



JULY 2021

## Progressive Paparoa Steps Up For Community's Future

Over the past two years there has been rumour/speculation that all was not right with wastewater from septic tanks entering the Paparoa Stream. This was proven when dye testing revealed that some systems were failing. Although issues such as this are normally a council responsibility, in this instance KDC did not have a plan to rectify the situation. Ultimately the Regional Council could ask that the offending properties cease any discharges.

PPI members realised the gravity of doing nothing and resolved to act. An application to Foundation North was successful and funds have been granted to undertake an initial community consultation and engagement process. This will start the ball rolling in what could lead to an environmentally acceptable solution and open the way for future growth and development.



Laurel Belworthy

Group chair, Graham Taylor said "this grant is a vote of confidence in a community that can get things done. By front footing it we can be ahead

of the game when the anticipated Three Waters reforms kick in".

The grant has allowed PPI to engage a respected consultant, Laurel Belworthy, to undertake this project. She will be contacting all sectors of the community to gather information and understand how everyone is affected. She will prepare a Roadmap identifying various

priorities and solutions. From that a Business Case will lead to a funding strategy for any agreed path forward. Laurel has commented "I am looking forward to getting to know you all, listening to your concerns and working with you to find positive solutions both individually and for the Paparoa community and its beautiful surrounding environment".

At all stages, the wishes of the community will be foremost. Kaipara Council elected members have been briefed on this project and are supportive. They recently confirmed an allocation of funds in the Long-Term Plan to support Paparoa wastewater solutions. It is critical for any future funding that KDC is on board. Council staff are also an integral part of the process.

This project will only prepare the way for a logical and acceptable outcome. It will not fund the nuts and bolts of infrastructure. However, it is a start, and the community can feel assured that something is being done for Paparoa's future.

Laurel will commence work in July with community meetings, one on one contact,

and questionnaires. Please make her welcome in our community. The work she is doing has major implications for the whole of Paparoa, not just individual



Drone shot of village - courtesy of Nicky Reid

property owners. Everyone who has the view that Paparoa is a community worth fighting for should be interested in this. The health of the environment is paramount as from this flows the community's health and wellbeing. Let's get behind Progressive Paparoa and Laurel for a successful outcome! This community led action will determine the best outcome for Paparoa and lead to tino rangatiratanga for our community.

PPI

## Locals feature in Kauri Museum Exhibition

The Kauri Museum's new exhibition Portraits of Our People has opened, featuring nearly over twenty portraits of local people. Members of the community were invited to make new portraits for the show, out of any media, and these have joined portraits from the museum. Over the coming months the Museum is encouraging further additions, through selfies added to its social media platforms, particularly with the Instagram #kaurimuseum.

**The exhibition runs until September 12.**



Norma Redward, "The Highway Nebula"



Laura Worrell, "Graeme Smith"



Janine Brougham, "4 In A Bar"

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## Museum Holiday Programme

### Portraits Of Our People - Paper Mache Workshops

Wed 14 & Wed 21 July 10am-2pm \$20 per student

Bookings essential 09 431 7417 admin@kaurimuseum.com

The Kauri Museum has a new show, featuring portraits of local people. Some of the portraits are sculpture, so this school holidays, we are running special sculpture workshops.



Join us at the Museum these holidays and learn how to design and make a head and shoulders bust out of paper mache. following the instructions of tutor Stephen Davies.

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## One Cool Mule!

Our local mule Paddy's Last Joke (Joker), James Lyon owner, has gone from a, "No way am I going to be caught " and "I'm certainly NOT going into that horse float" kinda guy, to a real pussy cat!

He has gone from strength to strength and become the Reserve Champion in competitions run by the Donkey & Mule Soc of NZ. That's 2nd in the whole country!  
Good on ya Joker- we are proud of you!



Thanks to Karen Stradford at Bending Tree Donkey Farm, Mangaturoto.

### Mule Facts:

A Mule is a cross between a Horse and a Donkey.

They cannot breed.

BUT they are the only animal to become extinct one day, but can be reproduced the next.

Their reputation for being stubborn stems from self preservation; you can push a horse until it dies from exhaustion-but a mule will stop until it is ready to carry on safely.

This is why they are used so successfully in endurance events.

They are superbly sure footed -again -the reason they are used for mountainous trekking.

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Shirley Warner-Summers

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### Northland District Health Board Elected member **Libby Jones - Youth Voices**

Boards that I have been involved in tend to have middle aged or older adults as board members, who while they may have time, experience and wisdom, only represent a limited age range.

This then limits our thinking and decision making. High school boards of trustees have a student trustee which is a great way to help the rest of us see things from a different viewpoint and to hear young people's views. While we were all young once, for some of us that was a wee while ago, and things have certainly changed for young people compared to how we grew up.

