireworks-for-guy-fawkes>



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**Science Corner**



**Did you know that light ... ?**

- ≧ Travels at 300,000km/sec
- ≧ Takes 10 minutes to get here from the sun
- ≧ Enables plants to make their own food
- ≧ Shows as different colours because each colour has a different wavelength
- ≧ Is made up of all the colours of the rainbow (ROYGBIV)
- ≧ Travels in a straight line (think lasers)
- ≧ Makes green plants look green because that is the portion of light that is reflected- the rest is absorbed
- ≧ Travels in photons- units of light that have no mass and have the properties of a wave and a particle.

**And did you know that ...**

- ≧ Space is dark because light can only be seen when it has something to bounce off
- ≧ We only see a small amount of the visible light but some insects see ultra violet light
- ≧ It is the photon bumping into another substance that makes the transfer of energy that produces solar power possible (and makes photosynthesis possible)
- ≧ When the photons hit certain atoms they make electrons fall off- and it's this flow of electrons that produces electricity (under the right conditions- conductors let them flow).
- ≧ Photons play a big part in the theory of quantum physics and more complicated stuff.

Einstein worked all this out a long time ago! How interesting it is, this thing called ... LIGHT!

Stella

# The Frog Prince : Doc's ORT experience



Opening night for this play is Friday November 24 and it runs until December 3. Promising to be a hilarious pantomime full of fun and frivolity, it is ably directed by Maura Flower.

One Paparoa member of the cast is Oscar Longdon, who at age 9, is playing the dwarf 'Doc' (of Snow White fame), perhaps of a more mature character than his age suggests.



This is Oscar's 4th production with ORT, and wrangling with the other young Dwarf cast has proved much easier said than done, especially when they are carrying pick axes!

Oscar says "generally they are pretty good", especially considering the tight rehearsal schedule. The young cast are trying their hardest to remain focused, perhaps learning a thing or two from the 'Witches' at the more mature end of the spectrum.

Oscar loves his time at the theatre. He first became involved after seeing the

audition signs in Maungaturoto and taking the plunge into 'Peter Pan'. Youth Theatre 2017 was a great place to learn lots about all the various aspects of stage theatre, culminating with a play - put on in a week! "Its a great place to socialise and make friends," he says. "I enjoy singing and acting on the stage. I hope to be in more plays in the future."

Come and show support for Doc, the Dwarfs, and all the rest of the kooky cast, by attending 'The Frog Prince'. See pg 10 advert for details. PP

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## Health and Beauty The sun and your skin

The right amount of sunlight is good for us as it directly influences our feel good hormones (serotonin). That's why being outdoors generally make us feel happier.

We also need sunlight to help us make Vitamin D which helps prevent bone disease (osteoporosis) and impaired immunity. It's recommended that we should get 20 minutes of sunlight each day to stay healthy.

The sun radiates numerous types of waves including **UVA** and **UVB**.

**Here are the interesting facts:**  
**UVB are shorter rays** which penetrate the top layer of the skin (the epidermis) causing the damage that you can see and feel - redness, inflammation and burns. UVB occur mostly in summer when sunburn occurs. Think of UVB as burning rays (*B for burn*).

**UVA are longer rays** which are able to penetrate straight through the top layer of the skin down into the dermis where they destroy cells essential for healthy skin.

The danger is that UVA damage does not show up immediately but accumulates and shows up much later in life as liver spots, irregular pigmentation, laxity, wrinkles and skin cancer.

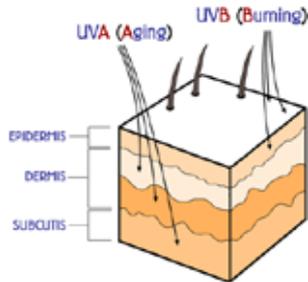
UVA are about 1000 times greater in number and they occur all year round, in winter and on cloudy days. Because they bypass the upper skin layer and we can't see or feel their effects immediately, we don't think of using sun

protection. Yet this is when fibroblasts (the cells that make collagen, elastin and hyaluronic acid) are damaged causing our skin to age. Think of UVA as ageing rays (*A for ageing*).

Most **sun damage** and **photo-ageing** is a result of exposure to sunlight on a daily basis - in gardening, driving, walking. It's important to wear sun protection all year round, not just when on holiday or down at the beach. Use sun-wise clothes, hats and a good broad spectrum sunscreen which protects you from both UVB and UVA rays.

Understanding the different effects of UV rays can help us manage our sun exposure and still get to spend time outdoors doing the things we love - and have healthy skin.

