



Covid-19 - Alert Level 4 advice

COVID-19 advice compiled from official Government websites and messages 2 April 2020
New Zealand remains in Level 4 of the COVID-19 Alert System.

WE HAVE ONE JOB NEW ZEALAND

STAY HOME - The evidence tells us if we don't stay home the price will be high.

SHOP SAFELY

Send one person from your household to do the shopping.
Keep 2 metres away from others.
Use Pay Wave if you can, not cash.
Wash your hands when you get home.

BE KIND!

If you're exercising in your neighbourhood and it's too busy, go home. Go out later.

- If you are concerned about people breaking Level 4 restrictions, you can report this to the Police at [105.police.govt.nz](https://www.police.govt.nz)
- Information on the definition of Essential Businesses is available at [covid19.govt.nz](https://www.covid19.govt.nz). The list will continue to be reviewed as appropriate.
- You can make a huge difference by checking in on older relatives or vulnerable people over the phone and just having a chat.
- If you have concerns about high prices at supermarkets, you can report these to pricewatch@mbie.govt.nz

SYMPTOMS OF COVID-19

Symptoms of COVID-19 are similar to a range of other illnesses such as influenza and do not necessarily mean that you have COVID-19.

Symptoms include:

- Fever, coughing, difficulty breathing.
- Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention.

If you have these symptoms please call Healthline for free on 0800 358 5453 or you can call your doctor immediately.

ESSENTIAL SERVICES

Essential services remain open at all Alert Levels. This includes supermarkets, banks, GPs, pharmacies, service stations, couriers, farm supplies shops and other important frontline service providers. If necessary phone first to see their hours of opening and procedures.

If visiting a store in person, you must retain social distancing of 2 metres, and wash your hands before and after visiting.

OBTAINING ESSENTIAL ITEMS

If you don't have the essentials you need to get through lockdown (such as food, medication or cleaning supplies), in the first instance please try calling a:

- neighbour
- family member who lives nearby
- friend who lives nearby
- check the availability for shopping online.
- or Otamatea Community Services 09 4319 080 or 027 546 2641

If family, friends or neighbours are dropping off food or groceries, you need to ask them to leave these at the door, rather than come in. Drop-offs at the door, rather than coming in, will protect them and you from exposure to COVID-19.

If these options are not available to you, then please call your local Civil Defence Emergency Management (CDEM) Group on 0800 790 791.

(This service is intended for people and whānau who don't have any other options available to them, and operates seven days a week from 7am to 7pm.)

WELFARE

If over the following days and weeks you feel you are not coping, it's important to seek help and professional support. Your family doctor is a good starting point.

For support with grief, anxiety, distress or mental wellbeing, you can also call or text the 'Need to talk?' service on 1737. This service is free, available 24 hours a day, 7 days a week and gives you the chance to talk it through with a trained counsellor.

A Government factsheet with detail on **welfare support** is available at: <https://covid19.govt.nz/assets/resources/Welfare-AOG-Factsheet-24-March-2020.pdf>

**E waka eke noa – We are all in this together
Take Care, Stay Home and Be Kind**



ARE YOU IN? ... SUNDAY 5 APRIL

A pay what you want run/walk event organised by Sport Northland. Money received will cover registration fees, admin, prizes and trophies.

You can enter from as little as \$1.

Run/walk 1km, 2km, 3km, it doesn't matter the distance, get out and about in your backyard and show us what you've got. It has to be your section of land where you are currently living.

ARE YOU IN?

**RANDOM SPOT PRIZES - BEST DRESSED PRIZE -
LONGEST DISTANCE TROPHY (STRAVA PROOF) -
LONGEST TIME ON FEET TROPHY (STRAVA PROOF) - MOST
CREATIVE COURSE (eg. course in the shape of something)**

To enter: www.sportnorthlandevents.co.nz/backyard-brute

To be eligible for any prizes you must have registered, paid the entry fee and shared your run/walk activity to the Backyard Brute Facebook Page.

Paparooa Press

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Publication date 1st of month



Council Mark says ... Look out for others

As we enter our second week in lockdown mode it has given me the opportunity to ruminate over what a great privilege it is to live in this part of the Kaipara.

At council we are getting to grips with online meetings, the best option available at present. The agility and responsiveness of the organisation is being tested, but it is doing well to maintain "business as usual".

The drought continues to bite in both town and country; the public water supplies in our towns such as Maungaturoto and Ruawai are still stretched, and water conservation

measures have become the new normal. On the farms it isn't just feed supplies, it's also stock water which is the source of anxiety. Even if the tap is turned on tomorrow, it will take months for most farming operations to get back to where they were pre-drought. I had expected it to rain by now; I know there have been a few random drops around the place, not enough. Let's see what the next full moon brings.

An extreme situation can be

the spark for change, and fuel for that fire can now be found at the Kaipara Kai Hub located right in the middle of Ruawai. This is an initiative made possible with part of the grant to Council from the Provincial Growth Fund. Research is underway into local climate, soils and water availability and market opportunities for some new high value crops. This is not just for the alluvial flats; most hill country properties have pockets of more versatile land which might well be put to more profitable use. I want to see Kaipara with a more resilient economy through greater diversification. Just get in touch with Project Lead Matt Punter (matt.punter@kaiparakai.nz), a very approachable young man with know-how, local knowledge and a heart for the land.

We didn't need Covid-19 on top of the drought, but we have it anyway, and the implications for our future continue to evolve. I have faith in the resilience of our communities, and our strength is the way we look out for each other. You can still do that while maintaining a safe distance. Just be sensible and use the technology available to stay in touch without touching. And remember smiles are contagious too. I like to hug the people I like, but I will have to restrict my hugs to Mrs Cindy for now.

Stay well.

Mark Vincent
Otamatea Ward Councillor
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Paparooa School 150th Anniversary

POSTPONEMENT

17th March 2020

Dear Parents/Caregivers and Community members,

The rapidly developing situation regarding COVID-19 and the restrictions that have been announced over the last few days have meant that the 150th Anniversary committee have needed to meet to discuss the possible impact on our upcoming event (8, 9 and 10 May).

There are several main factors we have considered: - People registered from Australia will need to be in isolation for 14 days either side of their visit. This will make attending impossible. - The event will have a significant number of people over the age of 65 attending. These are the most vulnerable people in our community in relation to COVID-19.

