



JUNE 2020

Massive progress at Twin Streams

Being in lockdown for four weeks during perfect construction weather was frustrating for both Hubands Construction Ltd and for the trustees of Paparoa Community Charitable Trust. The site was shut for all of Level 4 with all appropriate environmental protection measures in place in case of any adverse weather events during that time.



Trust members are thrilled with the progress of works at Twin Streams -Wai Rua

Once work recommenced under Level 3 conditions with strict Health and Safety guidelines, Hubands have made great progress. Much of the work has involved stormwater containment and mitigation works. The order-of-the-day has been for 'decants, counterfort drains, rip-rap, sumps, silt traps and detention ponds'. However, once the entire works are complete, only the above ground structures will be evident. A fully landscaped and planted feature will complement the broad sweep of the new roadway.

Because of continuing dry weather, Northland Regional Council extended the earthworks consent until the end of May. This could be extended further to allow work to continue - albeit weather dependent. The roadways are

being prepared for stabilisation and for bringing up to grade. The plan for the next period is for the undergrounding of the overhead power line and the installation of ducting for electricity and fibre connections to each lot.

The trustees are confident that in spite of the four week closure, work has progressed well and the original targets of completion will only be slightly delayed. This means that by next summer we could well see new dwellings erected in Twin Streams- Wai Oranga Rua.

For further information contact the Trust's sales agents:

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You did us proud! Paparoa's Store & g.a.s.

The Paparoa Store and g.a.s. Paparoa were, for many weeks, the only businesses in town able to operate under lockdown.

Thank you so much, to Luna, Carolyn, Sharon, and the boys from g.a.s. (and anyone else un-named) for keeping Paparoa fed and safe. At times you had to endure some unfortunately, ugly human behaviour (from some stressed out people shouting, or being rude or complaining about things being unavailable, through to dealing with the 'narks'). All this added to the pressure of running a shop under Level 4 requirements which included keeping to strict customer numbers.

When a shop has a very small staff, like the Paparoa Store, these extra pressures made some days very stressful. As customers we might visit and feel stressed momentarily, but we could leave and go about our daily lives. While most of us had to stay at home, these people were still working every day - and they still are! Will they get a 5 week paid vacation? No, but they definitely deserve it. A big round of applause (and a pay rise?) to you all!

Please continue to shop local and show your support for our amazing community, and businesses.



Market bounces back

Paparoa's long running Farmers Market bounced back into life with a record crowd after six weeks of Covid 19 restrictions. The first market in Level 2 saw over 200 people visit the market from 9am-midday. This figure is verified as visitors were required to list their names and contact details. The combination of continuing fine weather and the chance to get out and about pleased both visitors and stall holders. Many stalls had record sales with some running out of goods to sell. The Vincent Family accompanied by Neil Parker provided toe-tapping entertainment.



The Market is continuing to grow with new stalls popping up all the time. The Market's owner, Progressive Paparoa Inc (PPI) is currently conducting a survey of current stall holders and weekly visitors to gauge impressions and get feedback on the strengths and weaknesses of the market. If you have ideas that could contribute positively please contact Vicky on 027 492 9235. Currently there is a lack in offerings of bread, cheeses, specialty meats and further suppliers of fruits and vegetables. If you know of any likely suppliers, please contact Graham Taylor, Market Manager 027 475 4490.

Meanwhile, remember the market is on every Saturday rain or shine. It's a great place to purchase quality local produce whilst enjoying a catch up with friends.

Paparooa Press PP

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

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15th of month

Publication date 1st of month



Council Mark says ... Ni Hao

No, it's not because the virus was first discovered in China, but because of a fabled saying that the mandarin word for 'crisis' consists of two characters, one denoting danger, the other - opportunity.

I agree with that sentiment but Google informed me that while that interpretation may have suited John F Kennedy back in 1959, the actual meaning is more nuanced, and only helps us so far. Albert Einstein takes us further down the road: "In the midst of every crisis lies great opportunity". Albert may not have encountered Covid 19 but he did know an awful lot more than the theory of relativity.

Our future is very uncertain at present, and there are bound to be winners and losers - not necessarily as a result of any particular ability other than being able to recognise an opportunity when it presents itself, and being prepared to change. Charles Darwin (another old dead guy) once wisely said: "It is not the strongest of the species that survives, nor the

most intelligent that survives. It is the one that is the most adaptable to change." Think about that.

It is a good time to talk about the world we want for the future. If we give words to the vision it should help to bring about the actions which will make it a reality. Hopefully by now many of you will be aware of the **spatial planning** exercises which the council has been leading in previous months. These are the building blocks for our new district plan which is one of the main tools for guiding the shape of our district over the next 10

years. I hope you have made the most of the opportunity to contribute at this less formal stage of the process.

In my opinion, the current situation has challenged many assumptions about our rate of change and what we aspire to as a community. Think about what is good that we should keep doing as a community, what we should stop doing, and what we should start doing, and share these thoughts with others. And the one rule is: be positive. Kia kaha.

Mark Vincent

Otamatea Ward Councillor
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From The Press office

The Paparooa Press is now in it's new home, lovingly tucked under Robyn Skelton's house in the 'Press Cave'. This is a dedicated space for the team to get to work each month on rolling out the Press. And what a team we have! New volunteers have emerged, bursting with fresh ideas, and we are hoping this will take a lot of pressure off our beloved Chief Editor Sally.



To those who have put in so much hard work over the years and made the decision to step away, we thank you for all the unseen time and effort you put in to making this little paper a fantastic read, month after month.

And for the people who want to be involved but haven't got in touch; YES we still want to hear from you! We are always looking for story suggestions, photos of what locals have been up to, historical memories of the area. Really anything you think might be interesting to the general public of Paparooa is welcome to have a space in the Press.

Drop a line to us, now we have the 'Press Cave' - you could even slide it under the door. Thanks in advance for the support, we look forward to bringing the Press to the people for as long as possible! PP

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!

Paparoa Library



The Library will remain on reduced hours until further notice. Hopefully we are looking at being fully back to normal by mid June. Hours will be posted on our library Facebook page plus local pages.

In the meantime can we please get all our books returned to the library as the shelves are looking rather empty. Any books being returned will not incur any penalties until June 30th

Entering the Library under Level 2 restrictions:

1. If you are unwell please do not use the library
2. Three (3) people excluding the librarians in the library at any one time. For more than three (3) people you will need to wait in your car to be called in.
3. Please sanitize your hands on arrival and before you exit the library.
4. Please provide your details to the librarian for the contact/tracing register - this is a government requirement.
5. Please remember to practice your social distancing while in the library.