The Children's Commissioner is a great advocate for getting children's and young people's voices heard and has a number of dedicated youngish staff to seek these out. Young people can also go to the website and express their views on anything of importance to them.

www.occ.org.nz or email voices@occ.org.nz

Northland DHB made a decision a while ago to seek some youth input and we have commenced with a national

programme called A Seat At The Table which is giving four young people an opportunity to be board (not bored) observers for the next 12 months. I was lucky enough to be on the selection panel and was blown away by the calibre of the applicants and am delighted with the wonderful people we have selected from across Northland to provide us with a youth perspective. They will benefit from experiencing how a governance board works and they will have a mentor to assist them through the journey.

I wonder how we get the voices of our young people in our local area involved in our community decision making? Do young people read the Paparoa Press? If you are under 25 and are reading this, text or email me and let me know what is important to you for your health and wellbeing. Just a few words if that suits or a longer story if you would

prefer. I won't identify you personally to anyone else, but will use your thoughts in the decision making groups I am involved in. I look forward to hearing from you.

Mauri ora, Libby

Libby Jones  
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### Art Installations For Paparoa

As part of the Paparoa Connections group we are looking at how we can bring some more art, history and culture into the village and surrounds, including on the shared path that will link locations around Paparoa.

We are keen to add murals, sculptures and other artwork in a variety of places to tell some of the story of Paparoa and to give us a stronger Sense of our Place.

**Themes:**

- Inclusive representation of our sense of place
- Images of landscapes across the seasons
- Inclusive for all people to be connected to the area
- To harness connection to our environment, spark intrigue, curiosity, emotional response and kotahitanga (unity)

**Images:**

- Include different art styles and mediums
- Cultural representation of history of area
- Represent different seasons

- Harbour
- Bush
- Pastures
- Village

We are about to put out a brief asking artists to come forward with their ideas for the different spaces. If you are an artist or know someone who is, please contact paparoa.connections@gmail.com so we have contact details to be able to get in touch. We look forward to hearing from you.

Paparoa Connections

- Flora
- Birds
- River
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- Sky



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## Letters from The Old Post Office...

Hamlet: my least favourite play, or rather character. What a whinge-pot, whine, moan, whinge. Teenage angst. So busy wearing black, pulling the heavy tapestries over his room's oriel (window opening) playing heavy harp music, blaming everything on his mother, stabbing Polonius through the arras (wall hanging concealing an alcove, not a body part) and harassing his girlfriend into an early grave, that he takes FOREVER to avenge his father's murder.

Procastinator extraordinaire. He keeps putting it off, to being and not to being until most of his nearest and dearest have come to a sticky end (poisoned wine is quite sticky I believe). If he had only got on with it then things could have ended quite well. His mother would have had to look about for another husband, but three is quite a good number really. Plenty of variety, after all the first two were brothers. A bit samey, n'est ce pas?

However, the Hamlet digression was really just to emphasise my point. Procastination is often not particularly helpful, although dreadfully common. Think of that battle that was lost by some one or other, all because the smith hadn't replaced a nail in a horse's hoof. (refer to Richard III, Act V, scene 4. Shakespeare has a lot to answer for).

## The Fine Art Of Procrastination

And Dear Reader, I must confess that I suffer dreadfully from the procrastination malady myself. What is so important that it can not be put off for another day? (Well, rates, insurance, being nice to guests.....) Constantly playing catch up simply because I did not metaphorically put that nail in the horse's hoof when it was needed. And please, Dear Reader, before I am crucified on FB or any where else, this was simply a metaphor, in no way do I endorse the violent shoeing of horses, or anyone for that matter.

And so, having dillied and dallied. Chatted to a friend,

walked the dog, admired the view, sniffed a rose, had a glass of wine or two. I find myself working my socks off from dawn to dusk and later trying to cram all those things that I dallied over into one or two days rather than pacing them over the week. At least, unlike Hamlet, I haven't actively killed anyone. At least not to my knowledge. Although a visitor could slip on a mossy path and knock their head. Thank God I have personal indemnity. Or do I? Have the premiums been paid? I better check tomorrow. "I never put off till tomorrow what I can possibly do – the day after" Oscar Wilde

Deb



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## We've Moved!

White Rock Gallery have been busy moving out of the premises at Matakoho.

All the furniture etc will be stored in Ruawai until we can move into our new space. We had a great turnout of friends to help with the move and thanks go to the Paparooa Lions for their help with transport and muscle.



Look forward to seeing everyone when we are up and running again, hopefully early July.

White Rock Gallery  
Committee

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### Council Mark says – It's as easy as One, Two, Three, Four

I have long been advocating the benefits which not-for-profit community groups can contribute to making our communities better places to live. I provide the following information in case there are some among you thinking of taking such a step.

In preparing for a presentation to a recent meeting of environmental groups I dreamt up the following formula for success (well it was 4 in the morning so I might have been dreaming):

A + B + C + D = X, where A = Vision, B = Passion, C = a Plan, D = Funding and X = Results.

When forming my land care group Otamatea HarbourCare I literally did have a dream about a four lane highway with all lanes leading to the harbour – at least that's what the sign on the side of the truck said. It took

a bit of thinking and discussing with people to clarify this vision and what it meant.