The 150th Committee feels it is our moral responsibility to postpone the event until the situation improves. We have not set a new date at this point.

Everyone who has registered will be contacted and given a full refund.

It is such a shame that this situation has occurred and we are sorry for any inconvenience this may cause.

Warm regards,
Simon Schuster, Principal
(On behalf of the 150th Anniversary Committee)

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Paparoa's Wastewater

Paparoa Wastewater Action group met last month to further explore potential solutions to Paparoa's wastewater issues. The group comprises Paparoa residents, business owners and community groups. Council's regulatory and infrastructure team, and local councillor Mark Vincent also attended to facilitate and provide information and ideas to the Action group.

IN SUMMARY - Dye-testing of some properties has been carried out around Paparoa's CBD and residential areas around the shops. Due to the drought, further dye-testing is deferred.

Preliminary results indicate that some shops and some surrounding residential properties do have wastewater issues (for confidentiality reasons, Council cannot identify them). Of particular concern to the Action Group is those properties within Paparoa district that literally cannot replace their existing wastewater systems should they be required to as sections are too small to meet today's requirements for onsite wastewater systems. (This has implications not only for properties with failing systems now, but for those systems that will fail in the future as all old septic tank systems have a limited life span).

Consequently, a communal wastewater system for Paparoa may be required. The Action Group has looked into various options including the purchasing of land around Paparoa district for a communal system. Another idea was utilising land owned by Kaipara District Council to allow lesser cost to the Paparoa community. A communal system for Paparoa CBD area would require approximately 3,500sqm (plus room for future growth if required). The exact amount of land required will be determined when dye-testing is fully completed and an engineer's report for the specific type of wastewater

system can be proposed and designed.

What if we do nothing as a community? (i.e. "There are no issues with my system - therefore it is not my problem ... and ... if it is not my problem why should I pay?") The discussion revolved around the concept of ... is this an individual's issue or a community issue?

There is the strong possibility that, if residents of Paparoa do not work together as a community and financially support this project, we could lose some of our CBD businesses - the reality is that the business district cannot finance a wastewater system on its own, nor can it replace its current systems to upgrade. A catch-22 situation!

What impact would no petrol station, no fish-and-chip shop, no grocery store have on you? How far do you live from Paparoa (e.g. 7km)? Are you prepared to contribute to the wastewater scheme? These are questions you need to ask yourself, your neighbours, and your community groups.

Where to from here: Further dye-testing of wastewater systems will continue during autumn, together with water sampling of Paparoa Creek. KDC will continue to work with the Action Group to explore possible wastewater systems, potential locations, and the associated costs, and report back to the community when all information is available to discuss at the next public meeting.

Fiona Poyner

A reminder to our community and contributors!

Please ensure that all advertising material is sent to the editor before the 15th of the current month and that all copy is in by the 20th, to ensure the next edition for each month's edition is ready to be distributed in time!



Northland District Health Board

Libby Jones - Covid-19

In such a short period of time our health and staying virus free has become our number one priority. The impacts of the Coronavirus global pandemic on our economy, schooling,

work, travel, shopping, social activities and everything else in between has been enormous and unprecedented. In amongst it all, while we have seen a lot of panic and some selfish behaviour, we have also seen a surge of community spirit and neighbourhood support, acts of kindness and goodwill. We have the opportunity during this to think about what is actually important in life, and increase our focus on the things that really matter - family, relationships, kindness and caring. Focusing on the things you can control - such as your hand hygiene and physical distancing when getting essential supplies - rather than the things that are out of your control, will reduce anxiety and panic.

So what are you doing to keep yourself well and calm? While it is normal to sometimes feel overwhelmed and worried, doing the things that you normally enjoy is important right now too. Take a moment to admire the sunset, or sunrise; listen to your favourite music; sing along loudly; go for a walk, do some gardening; give yourself time out from the rest of your household; give your friends a call, use Skype or FaceTime to see their faces; check if your neighbours need anything. Research has shown that these things can build resilience, boost your wellbeing and lower your risk of developing mental health problems.

The Northland DHB is a central player for our area and has been working overtime to cope with the changing situation and to keep our community safe and well. At the same time it is supporting our health care workers at the forefront of the crisis. Other work has been put aside to rightly focus on dealing with the rapidly changing situation day by day. Sick people are still being cared for and kept separate from any COVID-19 related patients.

New Zealand has faced a number of crises over the last year which have impacted on health, including in Northland the measles and meningococcal outbreaks. While nothing has been like this, DHBs know about dealing with crises and emergencies, and Northland has had an Incident Management team set up for several weeks.

Now it is up to all of us to keep ourselves and our household bubble safe and well and to keep **"socially connecting"** with each other while we **physically distance"**.

Stay well, Libby Jones

hames.jones@xtra.co.nz - ph 021 2080093



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Tour Aotearoa 3000km brevet

The Tour Aotearoa (more easily known as the TA) is New Zealand's world famous biennial bike-packing odyssey. It's a self-supported 3,000 km brevet from Cape Reinga to Bluff. Cyclists were 'released' in batches of 100 over four weeks during February and March.

A brevet is not a race. It's a ride following a set course, via 30 photo checkpoints, which must be completed between 10 and 30 days. Cyclists from all over NZ and the world enter the TA by donating \$100 to any registered charity of their choice, they wear a tracking device for safety and carry all their own gear.

Due to the favourable weather, most have taken the 'Pouto plus Charter Boat' route to Helensville - but should the weather and seas conditions be unfavourable there would have been larger numbers of cyclists coming through back roads to Matakohu and Paparooa on their way south. Self-supported bike packers also pass our way unofficially in ones and twos at other times because there is no regular ferry from Pouto.

I followed the TA Facebook group forum and have loved their photos, stories and

adventures on what most would consider to be a life-changing journey.

One cyclist rescued and rehomed a starving puppy found in a bus shelter up near the Hokianga. Another posted about his lost dentures near a stone cottage between Mossburn and Queenstown, hoping they may be picked up by a fellow cyclist. Another was held up by gunpoint on the state highway at the Waimamaku Wild West festival and someone else was swept down a swollen river then rescued on the West Coast of the South Island. There is even a story about a blind cyclist doing the TA on a tandem! Many have been welcomed onto the Waikaretu Marae at Pouto to enjoy their hospitality and cultural experience. There were also numerous stories of



Cycling through Waipoua Forest.