It's about staying safe and well - for both the public and your volunteer librarians.

Thanks
Jas Futter Library Manager
022 678 1474

Town Centre Zoom Meeting

The past couple of months have been unprecedented and challenging in ways we could never have expected. But here we are in Level 2 with Covid-19 seemingly under control and an economy spluttering back to life.

In our small towns, the main street businesses collectively make up the heart of our communities. The Covid-19 crisis has put these businesses at risk. We want to work with you to understand your needs and to ensure that you get all the support that is available, from every source. Your business recovery matters to all of us.

The Kaipara Mayor's Taskforce for Economic Support and Recovery (www.kaipara.govt.nz/taskforce) has been hosting a series of meetings with local town centre businesses on the online meeting platform Zoom. We had our first in Paparoa on 12 May. The attendance was small but focussed and represented you well.

From Council, we had the Mayor, myself and Mark Vincent (who doubles as a local in this case) and we heard about some of your experiences as a town centre business during the Covid 19 lockdown and what actions might assist with recovery.

In particular, we were asked to check up on the status of the Paparoa Community Charitable Trust subdivision to make sure there would be no impediments to this progress. I expect an update on this next week and will pass that on when it arrives.

We were also asked for an update on the septic system situation. Again, I expect an update soon and will pass on

that information once I receive it.

Finally, attendees felt it would be helpful to source regular updates on job losses so we can see what the effects are as we progress. I have been in contact with MSD to ask for these figures and again, I will pass on information as I receive it.

Prior to the meeting we had asked businesses to complete a short survey. Not many had done so prior to the meeting so we have left the survey open for further input. You can find it here.

<https://www.surveymonkey.com/r/S7QJYLY>

The intention is to continue to host these sessions for as long as they are useful. We envisage this being a way to connect you with agencies who can do more to support and inform you. But how this unfolds will



be entirely guided by you and what your community wants.

In the meantime, please don't hesitate to contact me with any concerns or queries that you might have.

Nga mihi
Anna Curnow
Deputy Mayor and Otamatea
Ward Councillor
021 667 124
acurnow@kaipara.govt.nz

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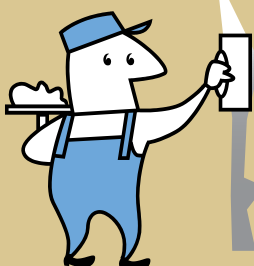
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WE ARE OPEN!

The Kauri Museum opened again to the public on Thursday 14 May.



The perspex safety screen set up at the shop counter

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As the largest undercover attraction in Northland there is plenty of space to visit the museum safely in your bubble as you explore the kauri story. We take the safety of our visitors and staff seriously and will be following government health and safety guidelines by recording contact details for contact tracing upon entry to the Museum. Hand sanitiser stations are located throughout the museum and we have set up a rigorous cleaning regime for public spaces.

The COVID 19 Lock down period has seen The Kauri Museum closed for 7 weeks, the longest closure in the 58 years since the Museum was first opened in 1962. As a self-funded charity we rely entirely on admissions revenue and sales in our retail store for our operational budget. Recovery from this pandemic will be slow for rural businesses like ours but we are optimistic for the opportunities ahead to strengthen our community partnerships locally and nationally.

General Manager Dr Tracey Wedge commented, 'We are a museum which puts our collections and our community at the heart of our thinking. Our collections and the stories we tell give a truly unique Kiwi perspective of who we are, where we have come from and where we are going.

See our website www.kaurimuseum.com for more information on visiting the museum and upcoming events. There is so much to see and do and our friendly staff are ready to welcome you back. Enquires can be made by phone on 09 431 7417 or email info@kaurimuseum.com.

Finally, if you have been feeling things were tough in lockdown, spare a thought for the Albertlanders who had it much tougher in 1862. Mavis Smith and Paul Campbell, in 'Child of the Kauri,' described the challenge for those pioneers who came to the district: "Provisions brought to Matakoho would only have been essentials - flour, sugar, salt, tea, soap, candles, matches, rolled oats, and a wide variety of seed for a garden, a very urgent requirement. Bags and sacks became very valuable items. Flour sacks, salt bags and rolled-oat bags were often made into underclothes and used for dishcloths and tea towels. Sugar sacks became oven cloths, curtains, floor mat, room dividers and even rain coats."

These hardships resulted in a resourcefulness and adaptability that continues in our community today - and this lockdown enables us to reengage our No.8 wire capabilities.

Kia kaha everyone!

COVID-19 ALERT LEVEL 2

These are the most important things that you can do:

- COVID-19 is still out there. Play it safe.
- Keep your distance from other people in public.
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow, regularly disinfect surfaces.
- Keep a track of where you've been and who you've seen.
- If you're sick, stay home. Don't go to work or school. Don't socialise.
- If you have symptoms of cold or flu call your doctor or Healthline and get tested.
- If you have been told to self-isolate you must do so immediately.



Northland District Health Board

Libby Jones - Covid-19

What a relief to be in Level 2! More that we have done well enough as a country and that it's possible to get out of our bubbles, than a desperate desire to get back to meetings, crowded roads and the rushing that occurred in our lives pre COVID-19.

In a space of weeks the health system has made some changes to ways of working which we all thought would have taken years, given inertia, resistance to change and technological limitations. It is important now, as we return to a 'new normal', for health services not to lose the gains that have been made over the last two months. These include more use of virtual ways of working for consultations and communications, less travel and greater working together between primary care and secondary care.

Many patients have enjoyed the opportunity for such virtual consultations and check-ups, saving them travel and giving them the chance to have other family members included in the appointment. Those who had surgery or their clinic appointments cancelled or delayed are understandably very disappointed. NDHB obviously has a lot of surgery and outpatient appointments to catch up on and they will be working hard to alleviate this as quickly as possible.

In Northland, up until mid-May we had performed over 8000 tests for COVID-19. Of those there were 28 confirmed cases, which had all thankfully

recovered. There had been no positive results since 24 April. Check the NDHB website for up-to-date information about Northland.

Levels of anxiety, worry or depression have increased and so we need to continue to be kind to one another. We don't know what is going on for others, and, also importantly be kind to ourselves. We don't want to lose the positives we made either during this time.

I have never seen so much information come my way than over the last few weeks about tips and strategies for improving resilience, vitality and overall wellbeing. In a nutshell it is to:

- take the time to connect with others,
- do things we enjoy,
- spend time in nature,
- focus on things you can control and
- practice gratitude.