Nina Quan,  
Beauty/Skin Therapist



## FENCING SPECIALISTS

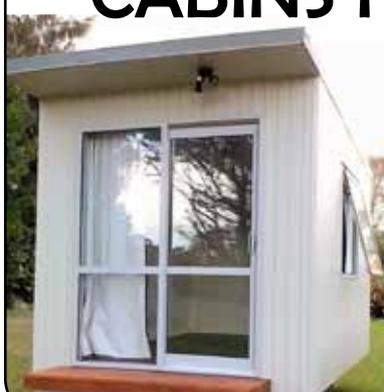
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**Annual General Meeting****Paparooa Tennis Club Inc.**

Saturday 4 November 2017

3.30pm

Sports Pavillion

Reports, Finance,  
Subscriptions  
Election of  
Officers and  
Committee

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**OUT & ABOUT**

The **Annual Otamatea Quilters' Exhibition** is now on at The Kauri Museum - showcasing the crafts of patchwork & quilting - until 19 November.

**Our condolences** to all Caryl Smith's family and friends on her recent passing. Caryl will be sadly missed by all who knew her.

The **Paparooa A&P Show** organisers are looking for volunteers to help look after the grounds and to help run our next show, 3 February. They would love you to join the team even if only for two days a year! Please contact: secretary@paparooashow.org.nz to find out more.

**Badminton and Table Tennis** are back after the October break. Table tennis is held Tuesday evenings 7.30 at the Sports Pavilion and badminton Thursday evenings from 6pm at the hall. Come along and join in. All welcome. For more info. call Pete Hames 431 6822.

**Maungaturoto Pharmacy** is holding its Christmas

Extravaganza Shopping night on 24 November. With 25% off many items, they're open 'til 7pm with giveaways and a multi-draw raffle (advert pg 6).

**Work on the Ruawai Stopbank Cycleway** is now underway. From Ruawai wharf to Simpson's Road it's hoped the track will be ready for use by next autumn.

**If you thought the Maungaturoto Op Shop** was shut - it was - but only for the week of St John's 'Trash and Treasure'. And now they've changed to summer stock. Come on over and find great bargains. It's a community enterprise run by volunteers. Find them under the Maungaturoto Anglican Church- Mon, Weds & Fridays.

**Did you happen to see Ross MacDonald** (of 'R&D Computers') on TV3's 'Lost and Found' recently. Through the programme he has found his adopted son and they are now reunited after 45 years.

**Ladies Fishing Competition** run by Pahi Boating and

**HOOK, LINE & SINKER**

Fishing has been a bit quiet lately around Pahi, while there is more activity around Tinopai where some nice snapper have been caught. Also there's been a few kahawai but gurnard are few and far between.



Try this: kahawai is very nice marinated in lime juice and then covered in coconut cream.

Happy fishing!

Fishing Club will be held 25 November. Details from Mike Donald at Maungaturoto Auto Centre.

**Did you know** Colour and Cutz is now open 5 days (Tues-Sat).

**The Community Church Christmas on The Green** will be held in December- probably on Saturday the 16th. Look for details closer to the time.

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**Big G's Maori Art**

Have you seen Geraldine Jenkins' 3D flax woven art designs which include bunches of flowers, table mantels, ketes and more?

They made a fabulous array of colour at Settler's Day. For original gifts, wedding bouquets, fascinators, etc call Geraldine 022 195 1364 or email biggsdesigns@gmail.com

**OCS News****Whangarei Shopping trips**

We are trialling a regular monthly trip in our mini-bus, hoping that those who used to go with Brooks Motors may like to take advantage of this new service. Our first trip was planned for October 25 which will have happened by the time this edition of the Press is published. The next trip will be on November 22. This is a free service and will require people to phone OCS on 431 9080 for bookings.

We have chosen the fourth Wednesday of each month as the seniors of the district



currently have social outings on the first Wednesday with lunch at the St John Hall, and the Chocolate Bingo at the Anglican Church Hall on the third Wednesday. As this is a trial, we are open to suggestions around days and times from those using the service.

**November AGM**

Our AGM was held on November 1st at the Community House with a good number in attendance.