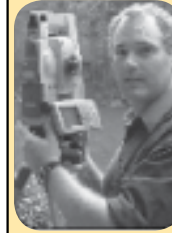
You have to have a passion if you want to turn your vision into reality. It may be a bit uncomfortable, but someone will need to take the first step. If you have the vision and the passion you will take that step. I gathered that having a plan would clarify my thinking. I couldn't find one for not-for-profits on line, so I adapted the BNZ business plan template. Filling in parts of it felt a bit like chewing sawdust, but it was worth the effort. It was a great help in achieving the fourth

part of the formula – getting funding so we could start the journey and turn the vision into reality – the X factor! Success breeds success, and a dose of persistence definitely helps.

If anyone wants to discuss this further, feel free to give me a call.

Mark Vincent  
Otamatea Ward Councillor  
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### Paparoa School News

Paparoa Primary School Board of Trustees has announced that the Principal, Simon Schuster, has resigned from his position and will leave at the end of this term. Simon has been appointed as Principal at Maungakaremea School which is closer to where

he and his family reside.

It has been a privilege for the school and the wider community to have worked alongside Simon as Principal. He has been hard working and committed to his role and he is sure to serve his new school well, just as he has done for Paparoa.

Simon's expertise has helped improve the schools academic results and he has led the school through the latest successful ERO review, which has placed the school in a great position to attract a suitable new Principal.

The Board has appointed Rosie Ellis, a very experienced principal, to the role of Interim Principal until term 3 2022.



The School Board will use this time to go through the appointments process as they are committed to finding the best person to be the new Principal.

Julie Harper

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## Planting Enhances The Lions Bush Walkway...

The plan to provide an 'avian corridor' for increasing bird life saw more than 1100 trees recently planted by Lions and Community Volunteers. This was along the Pahi Road end of the walkway between the main bush area and the bush around the mangroves area.

Planting along the waterway and ongoing pest and weed control are all part of extending Paparooa's special asset and ecological wilderness.

Most of the trees were laid out the day before so when everyone arrived, they could get straight into planting them.

By midday all the targeted area was completely covered in trees! Well done and 'thank

you' to all those people who came to help. 'Many hands make light work'.

Another day is planned soon to plant the remaining area which was also cleared of gorse and other weeds by Shane Powell a few weeks ago. That will require about 700 trees which are on-site, meaning that about two-thirds of the trees kindly donated by Kauri Park Nurseries (many thanks to them) will be in the ground.

A third day is being planned to plant another area involving children from surrounding schools as part of the EnviroSchools education programme.

Jim



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## Grow Paparooa Inc Whakatipu Paparooa

### Biochar Workshop at the Community Garden

Grow Paparooa is running a public Biochar Workshop this month. The Workshop, to be held at the Community Gardens at Paparooa on Saturday July 24 (9.30am-1.30pm), will be delivered by Alan Rockell from Kerikeri. Alan is very knowledgeable about soil health both at the farm level as well as for the home gardener, has worked for Environmental Fertilisers for a number of years, and has previously run an introduction session for the group at Grow Paparooa. Alan is a most interesting and entertaining teacher and will bring all that is needed to show us how Biochar can be made at home.

Biochar is a special type of charcoal made from wood, which is used to enrich soil. It is made by burning organic material in a controlled process called pyrolysis, and can be done on a small scale for the home garden.

The Workshop has been partly supported by Kai Ora Fund. The fund supports innovative projects that address food security, benefit the wider community and encourage employment and economic development in the region.

Attendance at the course is by Koha, but as there are strictly limited numbers, registration is essential. Morning tea and lunch will be provided to course participants.

Please bring your own drinking water.

In case of rain the workshop will be held on 25 July.

For further information and to register, contact Jan Dallas, Ph 021 431 724

Supported by Kaipara Landscaping Services, Organics, PGG Wrightson, Bulbs Direct, Salt River Nursery & Farm Source.

## I've been thinking ... Pity Parties

I'm wondering how many of you share my impatience with the Government's OTT tendency to apologise to all and sundry for past actions committed in the name of Her Majesty.

Now I don't defend such things as the Dawn Raids or Confiscation policies, or Colonisation. Of course they had some long reaching negative effects. I just think none of us are responsible for our ancestors' actions, or our ancestors' governments' actions, come to that. Let us acknowledge that mistakes were made. Let us resolve to avoid those mistakes in the future and then concentrate on the future. No pity parties to wallow in perceived injustice.

Look back in history and you can think of many times when groups were treated badly, victimised or killed. In NZ it was not only how the Maori were treated by the colonists. It was the way the Moriori were treated by Maori, how Ngapuhi treated te Arawa and Ngati Whatua, how Government dealt with Asian immigrants..... and so on. Consider the effects of the Highland clearances or the Corn Laws allied with the Irish famine. Await Government apologies for conscripting our ancestors to fight in European

wars. Need I go on? I suspect every one of us can claim some connection with at least one of these regrettable events.