This may seem pretty straightforward stuff, but research tells us that they, along with good sleep, nutrition and exercise make the world of difference.

These things we can control.

Stay well, Libby Jones
hames.jones@xtra.co.nz
021 208 0093

Kaipara Yoga returns

Classes will have already started by time of print, but there is always space for new people. Perhaps after all this 'inside time' you feel a call to come and check us out - please do! We are a lovely friendly bunch - non-judgemental and supportive, for all body types, genders and religions! Yoga is simply 'Mindful Movement' - (I know the word 'yoga' can be off-putting to some).

TIMETABLE

Monday 6pm

Maungaturoto, View St Centennial Hall

Tuesday 10-11am

Chair Yoga
Paparoa Sports Pavilion

Tuesday 5pm-6,

Matakohe War Memorial Hall, next to Kauri Museum

Thursday 10-11am

Maungaturoto, Centennial Hall.

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Kaipara Kai - Thursday 4 June 7pm

Free online talk on productive land use hosted by KDC

The speaker is Tim Morris of Coriolis, who completed an investigation on how to make best use of fertile Kaipara land. Some of the key results he will discuss include: new crop types, animals and aquaculture opportunities within the Kaipara District (focusing on those that are suitable for a changing climate), and commercial and financial analysis for local landowners.

This study is part of the **Kaipara Kai project**, one of four Kaipara Kickstart projects funded by the Provincial Growth Fund to stimulate economic growth in the Kaipara. Its manager, Diane Miller, says the research has generated interest that extends beyond the district.

"We're delighted to make this rich information freely available to anyone who wants it. Although the research was done in Kaipara, people in other districts will also find it interesting," says Ms Miller.

Mayor of Kaipara District, Dr Jason Smith, says the Kaipara Kai project is a game changer.

"There are immense opportunities for people in Kaipara to draw greater value from their land use. Some of our soils are of the most fertile in northern New Zealand and we could potentially become a food-bowl for Auckland and

beyond. Transforming our land use can help our local economy rise strong," says Mayor Smith. You are invited to submit questions ahead of the talk. Email questions to media@kaipara.govt.nz. Find the full feasibility study on the KDC website via kaipara.govt.nz/kickstart/kai-for-kaipara

How to attend the online talk

The talk will be live-streamed on the Kaipara District Council Facebook page. Anyone can attend. You do not need a Facebook account to view the video. Go to facebook.com/watch/KaiparaDistrictCouncil/sarting 7pm on 4 June. The live video stream will appear a few minutes before 7pm. It will also be recorded and available to view on the Council YouTube channel at a later date.

Contact Ruby Mitchell
rmitchell@kaipara.govt.nz
09 4399 294

Borger family excel at A&P



The Borger Family - Andy (far left), Miriam, Lillian and Sarah proudly display their awards

Four members of Paparoa's Borger family won six significant awards in the indoor children's section in the A&P Show. The children are home-schooled by their mother Rebecca, who also had several winning entries in adult sections. The show is one of the highlights on the children's school calendar.

Andy Borger

Scott Williamson Cup - most points overall Children's Section
AS Philips Trophy (2004) - most entries in Junior Section

Lillian Borger

Cheyenne Ball Cup - best photograph in under 16 years section

Miriam Borger 1st =

Krystal Buckingham Cup - most entries in senior section

Sarah Borger

Carlene and Helen Williamson Cup - best exhibit overall (children's section) with a collection of vegetables
Trevor Brljevic Trophy - collection of vegetables - under 16 years.

The role of Civil Defence

Well, that escalated quickly! Life changed for everyone at the end of March with unprecedented measures taken to keep everyone safe from what could have been devastating results of the COVID-19 outbreak.

Unlike other civil defence emergency situations (such as natural disasters), this one had our team of volunteers checking on people and ensuring as best as possible that the community was looked after. Contact was made via email as face to face was not an option with level 4 restrictions. The **Kaipara Civil Defence** Facebook page is our local central resource, while **'Unite Against COVID-19'** is the official information website. A team of six volunteers plus a

co-ordinator monitored things to check that the community was safe and that people were coping. Some folk were asked to check on neighbours. The coordinator reported back on a weekly basis so that the CDEM (Civil Defence Emergency Management) team could roll up the findings for the whole country.

There was a weekly ring-around to older members of the community living alone to check they were okay, and a load of firewood was organised



for one resident when the weather turned a little cooler. Reports of concerns were escalated to those who could help and breaches (especially over Easter) were reported to maintain the safety of the community.

We are lucky that our community is fairly resilient and generally people pulled together and helped others.

It's a huge thanks to our rural posties who delivered groceries as well as mail and to our local essential retailers who kept things going.

The message has been, and still is, stay home, stay safe and be kind. We are all in this storm together, and if you need help please contact us as we will do all we can to assist.

Contact me on 027 295 3949, via Facebook or email lynne.warbrooke@gmail.com
Lynne Warbrooke
Civil Defence Coordinator

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A big thank you - Graham Murray

Nineteen years ago Graham and Faith Murray moved into Paparoa from Papakura, a move prompted because they had friends here.

They immediately got involved in local activities. Graham joined PPI, Dargaville Vintage Car Club, The Kauri Museum and Paparoa Depot Trust. Faith was employed as a reader/writer at local schools whilst being caregiver and quasi foster parent for a number of children. With a career in motor mechanics Graham's expertise soon attracted a loyal following of customers requiring vehicle repairs and maintenance.

On the community front Graham was always willing to turn out at working bees for Keep Paparoa Beautiful, PPI, Depot Trust and other groups needing a hand. He has been the go-to person maintaining the community notice board opposite the Store at The Landing, juggling message requests with the available letters and space. His steady advice and loyalty have been valuable.

Sadly, Faith passed away 18 months ago and Graham has now decided to relocate to his family in Papakura. It is people like Graham that form the community spirit in Paparoa. He has served his community well and his presence and contribution will be missed.

We extend every good wish to Graham for the future. PPI

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Lions back to a nearly normal!

Like most of us Paparoa Lions have been confined to quarters for the last couple of months, apart from a few individuals who were able to deliver firewood to those who urgently required it.

With colder weather arriving we are expecting more orders, so if you're thinking of ordering some it would be advisable to do so sooner rather than later. To arrange delivery and payment options please contact Stephen on 431 6148. The good thing about buying firewood from the Lions is that all funds raised are returned to the community as all our labour is provided voluntarily.