'Trail Angels' giving, sharing, feeding and accommodating cyclists all the way through back country New Zealand - the kindness of some people is incredible and even just following the TA Facebook page has been a truly heart-warming and exciting adventure!

Nicky Reid
Bike the Kaipara Trust

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Assistant Youth Leader wanted

St Johns have been providing an excellent programme for young people for ten years but our Leader, Nyree, is now in need of a supporting adult.

ARE YOU:

- Able to communicate and relate to adults and children?
- Able to contribute an average of three hours per week?
- Able to adapt to a diverse range of cultures?

If the answer is yes (or maybe, but I would like to know more) please call Eileen on 021 142 0357

- or pop in and see Nyree on a Thursday afternoon between 4 and 5pm (but obviously not until things are back to 'normal').



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\$1145 for Dementia Unit

White Rock Gallery is thrilled to announce that \$1145 was raised for the Maungaturoto Dementia Unit building fund from sales of art and craft at the February House and Garden Tour weekend.

Thanks again to our lovely artists and crafters for their time and talent creating the artworks. Also to our sponsors Paparoa County Depot Trust. Thanks as well to Matakoho Museum for the use of the Totara House grounds.

There is still work available for sale at the Gallery or look on the Facebook page at photographs of the work which can be bought and paid for on-line.

The recent AGM was held by email and all members were notified prior. Contact the committee at whiterockgallerynz@gmail.com for any suggestions and / or enquiries.

White Rock Gallery



White Rock Gallery
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KDC Spatial Planning

Sub Regional Areas

<https://www.kaipara.govt.nz/spatial>

Our District wide Spatial Plan development is split into different workstreams. Currently we're looking at our 'sub-regional towns', which are the smaller sized communities across our District. We are asking for some initial feedback before we develop some options for further consultation with you.

Initially we were heading out and about to have face to face meetings in these communities to hear your initial thoughts. COVID-19 has pressed pause on group meetings, so now we're having to ask you for your feedback in a different way.

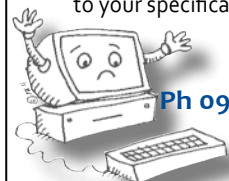
This page (www.kaipara.govt.nz/spatial) contains three maps each for all the communities included in the sub-regional spatial plan workstream. These maps provide you with a basic overview, a look at what is currently in place in terms of housing, services and other amenities, and a third map that provides an overview of any opportunities or constraints that have been identified during an initial assessment.

Once you have had a look at these maps, we would appreciate you completing our Spatial Survey (closes Monday 13 April).

If you have questions please email kdcdistrictplanreview@kaipara.govt.nz.

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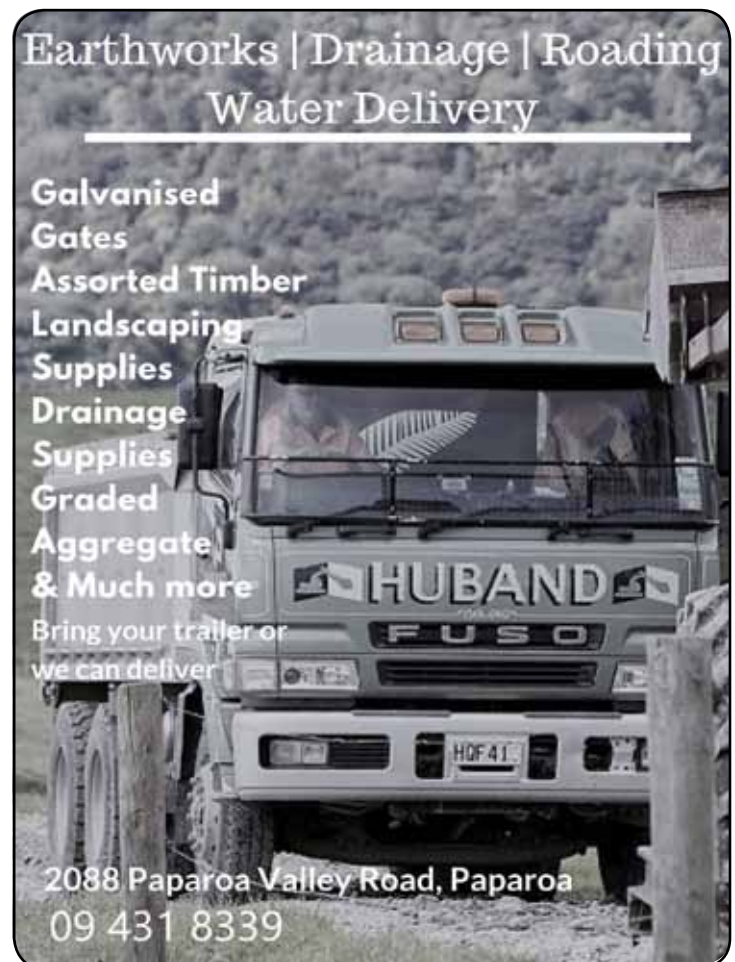
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I've been thinking about ... Anzac Day



Anzac Day has me in an emotional turmoil every time. The increasing involvement of young people acknowledging our history is heart warming. But thinking of that history, particularly World War 1, makes me both sad and angry.

It's a personal thing. My father was wounded at Passchendaele: had a foot amputated. I can remember times when the pain from his phantom foot was so intense that he would crawl rather than walk about the house and that was years after the battle.

Uncle Roy (courtesy title) lived next door. He had been at Gallipoli. I'm not sure exactly what happened as children were not told stuff, but children piece together the little scraps of information and this is what I have added together. He was on a troopship waiting to be disembarked presumably at Anzac Cove.. There was alcohol, fighting, an eye gouged out. Uncle Roy returned to Auckland and was sent to family in Paparooa. Was this because of shame in Auckland or because the country quiet would be good for him? I remember him as a silent presence sitting in the corner of the kitchen or on

the roadside where he would smoke or maybe drink a beer: both activities banned in the house. On pension day a neighbour would take him into Paparooa and they would then go to the pub and that was his only social contact.

Both Dad and Uncle Roy survived the great war. An estimated 500,000 men (German and allies) died at Passchendaele, described at best as a counter-offensive and at worst as a diversion.