Time to draw the line.

Now our Jacinda has a real talent for empathy. Her apologies are gracious. She is a real Queen of Pity Parties. A cynic might suggest that Pity Parties are huge vote getters. However I suggest that they are a two edged sword. Whilst they vindicate the sorrow and anger of the aggrieved, they put a burden of guilt on others. In that they are divisive and detrimental to all of society.

Time for our Pity Party Queen and the Government to move on and make the positive changes which would better the lives of present and future New Zealanders. Time to teach our young people to work for an exciting future, not to be paralysed by the past.

The electorate gave Labour a huge mandate for transformational change. They should use it.

RS

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## July Newsletter

Cheques are now a thing of the past. We all need to adjust to new ways of paying our bills; some can be paid in person or at the post shop, but this is not always convenient. If you are pulling your hair out over these changes, our Financial Mentors and a few savvy volunteers would love to help you! Come and learn how to use internet or phone banking and paying your bills online will become second nature in no time. Call us on 09 431 9080 to book in an appointment.

What's happening this July:

Fun & Games - Every Monday, 10am-12pm, Footprints Room, Anglican Church, Maungaturoto. Play board games or simply an outing for those wanting a chat and morning tea with others.

Shopping Trip - Tuesday 13th & Wednesday 28th, free to Whangarei, 9.30am from the Retirement Village Maungaturoto.

Community/Senior Lunch -Thursday 8th - Community Hall, Fagan Place, Mangawhai. From 12 o'clock

Chocolate Bingo - Wednesday 21st, 10am- 12pm, Footprints Room, Anglican Church, Maungaturoto.

For more information about these activities call us on 09 4319080 or reach out to us on social media.

Stay safe and take care of each other  
From all at the Community House

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## Pahi Wharf

We had no records of the date of the first Pahi Regatta to plan a possible centenary celebration. Jane Mander mentioned in one of her books that she had attended a regatta at Pahi, so the Committee used her recollections to set a date. We talked about what we would do if we had a bonanza from the gate takings and realised that a wharf was way out of our reach, couldn't be done.

However, word went round that the committee had the idea of building a wharf. There was huge enthusiasm so we gave ourselves one month to use the Regatta's name to investigate what would be needed to build a wharf.

One month later all had been explored. We had to apply for permission to build a wharf

from three different sources, Ministry of Marine, Ministry of Transport (that's not quite right but it's pretty close) and the local Council. We drew up a plan of the proposed wharf and we forwarded that to the first department in Wellington. We'd warned them so they made sure it went through as quickly as possible. We had asked them not to return the plans but to forward them straight on to the next department, which they did. This department too was warned of it coming, and asked to keep it at the top of the pile, which they also did. Before long we had approval from them and just needed approval from local council. They were well briefed on what we were planning, looked on our application favourably and things were given the all clear.

We had a very tight time frame to work in and we had previously optimistically felled the trees, milled the timber, stacked it to dry immediately in order to have it dry enough to absorb tanalising and be ready to put in the water before the centennial regatta day. When the final approval came the piles were all dried ready for treatment, and the timber for decking milled and tanalised.

Building started on time and we had seven different ways of putting the piles in the water - and all seven failed for

one reason or another. We located a long-reach digger up at Dargaville, which were quite new things, and the owners were skilled in doing river piling to stop erosion. So at a considerable expense we had the piles put in. Up until that point a small committee had been considered to be biting off a very big challenge, perhaps a pie in the sky idea, which probably had very little chance of succeeding.

When those piles went in the water people came from everywhere. The project which was on time just took off and went faster and faster. We had a little ceremony with our local MP Dr Lockwood Smith to drive in the last nail. I had visualised putting planks on late at night the night before the regatta, but no such thing, the wharf was finished in detail two weeks before regatta day, debt free. (We also wanted the history of Pahi recorded in book form in time for the Centennial Regatta Day but that is another story.) That was a fantastic effort of co-operation from people near and far and the result is what you see today, a wharf with a platform and the steps running down to the north or up harbour. We felt that we gave Pahi a pretty good lift along that weekend and were very satisfied with it. It was a wonderful weekend.

Kerry Bonham c 2021

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## Paparooa Library



Why not make some time for yourself on these cold winter days and curl up in front of the fire with a good book!

So pop the kettle on, make a nice cuppa, or even a mulled wine, and settle in.

If you haven't been in for a while, or even read a book for years, now is the perfect time to reacquaint yourself.



Hours - Tues & Thurs 11am - 4pm, Sat 10am - 1pm

Book returns - Skelton's Drapery

Contact Jas Futter, Library Manager 022 678 1474



## Big Changes At Zest!

My dear community,

Like the flutter of a fantail news is spreading that Zest Art & Espresso has been sold.

This is so!

I must say I am in absolute awe and gratitude of the support and love I have felt in the last 2 years as I have journeyed and been in service within the lovely space of "The Place to BE".

I am now finding that I am needing the time and space for my family and friends - but also, in truth, for myself.