It has certainly been an unusual time for us. Lions have been unable to hold our monthly business and dinner meetings. We were disappointed on having to cancel the Pioneer Luncheon this year plus the annual Schools' Speech Competition usually held in May.

At our last dinner meeting just before the 'lockdown', we had a most interesting talk and photo show from Adele Wells (nee Bonham) who had taken part in the first leg of the latest

'Trek for Life Aotearoa/NZ'. Participants rode on horseback, cycled, or walked from Cape Reinga to Kohukohu over 10 days in March. Adele was part of a group from this area who rode their horses down the stunning Northland coastline and countryside in

places we don't often see.

We're looking forward to some sort of normality and running monthly meetings again! We always welcome guests at our dinner meetings so do be in touch if you'd like to join us.

For more information call Mark Pilkington, 4317 369

Pets in the Valley

Well Lockdown from a vets' perspective was not as hugely different as it was for many others in the community.

As vets, we are used to dealing with infectious diseases on a daily basis - think parvo virus for dogs, mycoplasma bovis for cows and leptospirosis. So vets live a life of cleaning surfaces and equipment, being aware to not transmit biological material between farms and to use personal protective gear. I have always been grateful for the diseases we DON'T have in NZ such as rabies or Hendra virus which would make working with sick animals so much more complicated.

BUT ... never before have we had to regard other humans as potential disease transmitters in such a serious way.

Thankfully as vets we were deemed essential services so we could continue to treat sick or injured animals as normal. The part I found the hardest was having to euthanase animals without their owners having the option to be there with them for their final moments. Hard as that was it made me empathise with those who couldn't be with their human family as they were living their last days - how terrible that would have been.



but Taz is'nt so willing to co-operate



Bess is unconcerned wearing a mask ...

Hopefully we're returning to more humane and social times. It was much easier driving around during lockdown with less traffic and road works, and I did appreciate less litter on the side of the roads - it wasn't hard to tell when takeaways were available again!

Looking forward to talking to people face to face once more.

Janine

SKELTON'S

Be prepared..Cold 
Weather here soon!!

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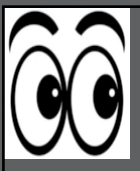
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LIGHTS ON
In fog or rain



Maungaturoto Pharmacy thanks you ...

It's great to see NZ coming out of this Covid pandemic- slowly but surely. With Level 2 now in place it gives us the chance to mix and mingle with family and friends and come back to some normalcy (don't forget the social distancing and hygiene practice).

SERVICES RESUME

We would like to thank all our customers for supporting Orrs Unichem Maungaturoto and using our services throughout the Lockdown levels.

With Lockdown Level 2 in place we have resumed all of our services - prescription deliveries to Skelton's, blood pressure checks, Stop Smoking consultations, passport photos, UTI consultations, emergency or oral contraceptive pill consultation etc.

DELIVERY OPTIONS

For patients who, for whatever reason can't come to the Pharmacy to collect medications there are three options available to you:

- 1) **Skelton's Drapery Paparoa**
2008 Paparoa Valley Road
09 431 7306

We have a Licenced Medicine Depot at Skelton's Drapery in Paparoa open Mon-Fri (8:30am - 5pm) and Sat (9am-12noon). Medicines are double bagged, confidentiality assured. Any charges should be paid on collection at Skelton's. Delivery is next day, depending upon availability of stock. (Call and check with the Pharmacy). While it is FREE DELIVERY, usual medicine charges apply.

Order your medication/ repeats/OTC meds etc. from Pharmacy and tell us if you want to collect from Paparoa. Orders placed before 4pm, can be collected next day.

2) Rural delivery option

Area covered: Deliveries to Matakohe, Paparoa, Tinopai, Pahi can be organised using the Rural Postal Delivery.

Delivery time: Usually delivered next day into your mail box or can be dropped off at your PO Box in Paparoa.

Charges: \$2 delivery charge applies on top of medication charge (if any). Ring Pharmacy to arrange charges to be paid via Internet Banking as drivers don't accept any cash.

3) Courier Option:

Area covered: Anywhere in NZ

Delivery time: 2-3 days.

Charges: Courier charges vary depending on size of parcel.

Pay via Internet banking.

Ring Pharmacy to organise your delivery.

Follow us on **Orrs Unichem Maungaturoto facebook page** for updates and specials.

Stay safe and feel free to ring us in case of any questions. We will be glad to assist with any of your queries.

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Gallery open! 11am - 3pm daily

White Rock Gallery was thrilled to re-open on 21st May as we had missed sharing our art and craft work with all our lovely customers. Initially we will open from 11am - 3pm daily, but hopefully we will extend our open hours as things settle down.

To keep our visitors and staff safe we will follow Ministry of Health guidelines, with a register for visitors at the door, hand sanitiser, and some staff may use facemasks and gloves, depending on the individual on duty.

On June 1st the gallery will be refreshed with a new eight week exhibition of work from our artists and crafters created during the 'Lockdown' period. Call in and say hello if you're passing!

Best wishes to all and stay safe
White Rock Gallery



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SHOPPING THAT'S TWICE AS REWARDING.

New Zealand COVID-19 Alert Levels S

- The Alert Levels are determined by the Government and specify the public health and social measures to be taken in the fight against COVID-19. Further guidance is available on the [Covid19.govt.nz](https://www.covid19.govt.nz) website.
- The measures may be updated based on new scientific knowledge about COVID-19, information about the effectiveness of control measures in New Zealand and overseas, or the application of Alert Levels at different times (e.g. the application may be different depending on if New Zealand is moving down or up Alert Levels).