There were about 130,000 casualties at Gallipoli. The landing was a debacle in the wrong place. I can't imagine how terrifying it must have been for the young men waiting to disembark on a beach raked with Turkish gunfire. What were they fighting for? History books talk about nationalism, militarism and imperialism. The agrarian and industrial revolutions resulted in larger populations and increased wealth in European countries which then expanded overseas, thus increasing their trade and wealth but also increasing their rivalry. This led to bigger armies and defensive alliances. The assassination of Franz Ferdinand was

the spark to the bonfire. Why did NZ get involved? Remember that most white NZers still had close ties with "the old country" in 1914. And attitudes to war were different then. No doubt a lot of young men saw war as an adventure and, after all, it was meant to be over by Xmas.

WW11 was really a continuation of WW1, and NZ reacted the same way. "Where Britain goes we go," declared our PM. We were a little more circumspect about Vietnam and later military involvements. Both the nature of war and attitudes to it have changed and we no longer rush to the 'up arms'.

So by all means let's celebrate this 'coming of age' on Anzac Day. But let's forget the so often accompanying rhetoric about young men 'making the supreme sacrifice so that we can enjoy the freedoms we have today.' They didn't sacrifice themselves. They were sacrificed. Survivors endured lives of pain or post traumatic stress. There were many family tragedies. And to what end?

Sadness and Anger.

RS

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Community Connexions

Arty Farties Inc.

Because of the Covid-19 lockdown Arty Farties' **OPEN DAY** scheduled for Sunday 17th May is postponed, along with the **FREE WORKSHOPS on SEED-RAISING and COMPOSTING**. Watch this space.

Poverty does not just go away, so perhaps you may consider donating a little of your time towards helping those families who are struggling to make ends meet by becoming a volunteer for a worthy cause. We are a small team and will be desperately in need of more volunteers once the virus has run its course. There may be some area in which you could be of help on a Thursday, Friday or Sunday, even if just for an hour or so. There are more things to do than just weeding and digging, and you may discover an added purpose in life through giving help to those in need.

At present all of the garden beds are being re-vitalised in preparation for the new planting of food crops - a sure road to a successful outcome later. When life returns to normal see if you can spare just a couple of hours of your spare time to give us a hand. You will be helping those in our community who are less fortunate in life.

For any further information phone either:
Sue Dawson on 09 4317 116 or Ruth on 0210 278 1811.
Cheers from us all at Arty Farties.

Things to do at home ...for all!

1. Make a beetle/skink home. Create a rock castle with little stones and pieces of wood. Add a saucer or lid of water
2. Make an Easter egg tree. Pierce the end of an egg and blow the egg out (and use)) then paint your egg. Hang from a branch placed in a vase.
3. Have a frozen green pea race. You need frozen green peas, paper straws and a flat surface. A wooden floor or kitchen lino is great. Line up on hands and knees and using the straw blow the green pea to the finishing line
4. Use the straw to place into arm pit, blowing into the straw you can create very satisfying fart noises
5. Bake a cake
6. Make bread, the sort that needs kneading and form into shapes, plaits etc
7. Make your own playdough. So easy
8. Write a letter (maybe write a funny letter to our local rest homes)
9. Write a children's story and get the kids to illustrate it
10. Make volcanoes using vinegar and baking soda
11. Clean the shower using baking soda and white vinegar
12. Plant sweet peas
13. Take rose cuttings (April/ May)
14. Write your own family story
15. Keep a diary
16. Draw on the concrete path with chalk
17. Make your own hopscotch outline
18. Screw up newspaper into balls and have your own "paintball" war just without the paint!
19. Paint a wall and write messages on it
20. Create your own treasure hunt with clues

Treasure Hunt clues for parents/adults to use

Write them on small pieces of paper

Your first clue is under the symbol for new life, often used at Easter

- 1st clue:** Sick of being used as a doormat
- 2nd clue:** under the tool that means we do not even need to stand up to choose viewing options
- 3rd clue:** where we keep the '7 servings a day' items
- 4th clue:** where you rest your weary head
- 5th clue:** where did Frodo keep the ring?
- 6th clue:** under the four- legged culinary support system
- 7th clue:** under what is best to use on our hands when germs are about
- 8th clue:** look for a tuber we eat
- 9th clue:** out of theinto the fire
- 10th clue:** Polly put theon and we will all have tea
- 11th ...** **enjoy the prize** whatever it may be!

IF I SHOULD DIE TOMORROW

If I should die tomorrow
There are things I want to say
Things I want to tell you
Things I think of during the day

Places I have been to
Memories that I made
People who I cared about
And where I wish I could have stayed

But if I die tomorrow
Here are the things I'd like to say
I have always loved you
Each and every day

Even when we were fighting
And when u broke my heart
The days I didn't speak to you
Were the days I fell apart

As the weeks and months went on
I only loved you more
Everything about you
Especially your smile I adore

When I'm gone please don't be sad
Do not shed a tear
Just smile at the stars for me
I will be right there

I'll be by your side as you grow old
Helping you through strife
Even though you can't see me
I will be with you for life

So if I die tomorrow
Remember life goes on
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Paparooa School

We had a very busy and enjoyable start to the year.

Kirsty Hamlin again took classes through five sessions of Water Skills for Life which teaches the children a variety of skills aimed at raising their awareness and basic skills to keep safe in, on, and around water. We all enjoyed our school swimming sports at the end of February. It was a very colourful affair with students and staff all dressed in house colours.

We've taken part in swimming sports with Matakohē and Tinopai schools (held at Matakohē), and enjoyed our second tryathlon which was



held at Ruawai Primary.

A group of students represented us at the Southern Zone Interschool swimming competition in March with students performing their best. Special congratulations to Alex Ball who broke records in the 9-year old boys medley, and backstroke.



In the second week of March our annual Book Week included a book fair and a book character dress up day, which is always a lot of fun. Our Year 6 Student Council did a great job at organising activities for the morning.

Julie Harper

Pets in the Valley

The good news is there is no evidence to show our domestic animals can be effected by or transmit Covid 19. So social distance is not necessary when it comes to our pets - we can still have cuddles with the cat!



With all events being cancelled right now, I am very grateful that I managed to go on the first stage of 'Trek for Life' in early March. This is a week long horse trek that starts at the top of the North Island and over the next 12 or so years it will travel the length of the country. A predecessor of this was 'The Great NZ Horse Trek' which previously ran over 14 years - there was a Country Calendar episode on it. Anyway it reminded me of how amazing horses are and what they can do for us - we rode about 200km over 6 days (rest day in the middle). On our return the horses are tearing around the paddock like lunatics - they could do it all again tomorrow. Highly recommended if you get the opportunity to participate.