It has been a magical time with the smells of coffee and food, appreciation, gatherings, laughter and tears.. Of being a dancing arena... with my fabulous barista and friend, Alejandra, who I can only honour with huge gratitude for her commitment and skills...

I would also like to thank each and every one of you who walked through the door - it has been an honour to meet you.

The new owners Shari and Terry are locals and I am very excited for them and their adventure with Zest...

The change over week is the 26th of July...

Ka Kite

Much love and Gratitude

Jel

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### Maungaturoto and Districts Rotary

Our Rotary Club is in the process of setting up a Satellite Club in Mangawhai with the Maungaturoto Club as the "Mother Club"

The immediate focus of the Club is the setting up of a sailing activity in the Mangawhai Estuary with the Satellite able to branch out into other areas of interest to the members. We are looking forward to the launching of the sailing activity, hopefully in September when daylight saving starts again.

We have a close association with Otamatea High School and we were fortunate in having the acting Principal, Dirk Smyth come and talk to us about the Duke of Edinburgh scheme and the personal growth that is attained by the participants. He also spoke about the William Pike challenge for year 7 and 8 students and Nyree Alcock answered questions in relation to this. Both of these courses connect with community while the students gain more confidence and resilience.

Many of us are aware of the enormous talent that is abundant in this community and we were spoken to recently by Rudy van der Pol. He spoke about his art- initially mixed media but more lately sculpture. He brought along several pieces of his work and they were truly amazing. He also spoke about the process involved, especially when working with copper. His website is definitely worth a visit.

In the past week we have had two Driver Mentoring students successful in attaining their Restricted licence. To run this program successfully we need to match car, student and Mentor availability. Thank you to our Mentors. We really appreciate your help and support.

Please feel free to call Eileen, 0211420357 if you would like to join us, help us out with our projects or have a message you would like to share with us.

Eileen Parsons

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## July Gardening Notes

If you haven't already done so, there is still of time to plant garlic. Although traditionally planted on the shortest day (21 June), any time from May till the end of July is fine. Garlic can be planted amongst your winter garden and requires very little space. Plant with brassicas, or amongst roses to deter aphids, apple trees for apple scab, peach trees for leaf curl, or with tomatoes to protect against red spider.

Garlic is easy to grow and you can store the mature corms in an airy place out of the sun and rain. Garlic grows best in friable soil in full sun and also in part shade with good air circulation. Dig in some compost and general fertiliser to form a 'crumbly' texture somewhere between clay and sand. The soil should make a lump when pressed but be easy to break down. This is important for garlic since it holds up to 15 times its normal moisture level, and to prevent soil erosion.

Use potting mix if planting in baskets and pots. Place the garlic cloves in a small hole, fill in with soil allowing the tip of the clove to just stick out of the soil surface and space 15 cm apart. Keep well weeded.

Harvest on the longest day or when leaves start to yellow and begin to dry off. Lift with a fork, being careful not to break the stalks, brush away any dirt, and hang in a dry airy place. Use any damaged corms/cloves first.

Over these cooler months continue with successive plantings of brassicas in well dug over soil rich in animal manure, compost and general fertiliser. Apply a good sprinkling of slug pellets at the time of planting. As the heads appear on broccoli and cauliflower keep them hidden from light by tying the tops of the outside leaves together with strips of elastic material - the heads soon expand and the cauliflower stays nice and white.

Roses will need a good prune. Keep secateurs sharp, and clean with white spritis. Firstly cut out any diseased and damaged branches, leaving strong branches and an open centre. Prune back remaining branches by 1/3rd, above an outside bud on a slant, without reaching the bud which forms this season's growth. Apply a smear of pruning paste over the cut to act as an antiseptic and to waterproof. Use a wire brush to remove any moss and loose bark away from the base of the rose bush which can harbour pests and diseases. Rake away fallen leaves from the garden and discard well away from the garden and compost heap. Spray pruned roses and surrounding ground with a mix of copperox and a garden spraying oil followed by a dressing of lime and rose fertiliser.

Lemons are now in plentiful supply, a good time to make up a batch of lemon honey.

To clean the microwave squeeze the juice of a lemon into a bowl of water, heat on high for 5 minutes, then stand for 5 minutes. Wipe the inside and the microwave should be clean.

JR



## Science Corner

### Mantis Shrimps

#### ...that pack a mighty punch

**Where did they come from?** In 2009 local fishermen found these unusual species in their nets. Japanese mantis shrimps live in the Kaipara and Hokianga Harbours and it is thought that they arrived in ballast water from foreign ships from either Sydney or the north western Pacific. They may have been here for quite a long time but have taken time to multiply to sufficient numbers to be seen.

**What are they like?** They look like our native shrimp but have red/maroon ridges running the length of the body and the outer surface of the tail fan is blue and yellow, while the native shrimp has a grey and yellow tail. They can grow to 185mm long and burrow into the sand/mud.