ELIMINATION STRATEGY – New Zealand is working together to eliminate COVID-19

Alert Level	Risk Assessment	Range of Measures
<p>Level 4 – Lockdown</p> <p>Likely the disease is not contained</p>	<ul style="list-style-type: none"> • Community transmission is occurring. • Widespread outbreaks and new clusters. 	<ul style="list-style-type: none"> • People instructed to stay at personal movement. • Safe recreational activity is a • Travel is severely limited. • All gatherings cancelled and
<p>Level 3 – Restrict</p> <p>High risk the disease is not contained</p>	<ul style="list-style-type: none"> • Community transmission might be happening. • New clusters may emerge but can be controlled through testing and contact tracing. 	<ul style="list-style-type: none"> • People instructed to stay home for personal movement – including for local recreation. • Physical distancing of two metres (in public transport), or one metre in workplaces. • People must stay within their local area to reconnect with close contacts and isolated people. This extends to • Schools (years 1 to 10) and Early Childhood Centres open, but will have limited capacity • People must work from home where possible • Businesses can open premises to serve customers with customers.
<p>Level 2 – Reduce</p> <p>The disease is contained, but the risk of community transmission remains</p>	<ul style="list-style-type: none"> • Household transmission could be occurring. • Single or isolated cluster outbreaks. 	<ul style="list-style-type: none"> • People can reconnect with friends and family domestically, but should follow public health measures. • Physical distancing of two metres in public is recommended, with exceptions in environments like workplaces. • A phased approach to gatherings and public events. This applies to funerals, ceremonies and gatherings in public spaces. • Sport and recreation activities can resume with contact tracing requirements. • Public venues (museums, libraries, etc.) can open with public health measures. Gatherings as long as people are not interacting.
<p>Level 1 – Prepare</p> <p>The disease is contained in New Zealand</p>	<ul style="list-style-type: none"> • COVID-19 is uncontrolled overseas. • Isolated household transmission could be occurring in New Zealand. 	<ul style="list-style-type: none"> • Border entry measures to manage risk • Intensive testing for COVID-19 • Rapid contact tracing of any cases • Self-isolation and quarantine • Schools and workplaces open • Physical distancing encouraged

Summary

Unite
against
COVID-19

- Different parts of the country may be at different Alert Levels. We can move up and down Alert Levels.
- Essential services including supermarkets, health services, emergency services, utilities and goods transport will continue to operate at any level. Employers in those sectors must continue to meet health and safety obligations.
- Restrictions are cumulative (e.g. at Alert Level 4, all restrictions from Alert Levels 1, 2 and 3 apply).

Published 11 May 2020

S (can be applied locally or nationally)

home in their bubble other than for essential

allowed in local area.

all public venues closed.

- Businesses closed except for essential services (e.g. supermarkets, pharmacies, clinics, petrol stations) and lifeline utilities.
- Educational facilities closed.
- Rationing of supplies and requisitioning of facilities possible.
- Reprioritisation of healthcare services.

me in their bubble other than for essential
ing to go to work, school if they have to, or

metres outside home (including on public
controlled environments like schools and

r immediate household bubble, but can expand
family / whānau, or bring in caregivers, or support
led bubble should remain exclusive.

arly Childhood Education centres can safely
capacity. Children should learn at home if possible.
e unless that is not possible.

ses, but cannot physically interact

- Low risk local recreation activities are allowed.
- Public venues are closed (e.g. libraries, museums, cinemas, food courts, gyms, pools, playgrounds, markets).
- Gatherings of up to 10 people are allowed but only for wedding services, funerals and tangihanga. Physical distancing and public health measures must be maintained.
- Healthcare services use virtual, non-contact consultations where possible.
- Inter-regional travel is highly limited (e.g. for essential workers, with limited exemptions for others).
- People at high risk of severe illness (older people and those with existing medical conditions) are encouraged to stay at home where possible, and take additional precautions when leaving home. They may choose to work.

riends and family, go shopping, or travel
ow public health guidance.

metres from people you don't know when out
with one metre physical distancing in controlled
es, unless other measures are in place.

irings – initially no more than 10 people at any
nerals, tangihanga, weddings, religious
n private homes. Restrictions reviewed regularly.

es are allowed, subject to conditions on gatherings
ments, and – where practical – physical distancing.

ibraries, etc.) can open but must comply with
herings rules do not apply to public venues as
mingling.

- Health and disability care services operate as normally as possible.
- Most businesses can open to the public, but must follow public health guidance including in relation to physical distancing and contact tracing. Alternative ways of working encouraged where possible (e.g. remote working, shift-based working, physical distancing, staggering meal breaks, flexible leave).
- It is safe to send your children to schools, early learning services and tertiary education. There will be appropriate measures in place.
- People at higher-risk of severe illness from COVID-19 (e.g. those with underlying medical conditions, especially if not well-controlled, and seniors) are encouraged to take additional precautions when leaving home. They may work, if they agree with their employer that they can do so safely.

inimise risk of importing COVID-19 cases.

19.

positive case.

e required.

en, and must operate safely.

ged.

- No restrictions on gatherings.
- Stay home if you're sick, report flu-like symptoms.
- Wash and dry hands, cough into elbow, don't touch your face.
- No restrictions on domestic transport – avoid public transport or travel if sick.

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From our family to yours Musings from Wherever



Hello from "Whatever Month" this now is- what a wild ride 2020 has been so far. Is it still 2020? No one is sure.

One thing is for sure, the word 'unprecedented' was printed an unprecedented amount of times. It was, for our family, a time of peace and restoration. Now as the sound of cars and trucks re-enters the ears, I feel the Earth was grateful for the rest. I hope people have seen that we don't need daily shopping trips to buy plastic crap - we've seen what's essential: basic food. For many people I've spoken to the essential food focus has been the impetus to get back into the garden. Day 2 of lockdown I planted many vegetable seeds, joking that in 3 months time we'd be fine.

Two things became clear as the months unfolded - there was Fear and there was Love. My focus, always, is the latter - The power of Love- that's Love with a capital L, (not lusty romantic fluffy lower-case love) is the glue of the Universe. Love is Trust. Love is Faith. Love is Forgiveness. Fear depletes the immune system, we don't need a scientist to confirm this to us- listen to your body. Your

heart will tell you the truth you need to follow, but many have given mastery to the mind, letting it override the intuition and lead us into deep, dark pits of fear. Never mind this fear is repeated each time we access media.

If we knew our power, we would be much more careful with our thoughts. Every thought is sending an energetic message to be returned back to you - we attract what we think. Don't take my word for it - Do your independent research. Across ALL topics. Don't let yourself be told what to believe, just because a talking head on the TV said it, or whoever - inform yourself, that's why the internet is really there, it's not just for cat memes!

We might not agree, and that's great too - we can have different opinions and still be friends. Freedom is having the space to speak, and be heard.

I look forward to seeing friends again soon, so we can have a good hug, and catch up!!

Jenny

OCS at Level 2

"Tomorrow we go to Level 2". As I write this the country can look forward to a huge lifting of restrictions. By the time of publishing there will either be celebrations of success for beating the virus, or we will have been made to step back into level 3 due to squandering of the gains made. I think New Zealanders on the whole have done a fantastic job of following the rules and guidelines so methodically set out by the Health officials.