Hopefully things will be ok over the coming months with all the social changes happening. Take care out there.

Janine



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Ruawai Lions' Auction

What a great day! Starting before 6am, goods were transported to Kaipara Kumara Forecourt in Ruawai. Marquees were erected and the trading tables were filled with a huge variety of goods ready for the sale at 9 am

Items for auction were then available for inspection for when the auction started at 10 am. There was a huge variety of goods - a jetski, a mobility scooter, gates, fertiliser, limestone, farming goods, a rotary hoe, firewood, artwork, bicycles, a Coleman lantern, lots of furniture, fridges and beds, knitting wool and more.

Paparoa Lions came with their food caravan selling hot chips, hot dogs etc.

Very soon the forecourt was very busy with buyers packing up their bargains and heading for home. One person even had a couch on top of the car!

The weather was perfect, lots of bargains, lots of bidding and yummy food to sustain the busy buyers – all to help the Lions Club of Ruawai top up their finances to enable them to benefit our local Community, supporting our students, budding athletes,



Lion's President Rosemary Webb testing out the exercycle

young achievers, the elderly and other worthwhile causes. A very big thank you to all those that sorted through their possessions to recycle to new owners. 'One man's trash is another man's treasure.'

Dorothy Simpson

Extracting Relaxation

As a mother of 4, I'll take my relaxation time however I can get it. If and when my only chance to sit for an hour without interruption is in the dentists chair, then I will take that hour as a chance to once again put my 'yogic tools' into action.

A tooth extraction or root canal is hardly my idea of a good time, but remaining relaxed is imperative to the process - it can even speed up healing. In all seriousness, here are some tips to relax in difficult times :

Put your hands on your lower belly, and **breathe**. Feel your hands rise and fall. Each time you feel tension or anxiety rising, come back to the feeling of your hands moving with each breath. This might seem too simple, but it's a direct connection to your parasympathetic nervous system, letting it know that you are ok.

If you continue to feel tension eg. muscles tightening, anxiety rising, a feeling of panic- take a long, **slow breath OUT**. Keep focussing on the feeling of the breath out, until tension melts.

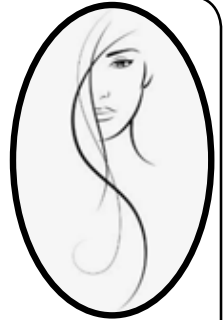
Now, specifically related to having a tooth pulled- connect your consciousness to the tooth. Tell it, to let go. Imagine the tooth being pulled easily from your mouth, in one piece. This might seem a bit woo-woo but the science of mind over matter is long documented, and what have you got to lose from trying?

Long exhale is also a great tool for bedtime, imagine worries/plans/imaginary dramas blowing away in that long breath out, and let your body sink into rest.

Jenny

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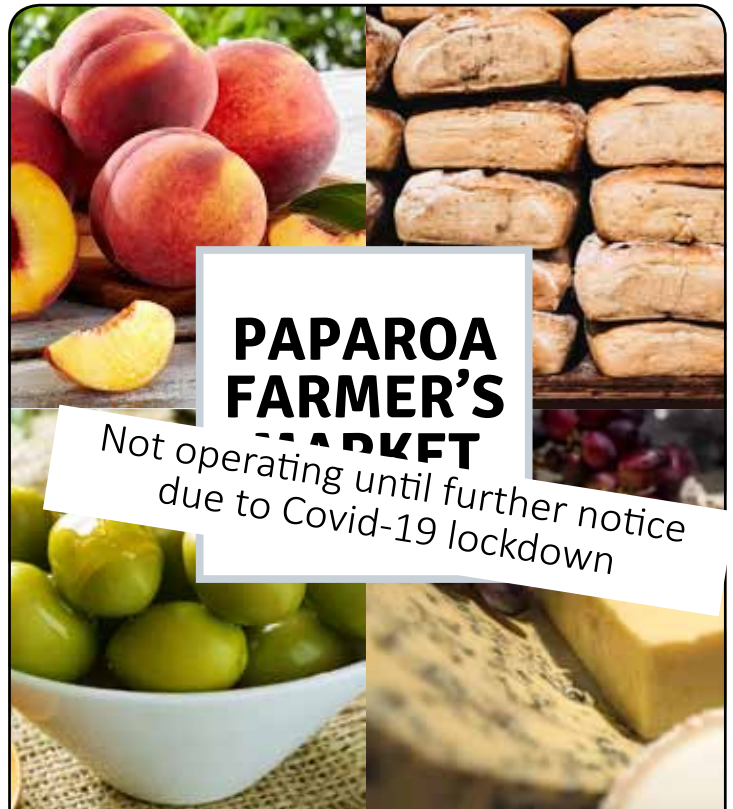
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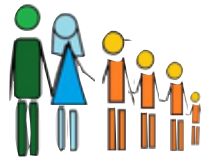
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From our family to yours Unity Through Adversity



It's been odd times, I am sure you'll agree. The world is at once new, and strange, and quiet in a way not known to us before.

There is a shift occurring, but as with the mystery of living upon this spinning Earth, humans don't know "where to" until we arrive - and when a human experience is moment to moment, presence is our constant arrival. We cannot stay in the past, it is gone. We cannot worry about the future, as it's not here.

Amidst panic buying, the polarity was that in adversity, communities and neighbours rally together (at a reasonable distance) to help each other. The panic buying highlights the attitude "I am alone in my fight against the world" rather than buying just two packets of pasta, and trusting that if starvation was upon you, someone would be able to help - because they would.

We live in a caring community, and even in big cities, at

times of adversity people come together united to help one another - and trust they would. After the earthquakes in 2011 in Christchurch we saw it. After each big event, people come together and support each other, for this is the human spirit - as much as the media loves to show us division, xenophobia and hate.

Like you all, I don't know how anything will unfold, and by the time of print C*V might hopefully be under control, but I know fear will deplete the immune system and is stressful for the physical body.

Breathe in health, breathe out peace and anchor your place in faith, love and trust. Let your children know they are safe, and loved, and together we will ride out this wild journey.

Even in isolation, we are never alone.
Jenny

Photo competition

A&P Show



Announcing the photo competition for photos taken at this year's Paparoa A and P show.