The team at OCS  
Hurndall St, Maungaturoto

**WHAT'S ON - NOVEMBER 2017**

**The Kauri Museum** open 7 days, free entry to Otamatea District residents  
 Exhibitions: 'Tudor Collins', 'Northland Photography Awards'  
 Otamatea Quilter's exhibition 20 October - 19 November 2017  
 'Stitching Through Time - samplers of all sorts'

**'Managing Negative Thoughts'** 25 Nov 6-8pm Pap Hall, sponsored by Lions  
**Car & Bike Show** 26 Nov, 10-1.30pm Mgto School grounds  
**ORT's production The Frog Prince** - 24 Nov-3 Dec, book now. details page 11

**REGULAR EVENTS, MEETINGS AND ORGANISATIONS**

- Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
- Ararua Church** 10.30am every Sunday, All welcome ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Arty Farties** Thur/Fri/Sun at the 'Tile Shed'; Garage sale Sundays 10am to 2pm; Beginners Patchwork, Mon 7pm, Te Pahi River Dr. For info: ph Anne 431 6229
- Badminton** Thursday - teens & adults 7pm, Paparoa Hall ph Pete 4316 822
- Crafternoons** 1st & 3rd Wed in month, 10.30-4pm, Tinopai Hall ph Jo 431 7219
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
- Farmers' Market** Every Saturday 9-noon, Village Green. Contact Ruth 021 433 969
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Mgto
- Kaipara Marching Team** Weds 4-5.30pm, Maungaturoto Rose Plunkett 431 7418
- Library** Mon 1.30-4.30pm, Wed 10am-12noon, Thu 1.30-4.30pm, Fri 9.30am-1pm  
 Now open every Saturday 9.30-12.30pm 431 7555
- Line Dancing** Thurs 10am-noon Paparoa Hall ph Rose 431 7418
- Mainly Music** Wed 9.30am Paparoa Comm Church, ph Rebecca 431 7550
- Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm
- Music Makers** Second Wed, monthly, Pap Sports Pavillion, 7pm. 4316 722
- Otamatea Quilters** 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262
- Outdoor Bowls** Maungaturoto Green ph Tony 431 6026 or Brian 431 6884
- Pahi Hall** available for hire ph Sherryl Corbett 431 7127
- Paparoa Community Church** 10.30am every Sunday, 4 Hook Road 431 7106
- Paparoa Garden Circle** 2nd Wed of month, President Charlee Kerr 431 7557
- Paparoa Hall Functions venue** ph Robyn 431 7306 or a/h Loraine 431 7290
- Paparoa Lions Dinner Meetings** 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Playcentre** Tuesday and Thursday 10am-1pm Visitors Welcome  
 ph Bianca 431 6730 txt 021 782 456 or ph Jane 431 6148
- Paparoa Primary School** Term 3 ends Sep 29. Term 4 starts Oct 16
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
- Paparoa Volunteer Rural Fire Force (VRFF)** 1st and 3rd Tuesday of the month  
 6.30pm Depot Rd ph Cohan 431 6668
- Plunket Ready Steady Wriggle Playgroup** Mondays Paparoa Sports Pavillion  
 Tina Ball 0210335128
- Sacred Soul Circle** 2nd Sundays, 10am-12 Marohemo Hall Helen 021 938 024
- Selwyn Centre** Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193
- Sports Pavilion Functions Venue** Bookings ph Jane Bailey 431 6148
- St Mary's Catholic Church** 10am Wed, 6pm Sat, Maungaturoto
- Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
- Tennis** Tues 5-6pm Primary & High School; 6pm Adults; Fri 9.30am  
 ph Sue 431 6224 or Pete 431 6822
- Ukelele Players** Beginners / experts, Thur 4pm Matakoho, ph Dennise 431 7012
- Village Flea Market** 1st Sunday every month in the village 10.30-1.30pm.
- Waka Ama** Tue & Thu 5pm, Sun 10am, Pahi Domain, ph Grant 027 474 3856
- White Rock Gallery** Open 7 days 10am-4pm, in Library building
- Yoga - Chair Yoga** Pap Sports Pavilion - Tues & Fri 9.30-10.30am
- Yoga - Anamana Studio** \$10/session ph Jenny 09 280 9694, 021 114 3370

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

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**Mahjong**

The Mahjong Club is looking for players to join their small social group. Whether you know how to play or would like to learn, you are most welcome. Call Marian Harkness for details 431 6332.