As an essential service, our team continued to work hard throughout Lockdown - providing emergency food parcels, phone or video counselling, parenting or budgeting assistance; and practical help in urgent situations. Our long list of seniors received a phone call every week from one of the team for a friendly chat, to find out if there was anything they needed, anything we could do to help. It was such a pleasure to talk with these people each week. By the fifth week we had formed many friendships and there were many promises to meet up for a coffee on return to 'normal.'

We look forward to resuming our usual calendar of activities just as soon as it is deemed safe to do so. Meantime, stay safe.



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Letters from The Old Post Office - a repeat from April's online issue

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 kmh 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 Icenii 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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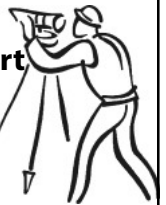
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Autumn gardening

Nights are drawing in rapidly towards the shortest day, leaves from deciduous trees are still dropping while lawns and gardens are looking very untidy.

This year I'm trying one way to tidy up those leaves is to rake them up into large black plastic bags/garden sacks (available from supermarkets/garden centres). Sprinkle lightly with some blood and bone fertiliser each third the way up and tie securely. Prick a few holes in the sides and leave in a sheltered place to break down into compost come spring.

The long overdue rains have finally arrived, the ground is nice to cultivate and still warm enough to plant winter/spring staples of brassicas, carrots, silverbeet, spinach, kale, leeks etc. The odd white butterfly is still apparent - so sprinkle a dusting of derris dust over the brassicas, and don't forget the slug/snail pellets.

In the flower garden I've planted a few nemesias and pansies in troughs and pots spacing them in vacant places to add some winter colour.

Now is the ideal time to attack the many pests and diseases which take shelter and lie dormant over winter. Spray with a mix of 'copperox' and 'conqueror oil' mix onto citrus and fruit trees, roses and ornamentals. Otherwise come spring they will soon start building up their numbers again.

Plant out your garlic cloves on the shortest day (for harvesting on the longest day of the year) and spring flowering bulbs of your choice.

Jan R



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Paparooa School

We were all very pleased to return to school on 18th May after a very long absence. Our students have adapted well to all the changes and restrictions, and are developing an awareness that they have been part of what will be a significant historical event.

Unfortunately, COVID-19 has impacted on school events and we have had to postpone both our 150th Anniversary celebrations, and our annual Quiz Night. No decisions will be made about new dates until the Corona Virus situation has improved.

As a school we are very proud of our position within our community and the support

we receive from local families and businesses.

This year we have been very fortunate to receive financial sponsorship from ten businesses. Their contribution to our school enables us to provide opportunities for our students that we may not be able to do otherwise. A huge



thank you to you all.

We are all looking forward to a positive time at school over the next seven weeks and will no doubt have more news to share with you in the July issue of Paparooa Press.

Julie Harper

Science Corner

Addiction and phones



Addiction is a psychological and physical inability to stop consuming or using a chemical, drug, activity or substance even though it is causing psychological or physical harm.

Addiction can be to activities such as gambling, eating, working or using devices such as phones or it can be pain killers, alcohol or other drugs.

When a person is an addict they cannot control their actions and become dependent on the activity or substance, in order to carry out their daily life. A person with an addiction will continue to misuse the activity or substance in spite of the harmful effects.

If they try to stop they may have the following symptoms.

- * Anxiety
- * Irritability
- * Fatigue
- * Nausea
- * Loss of appetite
- * Tremors

Using a phone during the night depriving you of sleep, when you are bored and feeling anxiety when your phone is out of reach, are all signs of addiction.

Some research on adolescents showed that networking and game overuse leads to depression and risk of suicide.

In conclusion the research

showed that there was a relationship between cell phone addiction and adolescent mental and physical health.

How to reduce time spent on that smart phone.

Stop scrolling - such a time waster.

Find other ways of calming your mind - each time you get a message your brain gives you a dopamine release making you feel pleasure. Try yoga or exercise.

Put your phone away from your bedroom at night. Use an alarm clock not your phone to wake you up.

Turn off those apps. Family and friend notifications can wait a while.

Stella

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Wow, "Look at that wallpaper"!

Cliff House (next to Paparoa Store - for those who do not know) was recently opened up for the Dahlias for Dementia fundraiser, with 671 people having an interested walk through. "Look at that Wallpaper!" seemed to be the most immediate comment, so we asked Tony, the most recent owner to tell us more.

Tony took us through the home's redecoration journey:

"I suppose it's in the blood! My father was an old school painter and decorator, overalls and tie, and I grew up on building sites looking through wallpaper books, and drawing on the back of surplus rolls. When the opportunity to restore Cliff House came along, with its many covenants, I realised that wallpaper would be



'Palm Jungle' wallpaper and the painting in the dining room

a big feature. I also realised that there was the opportunity to be big and bold, and not too traditional.

Some six years ago I was features editor for the 'Look' property magazine, regularly photographing old villas and writing about them in and around Ponsonby, Herne Bay and Freemans Bay. Every restoration, pretty much, consisted of 'spray-it-white' from top to bottom, add a cute couple of cushions with pineapple motifs, and give it a lime green backplash.

So, I decided to have fun with wallpaper. You may not know that a roll is on average 10 metres long, and my ceilings are 3.3 metres high - that's 3 lengths from a roll without a mistake, and on average 6 rolls per room.

My cheapest endeavour was the sitting room. Using a traditional yellow, (supplied by Arthurs in Whangarei at \$10 a roll). I took all they had. Thank goodness I had a large sideboard to hide the missing

length.

My most expensive was a Cole and Sons traditional Stately Home paper Icons, 'Palm Jungle' at \$500 per roll shipped from the UK, just 2 rolls ... all I can say is thank goodness for the large painting that covers a small bare patch in the dining room ... no one will ever know - I thought!

I have had fun with palm prints, bold florals, nothing too traditional, except for the hall, where I used Sanderson's 'Cocos Voyage of discovery', paying homage to what the early settlers would have seen on arrival, palms and dragonflies etc. I chose a woodland walk for the kitchen, emphasising that good old inside outside feeling. Most of these wallpapers were shipped from the UK in small batches."

Tony says that he has only three bedrooms to go and can't wait to import more exotic wallpaper to finish. And he is proud to say, "It's all still sticking, my father taught me well."

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School Taxi 1950's style

Many years ago a small group of children from two Paparooa families had the dubious pleasure of being driven to school by the local taxi owned by Fordy Williams. The taxi was used for the Arcadia Road school run in the mid to late 1950s and it collected the three Wilson children and two Blackmore children to and from Paparooa School.