Please send entries to secretary@paparoashow.org.nz

There are \$40 vouchers to the Paparoa Hotel to be won.

Under and over 18 year old sections.

Entries close 30th April 2020.

Autumn gardening

The first sign of the long awaited Autumn rains have finally arrived but only in small doses, enough to freshen up any surviving vege and flower plants.

In the vege garden remove spent plants and utilise the last of tomatoes, cucumbers and beans into pickles, relishes, chutneys, tomato puree and sauce. Pick up pumpkins to store in a cool dry place until required. Dig over the ground, any areas mulched with wet newspaper and lawn clippings will now have broken down, adding good humus and the soil will break up nicely despite the dry summer.

Give your vege patch a spell over autumn/winter and replenish lost nutrients with cover crops. I sowed a mix of mustard (helps to clean up harmful soil fungi and improve soil structure) and lupins (nitrogen fixing). Sow thickly like grass to protect the soil from erosion, suppress weeds and provide a habitat for beneficial bugs over winter.

A row of broadbeans (also nitrogen fixing) can be sown now to crop in early to late spring for a change when other veges are in short supply. Mini lettuce varieties of various colours can be potted up with potting mix in sheltered places - eg the terrace - away from slugs and snails. A pinch of dried blood (available from Garden Centres) in the planting hole will assist growth and encourage a good root system. Pluck off larger outside leaves to use as and when required, leaving the plant to continue growing. Red lettuce varieties eg Lolla Rossa contain the red pigment which helps to absorb UV Radiation in the low light and shorter days over winter.

Plant out new trees and shrubs now to allow establishment over the cooler, wetter months.

Jan R



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Letters from The Old Post Office

Just call me Boudicea

Along with the rest of the sane thinking population of Northland (possibly just you and me) I have a pet dislike. Well, a very, very, very strong dislike. Actually, a hate.



A tide of anger flows through my veins, my brain swells and strong words tremble on my lip. Nay, I must be truthful they tend to fall in torrents of invective. Just as well that the only passenger is of the canine variety and thus can not repeat the loathsome expressions that she is forced to endure. Too well do I recall the habits of the fruit of my loins, the totally unnecessary, not to mention intentionally provocative, ability to share "What mummy said to that other driver!" Generally, to their disapproving grandmother.

However, I digress. The focus of my dislike all too often lumbers into view just as one swings onto Highway 12 and settles in for the long haul to Auckland. Its large white rear sways from side to side bearing signs indicating its self-contained status. (I can

suggest a few self-contained ideas)! Sticking religiously to the white centre line she thunders through small villages and restricted speed areas with joyful abandon, a happy 100 km camper. But all too soon the tricky NZ roading expert throws in curves and corners and in terror the driver in charge of their happy little kingdom slams on the brakes and proceeds to crawl cautiously until, "Oh, celebration!" the road straightens and advertises a welcome passing lane. "Hurray" cries the campervan king/queen/regal other and in a rush of joy presses the pedal to the metal.

And it is at this point Dear Reader, that my brain boils. Forced to trundle around corners for the last 6 kms at 6kmh, just when relief is in sight, the campervan prince/princess/priceless? increases

their speed not just to 100 km but 110 kms or even more.

I have long entertained myself (as my vehicle crawls along) with ideas of constructing weapons of revenge. Boudicea (Queen of a Celtic Iceni tribe) was before me with her scythed chariot. Dear Reader, just think of the joy as one sweeps past these encumbrances of the road, scythes happily rotating. Or, a more modern version. The James Bond idea of a tin opener type device appearing from my vehicle's door panel and calmly slicing the camper open, just like a sardine can. Quelle surprise! Of course, I could just train the dog to shoot out the tyres as we pass. That could be very satisfying too. The dog would probably get away with a diminished responsibility plea.

Oh well, we have just been advised to BE Kind. Dreams remain free.

Deb

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In praise of our Bush Walkway

Greetings Paparoa!

I have visited and stayed in town a number of times and each time I have enjoyed the walkway and been impressed by the amount of work that has gone into the construction and maintenance of the facilities.

I think that thanks and congratulations are due to past and present members on this wonderful asset for your town.

On my most recent walks, I particularly noticed the large numbers of vigorous youngish kauri and totara reaching to the sky. With the current concern about kauri die-back, it is heartening to see so many healthy trees on the hill that makes such an attractive background to town.

Best wishes and thanks again,
Mr Lindsay Best, Te Aroha.

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**An open letter of thanks from MCCT
 Dahlias for Dementia**

After a wonderful, tropical, inspirational and fabulous visual weekend of touring gardens and homes in Paparooa, Matakoho, Whakapirau, Marohemo and Maungaturoto, my pen just had to be put to paper.

This magnificent result - rain or no rain - would not have been achieved without the countless people who became involved from all the local communities. So many people behind the scenes - traffic controllers at farm gateways; security, hosts and information persons; tour registrars with pen, book and table; raffle ticket sellers; cooks, assistant cooks and waitresses provided food at various locations. Garden artists offered their wares at special prices, others helped put up tents, gardeners sold plants and homegrown produce, and don't forget the purple balloon blowers and those who hung them up plus the sponsors ready to assist where ever they could. But, most important of all were the property owners - passionate hosts who graciously allowed us to meander through their

homes and gardens. They must have been watering and praying for months.

All this making further contribution to the build of the Maungaturoto Dementia Unit. Thank you all.

This gathering of friends, relations and strangers was a great event for the district, discovering the amazing surprises behind frontages and fences. Friends from Langs Beach and Waipu were staggered to find such diverse range of homes, gardens and countryside on the other side of the Brynderwyns! The whole community contributed to the garden safari just by being there. (Perhaps more husbands next time so we can show them exactly what they could make for our gardens.) The occasion was definitely the WOW factor of the month, perhaps the year! Note: all donations are held in a special Dementia Unit Fund.

Well over a year ago Karen Smales sparked the idea and Marge Paton, Rae Roadley, Annie Pryde and Kimberly Sinclair soon joined her. Publicity and marketing was exceptional - the 'Fabulous Five' left no stone unturned.

Maungaturoto Residential Care Limited (MRCL) oversees the financial and maintenance decisions for:

- The 16 bed Maungaturoto Rest Home



- Riverview Village of 11 one-bedroom rental units and 14 'own your own' two-bedroom units
- Lease and upkeep of the Medical Centre operated by Coast to Coast Health
- Garden surrounds of the multi complex
- The future Dementia Unit.