**Room For Rent**

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**LOCAL TIDES for November 2017**

NOVEMBER TIDES - CALCULATED for PAHI-WHAKAPIRAU					
DATE	LOW	HIGH	DATE	LOW	HIGH
1st	3.31pm	9.39am	17th	5.11pm	11.19am
2nd	4.17pm	10.25am	18th	5.48pm	11.56am
3rd	5.01pm	11.08am	19th	6.24pm	12.30pm
4th	5.44pm	11.51am	20th	6.40am	1.04pm
5th	6.29pm	12.34pm	21st	7.15am	1.37pm
6th	6.52am	1.19pm	22nd	7.50am	2.12pm
7th	7.39am	2.06pm	23rd	8.26am	2.50pm
8th	8.28am	2.57pm	24th	9.06am	3.32pm
9th	9.21am	3.53pm	25th	9.51am	4.20pm
10th	10.19am	4.56pm	26th	10.42am	5.16pm
11th	11.24am	6.06pm	27th	11.42am	6.18pm
12th	12.36pm	6.41am	28th	12.47pm	6.54am
13th	1.49pm	7.53am	29th	1.52pm	7.57am
14th	2.52pm	8.59am	30th	2.51pm	8.56am
15th	3.45pm	9.54am			
16th	4.30pm	10.39am			

**Community Directory**

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

**COAST TO COAST HEALTH CARE**

Maungaturoto Medical Centre: 8am-5pm Mon-Fri .... 09 431 8576  
 Paparoa Clinic: Doctor Tue + Fri 8.30am-12.30pm..... 09 431 7222  
 For urgent after hours medical service (Wellsford)..... 09 423 8086

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

**HOSPICE KAIPARA** Dargaville Hospital ..... 09 439 3330

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

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

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

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

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

**MAUNGATUROTO REST HOME** ..... 09 431 8696

**NKT RECYCLING** Huarau Road 10am - 2pm Mon-Sat....021 08 207 395

**OTAMATEA COMMUNITY SERVICES** Community House 09 431 9080

**PAPAROA LIBRARY** Free Membership 09 431 7555  
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 Fri 9.30am-1pm. Saturdays 9.30-12.30

**PAPAROA PLAYCENTRE** ..... paparoa@playcentre.org.nz

**PAPAROA PLUNKET** Clinic 4317340 Cynthia Keay ..... 0276753488  
**PLUNKET** Helpline ..... 0800 933 922

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

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## Transforming Trash into Art!

There was certainly nothing 'trashy' about the finished objects exhibited at the 'Trash to Art' and 'Trash to Sculpture' Competition held in the Paparoa Hall at Labour Weekend.

With a total of 27 entries in all, judges Pat George (Paparoa) and Jeanette Vickers (Mangawhai) spent two intensive hours coming to a final decision. Both well-known Kaipara artists, they were astounded at the high standard and quality of the entries. In the end it came down to what was 'trash' and what was simply re-used or recycled materials

Organised by White Rock Gallery, it is hoped that with the lessons learnt from this inaugural competition it will become a bigger and better annual Paparoa event.

Special thanks must go to our Sponsors: Paparoa Motor Camp, Paparoa Lions, Hubands Contractors, and Kaipara Refuse. Again, without these people there would not have been a competition. Don't forget to support your local businesses in the same way that they support us!

We also thank the 130+ viewers and their gold coin donations which are greatly appreciated, and especially those who entered the competition. Without the latter there would be NO competition.



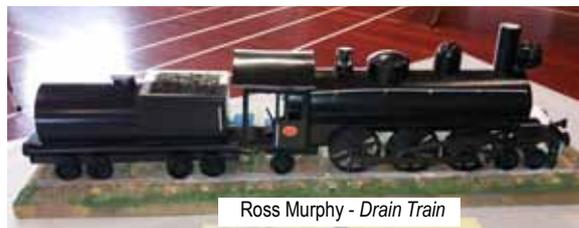
Tatiana White - Trash to Art winner  
*The Beach*



Frances Casey Trash to Sculpture winner  
*Bored with Ironing? - Trash It!*



Suzanne Harrison - *Mr P*



Ross Murphy - *Drain Train*



Sophie Taylor-Rose  
Children's section winner  
*Supa Dupa Owl*

### The 'Adult section' winners who each won \$500 were:

**Trash to Art** - Tatiana White- *The Beach*

**Trash to Sculpture** - Frances Casey-  
*Bored with ironing? Trash it!*

**Childrens Section**- Sophie Taylor-Rose-  
*Supa-Dupa Owl* (\$50 Prezzie Card)

**Highly Commended:** -

James Taylor - *Wood Sculpture*  
Jake Clayton - *Carved Skull and Small knife*

Ross Murphy -  
*Drain Train*  
Janet May -  
*Stannen Dragon*  
Suzanne Harrison -  
*Mr P*  
Amy Lawrence-  
*A Farm Life*



Amy Lawrence  
*A Farm Life*

**Congratulations to all.**



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