They have 2 spiny claws to catch food and adult mantis shrimps can pack a mighty punch with them. Hard enough to match the force of a 2.2 calibre bullet and fast enough to split water. (NZ Listener May 15 2021). They can use this weapon from just 9 days old when they start feeding.

**What do they eat?** They prey on shrimps, crabs and other soft-shelled snails

**How do they breed?** Females can brood up to 50,000 eggs and remain in burrows while caring for the embryos, while the larval stages last about 2 months with several changes occurring.

**Why are they a problem?** They may compete for food with other crustaceans and their burrowing can change the habitat for other creatures.

**What can you do to prevent them from spreading?** Make sure you clean your boat hull and marine equipment thoroughly before travelling to a new marine area.

**Destroy any shrimps caught immediately.** (NRC instructions) And beware as they can cause a nasty injury!



Stella



## Progressive Paparoa Inc AGM

Wed 18th August  
7:30 pm

Paparoa Memorial Hall

All welcome

Secretary  
Vicky Hilton

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## Local Talent

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## Proactive Mindfulness Triangle

How to turn your reaction into pro-action.

Ever reacted to something that someone said or did? Maybe it was even a little thing? Did you wish you'd handled it better but at the time you felt so out of control that you felt it impossible to do anything else?

You're not alone, much of the time our actions arise from past experiences, what we've been told and learned from others, and we react automatically based on these conditionings.

People who are able to be proactive in their approach to people and situations are able to hit an internal "pause



doesn't matter how often it happens or even how long you stay distracted, what matters is that you NOTICE (bottom left of the triangle) with loving kindness that you got distracted.

button" which gives them space to think more clearly, tap into compassion for themselves and the other person and make better decisions, cool huh?

"It's okay, I'm not distracted any more", and then return to Focus. Again, you'll get distracted and so the process continues.

Here is a very simple 3 phase way to develop this focus, concentration and compassion called the Mindfulness Triangle:

It's like exercise for the mind. And like going to the gym, you don't go to the gym to get good at lifting weights you do it to look good, have strength and be fit. Same with this exercise, it's not about getting good at it it's about strengthening the muscle to hit the "pause button" when life gets tough so you can handle those challenges from a place of proactive calm and flow.

It starts at the top with FOCUS – pick one thing to focus on, could be your breath moving through your nostrils, the weight of your feet on the floor, the feel of the paper beneath your fingers... pick just ONE thing and stick with it, this will be your connection point or "anchor" to the here and now, just keep your attention on this anchor with gentleness and purpose.

Give it a try for 5 mins and see how you go, done on a regular basis this also aids our ability to heal, and create change in our lives effortlessly.

...And I guarantee within a moment you'll GET DISTRACTED (bottom right of the triangle) by a thought, emotion or sensation- you'll lose connection with your anchor; this is normal which is why it's in the triangle, it

For a free master-class on 14th July which covers the benefits of mindfulness, how to use the triangle and Q&A, register here: [www.selfnurture.org/mindfulness-triangle](http://www.selfnurture.org/mindfulness-triangle)

In bliss,  
Carrie Marie

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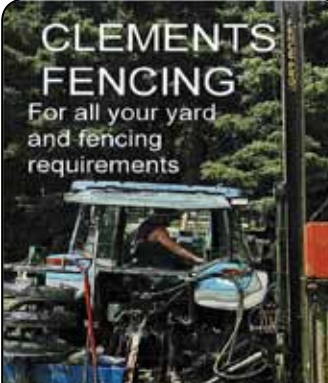
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## Fresh From the Henhouse

I've been asked recently 'Why have my chicken's stop laying eggs?' It is a common complaint of backyard chicken owners especially at this time of year. The shortening of daylight hours triggers something in a chicken's little brain that tells them to have a rest. And as we have just past the shortest day those triggers have been pressed. The decreased daylight also tells the chickens to go into a natural moult. This means that the chickens will loose and replace their feathers, and recharge the colour in their legs and combs. Then a gland behind the chicken's eyes responds to the lengthening daylight hours and increased sunlight and produces a certain type of hormone that cues the chicken's body into laying again. To get around this, chicken farmers will often have lights in their hen houses which give the chickens about 16 hours of light each day and this is enough to keep the girls laying. Other things that cause chickens to stop laying include, age, the girls are just getting old or they could be stressed, from untamed dogs, over-excitable children or predators. Suffering from mites or lice or being too fat can also cause a chicken to stop laying at this time of year. In the summer months it can be too hot or if they do not have access to enough water they may stop. Then you have the girls who go broody, meaning they desire to become mamas and hatch chicks.



So if your girls are not laying, don't despair, they will get back into the swing of things soon and while they are on holiday order our yummy free range eggs at familyfarm.co.nz because we've kept the lights on.

Stay warm this winter and eat eggs to keep you going longer in this cold weather.

Rebecca

## Pets in the Valley



I know sheep are not really classed as pets but I have seen haemonchus causing chaos in some small flock lately so I thought they could be my pets for the month.