Maungaturoto Community Charitable Trust (MCCT) makes the important legal and financial decisions for the whole complex. With tremendous help from the fundraising team of Albie Paton, Mike Smales and Bill Cullen we ensure the complex continues to run smoothly.

So, on behalf of all of us:

Craig Fergus (MCCT Chair), Jamie Ewen (MRCL Chair), Graham Slatter, Don McKay, Alison Robinson, Paula Mooney, Warren Butterworth, Nona Rogers and observer Dr Aaron Donald, sincere thanks to you all.

I will conclude with a quote from the book "Dementia" by Julie Andrews.

"A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."

Nona Rogers

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The Little Towns That Could \$44,000 raised from Garden and House Tour

The success of the Dahlias for Dementia Garden & House Tour 2020, held in Kaipara in late March, is a heart-warming story of 'the little towns that could'. The fundraiser - for a dementia unit in Maungaturoto to serve Kaipara district – involved nearly 20 garden and home owners from Maungaturoto, Paparoa and Matakoho.

When the organising team launched the project, little did they dream that the sale of more than 700 tickets would raise a whopping \$44,000 - but those dizzying numbers were achieved. Karen Smales, who dreamed up the idea while working in her garden, says the project captured the attention of people, organisations and businesses. People from



From left: Marge Paton, Kimberly Sinclair, Craig Fergus - chair of MCCT, Rae Roadley, and Annie Pryde

as far afield as London bought tickets, and locals hosted family and friends converging on Kaipara for the weekend-long event.

It's vital for small communities to attract outside funds - and the tour achieved that. Locals and visitors alike made financial donations, from thousands of dollars to saying 'keep the change' when buying the art, food, coffee, plants, fruit and vegetables on offer at various properties.

In the grounds of the Kauri Museum's iconic Totara House in Matakoho, artists from White Rock Gallery sold their donated work while ukelele group 'Unprediktable' played for the cause. Hundreds bought fundraiser lunches at Sevenoaks near Maungaturoto, while at Woodleigh, west of Matakoho, morning and afternoon teas were in hot demand. Volunteers managed

a steady flow of ticketholders across the district. It was a huge community effort.

Karen says a major challenge for the generous and hard-working hosts was keeping their gardens looking fabulous despite the long drought. "They all succeeded - and then some," she says. "Every garden was a showpiece and ticketholders were universal in their praise. The tour was a massive team effort by the wider community and the area was alive with people.

The garden and house tour was supported by Bayleys Real Estate Northland and Alzheimers Northland, plus many other businesses, some from as far away as Whangarei and Auckland. Community newspapers were also supportive.

The 14-bed Dementia Unit will be part of Riverview Resthome and Retirement Village which

is owned by the Maungaturoto Community Charitable Trust (MCCT). It will increase the number of dementia beds in Northland by about 10 percent.

For info contact: Karen Smales
09 431 6829
027 240 5687
karen.smales@farmside.co.nz

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Light & art - Ruawai Art Studio

Walking into the former church on the corner of State Highway 12 and Dunn Rd, Ruawai gives a "wow" moment for it is now an art studio. Vibrant paintings adorn the walls, enhanced by the light from the beautiful character windows.

Normally, on Wednesdays, 10am-2.30, local art lovers come here to work in the well-set-up space or to enjoy a convivial moments.

The group has been functioning for 10 years since the building, which had been derelict, was rejuvenated by then PD workers.

It is a very informal situation with help given but not tuition. Sometimes the group will together explore a different technique, such as using glad wrap to create a special effect, but mostly folk work individually.

Each year a well known artist is invited to teach a course. This year, planned for May 6 (but circumstances may change this), Elena Nikaelova will be demonstrating how to use gold leaf.

If you are interested in learning this technique contact Frances on 09 439 2554. Or simply visit some Wednesday morning. It's a very welcoming place.



Jeanette, Frances and Susanne in the Studio

OUT & ABOUT AROUND TOWN

Paparooa Twilight Fun Run Walk has been postponed until spring, but if you are feeling like some fun physical activity what about entering the **BB Backyard Brute Challenge** (see front page).

Enter the photo competition for photos taken at this year's Paparooa A&P show by April 30th (see details page 10).

Paparooa Lions Pioneer Luncheon 2020 cancelled. As with many other events this year, this is postponed til next March. Thanks for your

understanding.

The Hall's Autumn dance is postponed until spring. Keep an eye out for notices later on in the year.

Arty Farties' quote of the month:

"The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world."

Marching fun & camaraderie

Kaipara Marchers are a friendly, all-ages ladies' team who practice a routine every week with coach Lyn Hutchings from Ngunguru. Practice days are Wednesdays, 4pm at Maungaturoto Community Hall. You're invited to come and see what it's all about any time.



Back Row: Cecilia Chapman, Lyn Hutchings (coach), Theresa Ramirez, Jane Baird, Rachelle Davies (leader), Kathy Barrow, Barbara Lee, Janice Booth
Front Row: Corrina Thorburn, Carrie Addlington, Rose Plunkett

Marching is a great activity, it assists us with co-ordination, memory retention, camaraderie and is gentle exercise. On occasions during the year we join with other leisure marchers from various parts of the North Island, gathering together at different venues to participate in our non-competitive displays. Really great fun!

We are completely self-supporting through our own fundraising efforts, weekly subs of \$5 and some sponsorships. Recently our

team attended the annual Nationals in Christchurch, at Horncastle Arena. Approximately 80 teams from all over NZ gathered together to display their routines, all dressed in their uniforms. We had a great time with a celebratory evening after the event - 800 women, can you imagine that! Being the only team from this Northland area we put Kaipara on the map!

All enquiries most welcome - feel free to contact:

Lyn Hutchings 022 070 8674
or Jane Baird 027 271 4380.