I say dubious because it depended on who he'd had in his taxi the night before - sometimes there was a strong smell of disinfectant in the air which I'm sure we duly commented on.

Occasionally we were at the letter box early enough to catch the taxi on its way out to collect the second family. This meant we would go over a certain slight rise in the road fast enough to "leave our stomachs behind"! This was exciting in that day and age.

Some mornings we would have to share our taxi with a fare paying passenger and we would have to be on our best behaviour and keep quiet.

Those days were great and we felt really special travelling by taxi to school and not have to squash in on the hard bus seats with all the other children.

I'm sure we gave Fordy a really hard time sometimes but I can't really remember that exactly!

Gael Johnson

I've been thinking about ... 2020!

The first 6 months of 2020 have certainly given us memories: drought and pandemic, gloom and Lockdown.

I have actually found drought the more stressful as the dams turned into hexagonally decorated mud pavements and the cracks in the soil widened and deepened. Nothing to be done but wait for the rain to come.

For me Covid 19 meant adjustments but, and I'm sure you'll all agree, living where we do the adjustments did not equate with a prison sentence. There were even some compensations in the slower pace of life and the kindness and concern of friends and neighbours.

Unfortunately I believe the effects of Covid 19 will linger a lot longer than the effects of the drought and a lot of people will be suffering real hardship. Who could have anticipated the events?

Every generation of youth seems to have focussed on something to worry about. There was population growth and the worry that the earth could not feed the population. (It seems the earth can provide. Distribution is the problem.) There was the fear of nuclear war: someone pressing the button.

(Even those in charge of the buttons seem to back away from this.) And the youth of today would cite climate change as the prime concern.

And now we must add the fear of pandemic. I'm sure none of us, who have experienced Covid 19, will ever be totally free of this worry.

When you think about it, over-population is basic to it all. It led to the nationalist rivalry, colonisation and ultimately all the wars of the 20th century. Nuclear technology was the result of the war effort and exacerbated by the cold war. Huge urban populations need sophisticated superstructure and food distribution. All this technological and industrial growth has burned fossil fuels and contributed to climate change. And people crowded together make it easy for viral transmissions.

There's not a lot you or I or any individual can do about it.

But I don't want to spend the future steeped in gloom. There must be a good time coming and, as an act of faith, I am going to plant some trees.

Care to do the same?

RS



Maungaturoto & Districts Rotary

Connecting at Rotary

Well as you read this, you probably will have been challenged in many ways you had not thought possible at the beginning of this year, but it would seem that we are making progress, so let us keep lowering those numbers.

It has been two months since we had an official Rotary meeting and we are looking at ways to move forward for us to continue to be of service to the community and start connecting again. Many of us had never heard about 'Zoom' in March, but more than a few of us have now used it to interact with our groups.

My latest 'Zoom' experience was a Rotary district training when we were provided with information about the many facets of Rotary and also with tools to progress forward in this demanding environment.

One area that I do believe we need to make more progress in is the use of Social Media

to not only let people know what we are doing but also to let readers know what Rotary offers and about ways that they may be able to help us with various activities.

We are gradually climbing back down the Alert level ladder but remember, wherever you are and whatever your circumstance, keep safe and take care of each other and be mindful of those around you. Now, more than ever when we're outside reconnecting, is when we need to be kind and supportive of each other.

He kura te tangata

We are all precious

Eileen Parsons 021 1420 357

5 Steps to change ... your thinking & your life



1) **Become aware** - you can't change what you can't see.

2) **Ask these questions**

What is happening right now?

What does it mean to me?

What am I going to do about it?

(This is for events that have happened in the past, or are happening now. You can also project into the future to help you handle something that could happen.)

3) **Reframe the thoughts**

"You can't create the solution with the same thinking that created the problem." Albert Einstein.

Use the questions in Step 2 to identify limiting thoughts and beliefs and begin to reframe them into something positive. For example, 'Every time I express how I really feel, I get rejected.' Ask yourself- is that really true? Then make it a liberating truth. "Whenever I share how I really feel, I'm saying it's okay to be me."

4) **Embrace the fear and do it anyway**

What's the next, smallest most logical step that will take you to your desired outcome? Make a plan, set a day and time, then do it! Set the next smallest, most logical step and do that too, and so on. Everytime you take action you build confidence and overcome your fears.

5) **Rinse & repeat.**

The more you build awareness about why you are the way you are, what it is in your thinking and actions that keep you 'stuck', and what actions you must do to remove yourself from the familiar towards what you do want, the more positive changes you'll see happening in your life.

Keep applying these steps and you'll be on your way to smashing your goals and living a life worth living in no time!

Carrie Adlington

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OUT & ABOUT AROUND TOWN

Our condolences to the family and friends of **Liz Valk** who passed away last month. Liz owned the Maungaturoto Rural post delivery business for several years and is well remembered for bringing the rural mail to our boxes.

Also we note the death of Pam Pitt, quite a private person of Paparoa, but those who knew her will miss her.

Pop in to 'Shop & Brew' to

meet new owners Naadi & Brian who have taken over from Alistair and Lynn.

The next Paparoa Connections Workshop is Sunday 14 June 2-4pm at Paparoa Sports Pavilion. The focus is to re-start projects and set timelines. Contact Libby at paparoa.connections@gmail.com

Maungaturoto Op Shop has reopened, but is NOT accepting second hand goods as yet.

Graham Roberts passes away

Graham was a PPI member from 2011-2013, remembered for his enthusiastic contribution to PPI deliberations!

He had a passion for motor cars and frequently had a late model 'superior' vehicle for sale outside his house. In an earlier life he worked for Rootes Group in the UK and had a great knowledge for the British makes and marques. He wrote a regular 'Motoring Matters' column in Paparoa Press and was an original member of the Press Gang. In later times he supported the Press by delivering Press copies to the local outlets in Paparoa and Maungaturoto.

Although Graham and Freda only spent their later years in Paparoa they contributed fully to the life of the community and Graham's passing is a loss to us all.

Our condolences go to Freda and her family.

PPI



Assistant Youth Leader wanted

St Johns have been providing an excellent programme for young people for ten years but our Leader, Nyree, is 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 need to know more) please call Eileen on 021 142 0357 - or pop in and see Nyree on a Thursday afternoon between 4 and 5pm.

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Paparoa racquet sports

TABLE TENNIS is up and running again, Tuesday evenings, 7.30pm at the Paparoa Sports Pavilion.

TENNIS is making up for lost time and is now on Saturday afternoons 3pm.