Haemonchus contortus is a gastrointestinal worm, also known as Barber's pole worm, that lives in the abomasum of ruminants and camelids. When present in large numbers it can kill animals by sucking large amounts of blood and plasma leading to anaemia, hypoproteinaemia, appetite suppression and ultimately weight loss and death.

Unlike many other worms there is usually no diarrhea or 'dirty backsides' to give you a clue as to the severity of the problem. With their fleeces on sheep can hide weight loss well so often weak animals, or dead animals are the first sign that something is wrong.

Warm, wet weather after a long dry summer seems to be the perfect scenario to maximize worm numbers on the pasture - which is exactly what we have had this year.

There is no room here to go into detail of worm management but basically it is very easy to do faecal egg counts and see if your animals have a problem and /or worm them with an appropriate drench. You can also check the colour of the conjunctiva in their eyes or gums, normally they are a healthy pink colour but they become very pale and white with haemonchus.

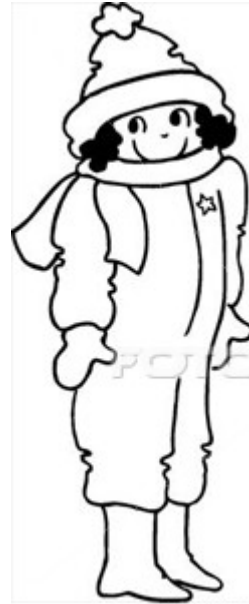
Homeopathic remedies do not kill haemonchus. Sick animals will require quality feed and nursing to recover from high burdens. Prevention is the key.

Enjoy our lovely mud!

Janine

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**OUT & ABOUT AROUND TOWN**

**Paparooa's Farmers' market** happens every Saturday morning, 9am- 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, olive oil, fish, preserves, live music and so much more. A great place to

catch up with friends or make new ones.

**Flax Weaving At Shop & Brew** on Sundays. Bring some flax and learn under Naadi's tuition. Feel free to come in and try it out.



**Please remember to scan in when visiting local businesses.** The

past year has proven how important it is to know where you've been. You can also track your own movements by logging into Google Maps, tapping on your personal icon at the top, then tap on "Your Timeline". You can then tap the arrow next to "Today" to select a date.

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**Toby Or Not To Be**

Kev's Shed was the place to be on a chilly mid-winter Friday night as the amazing storyteller, Tanya Batt, enthralled the crowd with traditional tales and song. She soared and dived as we travelled with her around the world, ancient and new, with stories centred around death and immortality.

The underlying thread that bound these tales together gave us all a chance to ponder life, our unavoidable demise, and our relationships with both.

Inspired by conversations with her neighbour's four year old son, the evening also let us think about how we explain death to the very young. They have many questions and maybe we should give them more credit and give them more honest answers.

Accompanied by Peter Forster on guitar, cello, accordion and woodwind this was a night of pure magic.



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**Ngā Taonga, Te Hononga Tāngata** - The treasures that bring our people together  
**Portraits of Our People Exhibition** - Free entry.  
**School Holiday Programme** - Paper Mache Workshops, July 14 and 21, See p2  
**The North Kaipara Agricultural Association** - (A&P) AGM will b Thursday 8th of July at 6pm at the Sports Pavillion. A soup and bread supper will be provided. All welcome

**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  
**Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 431 6822  
**Exercise to Music** Tue 10.30am Paparoa Hall \$5 Ph Rose 431 7418  
**Farmers' Market** Every Saturday 9-Noon, Village Green, Graham 027 475 4490  
**Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Maungatūroto  
**Grow Paparoa** Thur/Fri/Sun 10am to 2pm at the Community Gardens  
**Kaipara Marching Team** Weds 4-5.30pm, M'gto, Ph Rose Plunkett 431 7418  
**Line Dancing** Thurs 10am-noon Paparoa Hall Ph Rose 431 7418  
**Mainly Music** Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520  
**Matakohe Garden Circle** 1st Weds each month, 1pm, J Mackinnon 431 6689.  
**Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm  
**Maungatūroto and Districts Rotary Club** Maungatūroto Centennial Hall, Tuesday evenings 6pm, Ph Stella 021 149 0877  
**Otamatea Quilters** 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262  
**Outdoor Bowls** Maungaturoto Green Ph Tony 431 6026 or Brian 431 6884  
**Pahi Hall** available for hire Ph Tina 431 7411  
**Paparoa Community Church** 10.30am every Sunday, 4 Hook Road 431 7106  
**Paparoa Garden Circle** 2nd Wed of month. Contact Raylee Over 431 6880  
**Paparoa Hall** Functions venue Ph Robyn 431 7306 or a/h Loraine 431 7290  
**Paparoa Library** Tues & Thurs 11am - 4pm, Saturday 10am - 1pm  
 Manager Jas Futter 022 678 1474. Returns Box at Skeltons  
**Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion  
**Paparoa Playcentre** Tuesday and Thursday 10am-1pm Visitors Welcome  
 Ph Kirstin 431 7373 txt 021 525 425 or Jane 431 6148 paparoa@playcentre.org.nz  
**Paparoa Primary School** Term 2 May 3 - July 9, Term 3 July 26 - Oct 1. 4317379  
**Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330  
**Paparoa Volunteer Rural Fire Force (VRFF)** 1st and 3rd Monday of the month 6.30pm Depot Rd ph Ken Ogilvie 021 129 4042  
**Plunket Ready Steady Wriggle** Mon 10am Sports Pav. Tina Ball 021 033 5128  
**Selwyn Centre** Thurs 9.45am for over 65's, St Marks, Hook Rd, Ph Sue 431 6224  
**Sports Pavilion** Functions Venue Bookings ph Jane Bailey 431 6148  
**St Mary's Catholic Church** 10am Wed, 4pm Sunday, Maungaturoto  
**Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822  
**Tennis** Mondays 9.30am, 6pm Tuesdays Ph Sue 431 6224, or Pete 431 6822  
**Yoga** Monday 6pm Maungaturoto Hall, Tuesday 9.30am Chair Yoga Paparoa Sports Pavilion, Tuesday 4.15-5.15pm, and 5.30pm Matakohe Hall. Ph 0211143370