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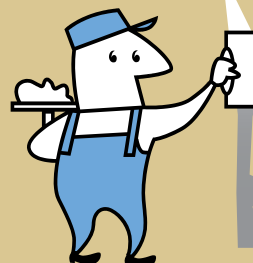
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WHAT'S ON - APRIL 2020

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Exhibitions - Textiles: 'The Perfect Accessory'
Ngā Taonga, Te Hononga Tāngata
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REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Anglican Church St Marks** 1st, 2nd & 4th Sunday 10am, Hook Road, Paparoa
Ararua Church 10.30am every Sunday. All welcome. ph Rose 431 6622
Art Studio, Ruawai Wed 10-12noon ph Rose 431 6622
Arty Farties Thur/Fri/Sun at the "Tilapia" cafe Sundays 10am to 2pm;
Badminton Thursdays 7pm Paparoa Sports Pavilion, \$3 adults ph Pete 431 6822
Exercise to Music Tue 10am-11am, Village Green Ph Graham 027 475 7418
Farmers' Market Every 2nd Wed, Village Green Ph Graham 027 475 4490
Grey Power Last Tuesday of month, Anglican Church Hall, Mgto
Kaipara Mar 4-5.30pm, Mgto, ph Rose Plunkett 431 7418
Line Dan 11am-noon Paparoa Hall ph Rose 431 7418
Mainly Mus 10am Paparoa Comm Church, Lynaire Porteous 4317 520
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 Sherryl Corbett 431 7127
Paparoa Community Church 10.30am every Sunday, 4 Hook Road 431 7106
Paparoa Garden Circle 2nd Wed of month Marg Bailey secretary. 09 280 9897
Paparoa Hall Functions venue ph Robyn 431 7306 or a/h Loraine 431 7290
Paparoa Library open Tues & Thurs 10am-4pm, Saturday 9.30-12noon
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 ph Jane 431 6148 paparoa@playcentre.org.nz
Paparoa Primary School Term 1 Jan 28 - April 9, Term 2 Apr 27- Jul 4. Ph 4317379
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 Mon 10am Sports Pav. Tina Ball 021 033 5128
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 Family tennis Tuesday evenings 6pm, ph Sue 431 6224, Pete 431 6822
White Rock Gallery Open at The Kauri Museum 7 days 10-4pm ph 021 0267 8241
Yoga Chair Yoga - Tuesdays & Fridays, 9.30am Paparoa Sports Pavilion
 Monday: 6pm Mgto Centennial Hall: Wednesday 5pm Matakahe Hall
 ph Jenny 021 114 3370

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

HOOK, LINE & SINKER

Fishing's cancelled!



When the fishing was still going great until the 27 March when the country went into lockdown.

There were snapper of a decent size and the limit of 10 was caught within an hour and a half the other week, and just a couple of minutes away from Pahi!

Paparoa Press CLASSIFIED ADVERTISING

Fresh homegrown veges & herbs usually at the Paparoa Market 9-12. Postponed until later!
 Paul Fluhler 021 431 645

Storage Available
 In Paparoa: Secure 20 foot Containers - contact Brian Plunkett 09 4317 418. Paparoa County Depot Trust

Plants/trees for sale
 Pohutukawa, totara, karaka, agaves and bromeliads. Spray free & all \$5 or under. Phone Diane 09 431 6221.

LOCAL TIDES for April 2020

APRIL TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	11.05	17.28	17th	13.12	07.08
2nd	12.18	18.41	18th	14.10	08.11
3rd	13.34	07.29	19th	14.57	09.00
4th	14.43	08.43	20th	15.37	09.40
5th	14.42	08.44	21st	16.13	10.15
6th	15.35	09.37	22nd	16.47	10.49
7th	16.24	10.25	23rd	17.19	11.20
8th	17.10	11.12	24th	17.31	11.52
9th	17.56	11.57	25th	18.23	12.24
10th	06.17	12.43	26th	18.57	12.58
11th	07.03	13.30	27th	07.17	13.35
12th	07.51	14.19	28th	07.59	14.18
13th	08.42	15.11	29th	08.50	15.10
14th	09.40	16.09	30th	09.50	16.12
15th	10.46	17.16			
16th	12.01	18.31			

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 Secretary Mark Pilkington09 431 7369
MAUNGATUROTO PHARMACY 09 431 8045
MAUNGATUROTO REST HOME 09 431 8696

- NKT RECYCLING** Huarau Road 10am - 2pm Tues-Sat..... 09 431 8304
OTAMATEA COMMUNITY SERVICES Community House 09 431 9080
PAPAROA LIBRARY Free Membership. ContactJas 022 678 1474
 Tuesday and Thursday 10am-4pm
 Saturday 9.30am-12midday
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)Graham Taylor.... 09 431 7209
PARENT PORT Inc. free help for families Linda 09 425 9357
PODIATRIST / FOOTCARE Jayne Short 022 542 0477
YOUTH & WHANAU FOCUS South Kaipara, Rose09 431 7418

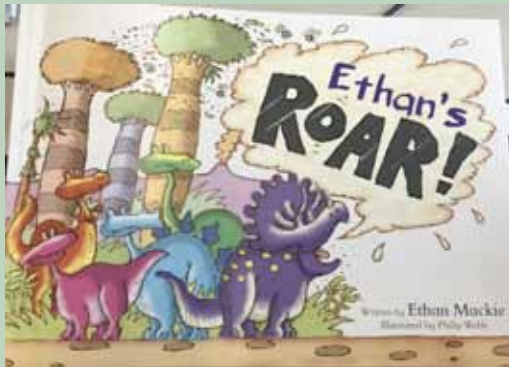
A great day out for all who came!

Paparoa Sport & Rec's Family Fun Sports Afternoon

The annual Paparoa Family Fun Sports afternoon at Paparoa Showgrounds on March 14th was a great success, with many families and helpers joining in. The various activities included the obstacle race, t ball, co-operative games, tug of war, egg throwing, and of course, the favourite lolly scramble just before prizegiving and bbq tea.



The teams had heaps of fun with older members helping younger ones and learning new skills. Pre-schoolers had water and goop to play with from Ready Steady Wriggle and the Paparoa Lions cooked hot chips to go with the bbq. Thanks to all the helpers and team leaders for the great effort.



Ethan's ROAR!

Ethan Mackie is another of our young New Zealand authors and has published this wonderful book called Ethan's ROAR!, illustrated by Philip Webb.

Ethan the Dinosaur had a very loud ROAR. It was always getting him into trouble with his friends. Could it get him out of trouble too??

Ethan is the great grandson of Joy Cowley, and wrote this book at age 8. It looks like we have a carry-on-scribe in the family. The cost of the book is \$20 and can be purchased, once life returns to normal in NZ, by phoning Matakohē School on 09 431 7139.

Your Community Library will re-open as soon as we're able.

Jas Futter, Librarian, Paparoa Community Library



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