BADMINTON is re-starting on Thursday evenings at 7pm, Paparoa Hall, and will continue through winter.

ALL WELCOME



Marching fun & camaraderie

Kaipara Marchers are a friendly, all-ages ladies' team who usually practice their routines every Wednesday, 4pm at Maungaturoto Community Hall with coach Lyn Hutchings of Ngunguru. You're invited to come and see what it's all about any time.

Marching is a great activity, it assists with co-ordination, memory retention, camaraderie and it's gentle exercise. On occasions the team joins other leisure marchers around the North Island at different venues and participate in non-competitive displays. What fun!

What's more, the team attended the annual Nationals at Horncastle Arena, Christchurch when approximately 80 teams from

all over NZ gathered together to display their routines, all in uniform. Imagine 800 women all together celebrating! As the only team from Northland we put Kaipara on the map!

Kaipara marchers are completely self-supporting through their fundraising efforts, weekly subs of \$5 and some sponsorships.

All enquiries most welcome - feel free to contact:

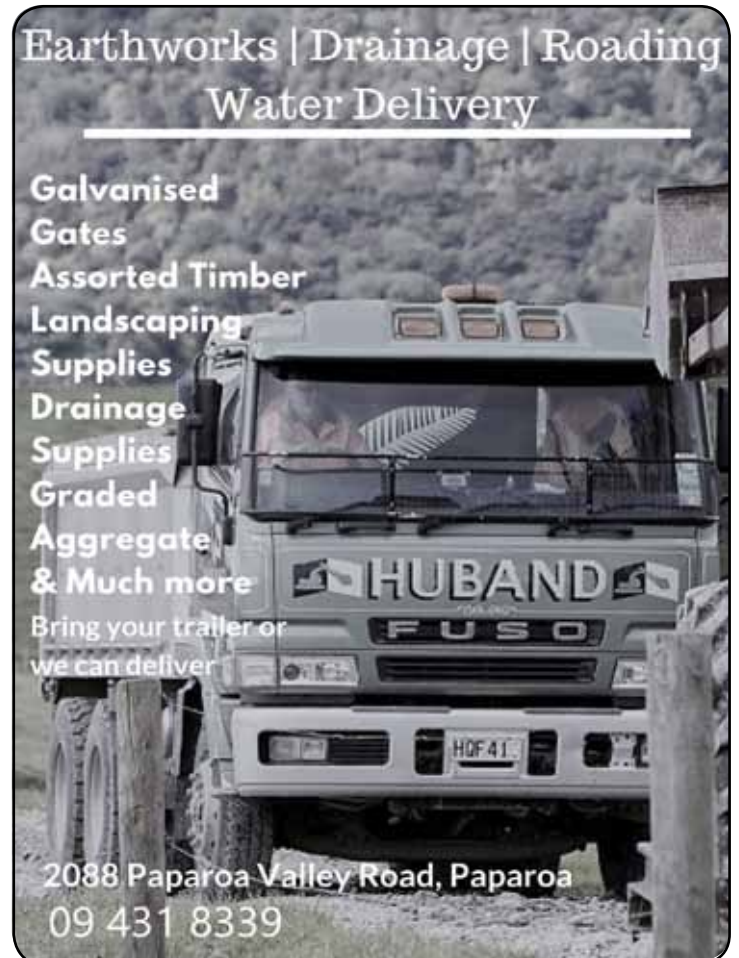
Lyn Hutchings 022 070 8674
or Jane Baird 027 271 4380.

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WHAT'S ON - JUNE 2020

The Kauri Museum open 7 days, annual passes available for Otamatea residents
Exhibitions - Textiles: 'The Perfect Accessory'

Ngā Taonga, Te Hononga Tāngata
 - The treasures that bring our people together - on now
Creating with Kauri Exhibition - Jewellery - 12 Jun-30 Sept

Paparoa Connections Workshop 2-4pm Sunday 14 June Pap Sports Pavilion

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
- Ararua Church** 10.30am every Sunday. All welcome ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Arty Farties** Thur/Fri/Sun at the "Tile Shed"; Garage Sale Sundays 10am to 2pm;
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults ph Pete 431 6822
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
- Farmers' Market** Every Saturday 9-Noon, Village Green Ph Graham 027 475 4490
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Mgto
- 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 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 Saturdays 3pm, ph Sue 431 6224, Pete 431 6822
- White Rock Gallery** Open at The Kauri Museum 7 days 11-3pm ph 021 0267 8241
- Yoga Chair Yoga** - Tuesday 10am Paparoa Sports Pavilion
 Monday: 6pm Mgto Centennial Hall: Tuesday 5pm Matakaoho Hall
 Thurs 10am Mgto Centennial Hall. ph Jenny 021 114 3370

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

HOOK, LINE & SINKER

Since lockdown finished the fishing situation is very good.

Fish are in great condition and quite plentiful, even up close to Pahi and it's mostly snapper and kahawai.

Also at the back of Pahi there's good fishing off the rocks.

Happy Fishing



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 Phone Diane 09 431 6221.

LOCAL TIDES for June 2020

JUNE TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	12.46	06.44	17th	14.12	08.08
2nd	13.46	07.45	18th	14.58	08.54
3rd	14.43	08.42	19th	15.40	09.37
4th	15.36	09.35	20th	16.21	10.19
5th	16.26	10.27	21st	17.01	11.00
6th	17.15	11.17	22nd	17.41	11.42
7th	18.01	12.05	23rd	18.22	12.25
8th	06.28	12.53	24th	06.50	13.11
9th	07.15	13.40	25th	07.37	13.59
10th	08.03	14.28	26th	08.28	14.49
11th	08.52	15.16	27th	09.21	15.44
12th	09.42	16.07	28th	10.17	16.42
13th	10.36	17.02	29th	11.16	17.45
14th	11.31	18.00	30th	12.18	06.16
15th	12.27	18.59			
16th	13.21	07.18			

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



Kids' fun on Lockdown days



5 Questions for Sharlene and Tim Lord

How long have you been in Paparooa? 10 years; we moved here in Jan 2010, from Auckland.

What brought you to the area? We had family in the area, and we like the beautiful area, the lifestyle and the community spirit.

What do you do here? We own and operate Kaipara Cleaning Co. We have two primary school aged boys and enjoy working our lifestyle property.

What do you like about the area? Our area is one of the best, we have a huge harbour to play in next to beautiful bush areas to explore, beaches that are the world's best what more could we ask for?

What things you would like to see happen here? More road upgrades. There have been huge improvements but much more is needed. PP



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