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**LOCAL TIDES for July 2021**

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	9.54	16.21	17th	10.03	16.27
2nd	10.48	17.14	18th	11.00	17.27
3rd	11.40	18.12	19th	12.01	18.34
4th	12.36	6.23	20th	13.07	7.03
5th	13.32	7.27	21st	14.13	8.09
6th	14.25	8.19	22nd	15.15	9.13
7th	15.13	9.09	23rd	16.10	10.13
8th	15.57	9.54	24th	17.01	11.07
9th	16.37	10.37	25th	17.48	11.57
10th	17.15	11.18	26th	6.17	12.43
11th	17.52	11.58	27th	7.01	13.27
12th	18.30	12.37	28th	7.45	14.09
13th	6.58	13.17	29th	8.27	14.50
14th	7.40	13.59	30th	9.09	15.33
15th	8.24	14.44	31st	9.54	16.20
16th	9.11	15.32			

**Community Directory**

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

**COAST TO COAST HEALTH CARE**

Maungaturoto Medical Centre: 8am-5pm Mon-Fri .... 09 431 8576  
 Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222  
 For urgent after hours medical service (Wellsford)..... 09 423 8086

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

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

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

**KAIPARA PHYSIOTHERAPY** Lyndsay Bargh/Lynne Rhodes...09 4391656

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

**LIONS CLUB PAPAROA** President Alistair Banks ..... 09 431 9167

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

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

**NKT RECYCLING** Huarau Road 10am - 2pm Tues-Fri..... 09 431 8304

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

**PAPAROA LIBRARY** Free Membership. Contact .....Jas 022 678 1474  
 Tuesday and Thursday 11am-4pm  
 Saturday 10am - 1pm

**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, Rose .....09 431 7418

## Whangārei Fringe Festival

Registrations are now open for the second Whangārei Fringe Festival, and Northland's artists, performers and creatives are being encouraged to bring their weird and wonderful events to the party.



The festival, which will run from October 1 to October 17, provides a platform for Te Taitokerau's arts community to present topical, original events, and for local audiences to discover new work from Northland and around the country.

This year's theme is "Let's get weird". It reflects that like

Fringe festivals around the world, Whangārei Fringe Festival is open to quirky and experimental works from all disciplines: theatre, circus, art, comedy, digital technology, music, poetry, cabaret, fashion, drag and more. Registrations for the open-access festival close on Sunday 1 August, or earlier if the 100-registration limit is reached. Events can be small or large in scale, and by professional or emerging creatives.

"Fringe will liven up the city even more this year, so make sure you're part of it!"

For further details, please contact:

Mary de Ruyter, 022 312-6619 / [media@whangareifringe.co.nz](mailto:media@whangareifringe.co.nz)

Laurel Devenie, 027 419-9966 / [laurel@whangareifringe.co.nz](mailto:laurel@whangareifringe.co.nz)



## 5 Questions for Margie Baker, Multitasker

**How long have you lived in the area?** I moved to Taipuha nine years ago but I grew up on a dairy farm in Runciman, South Auckland

**What brought you to the area?** The need for some peace and quiet and to escape the hell that Matakana had become. I visited Paparooa Farmers Market one foggy Saturday and was sold on the area.

**What do you do here?** I drive a school bus, teach sustainability and composting in schools for Sustainable Kaipara. and edit the Paparooa Press (for my sins!) plus a few other odd jobs. I'm also a driver mentor.

**What do you like about the area?** The friends I have made over the years- I've met some very wise and creative women. There's also a genuine sense of community which I hope we never lose.

**What things would you like to see happen here?** Fibre out to our rural areas- I'd say connectivity is third world but I honestly think it's worse than that. Drivers slowing down for stopped school buses. It's pretty unnerving picking them up and dropping them off with vehicles flying past at 100.



PP

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