



JUNE 2021

Walkway Update

The Lions Walkway has been abuzz with activity over the past month. Apart from the regular pest control and track maintenance projects underway, the next stage of planting is being prepared. Shane Powell is clearing about five areas ready for new native plants. Keep an eye out for upcoming planting days late June or early July.

A new railing was put in by the bridge to guide walkers to the foot cleaning station. Great work Team! There is also a new seat in the Lion's memorial tree area.

Our walkway is well used by many people - and a visiting Australian actress was recently spotted! Have you taken the time to walk this beautiful asset? The Lions Walkway runs from the Village Green to Pahi Road.

Thanks to Jim and the Team.



Day Camp

What did the kids do in the school holidays?

Go to Day Camp - if you were quick enough to sign up! After missing out through Covid restrictions last year, 140 local 6-18 year olds made up for lost time with horse riding, go-kart driving, building a model aeroplane from a fizzy drink can and lots more.

The hut building competition took more time and effort, lasting the entire three days, and was judged by former Speaker of the house and local MP Lockwood Smith, and the Fonterra Maungaturoto Liaison Manager. The campers arrived in the paddock of a local poultry farmer and left by bus or car, spending three successive days with their willing helpers. These are adults and teenagers from local churches



decide for themselves the answer to one of the most important questions Jesus asked His disciples- "Who do you say that I am?". Was it worth it? As one parent said: "Was it ever!"

John Aplin

with many of the latter remembering with great affection their time at camp. YWAM (Youth With A Mission) also helped a lot making the



Day Camp their local mission. Of course it is not all play, and there is opportunity for worship and learning in the "big tent", along with the high tempo action-filled fun that they have enjoyed in the "electives".

This time they were given the opportunity to

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Paparooa School News

Term 2 has started off positively for us all. Our year long te reo Maori focus with Dr. Lisa Watson is seeing both staff and students become more confident in using te reo, and we are all practising learning our pepeha.

A huge congratulations goes to Molly Clark (2nd), and Sophie Taylor-Rose (3rd), who represented us at the recent Paparooa Lions Speech Competition.

We thoroughly enjoyed the Duffy Books in Holes Theatre performance on May 18th – it is always one of the highlights

of our year. Currently we are enjoying having hockey sessions with Jenna from Hockey Northland, and weekly Energize Fitness activities with Sam from Sport Northland. We also had a fabulous time learning about accepting differences, and strategies to get along and develop tolerance with Harold and Nadene from Life Education. Our Years 5 and 6 students are looking forward to a Ki-o-rahi tournament, and we are all excited to be hosting Tinopai and Matakoho schools



Molly Clark and Sophie Taylor-Rose

for a cross country event on Monday, 31st May.

Our next Board of Trustees meeting will be held at 6pm on Monday, 14th June. Community members are welcome to attend the public part of our meetings.

Julie Harper

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Speech Competition

Paparooa Lions ran their annual Speech Competition at Paparooa Hall on 17 May.

The topic was Covid and the effects of this pandemic.

The winner of the junior speech was Lachie Millard of Maungaturoto Primary School, 2nd Molly Clark, and 3rd Sophie Taylor-Rose, both of Paparooa Primary School. (See pic in above story)

The winner of the senior speech was Katherine Coughlan of Otamatea High School.

The fantastic judges for the evening were Deputy Mayor Anna Curnow and local icon Deb Clapperton.

There was a great turnout and a lovely supper afterwards.



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A reminder to our contributors!

We need all advertising material by the 15th of the previous month and all editorial copy by the 20th. We cannot guarantee the publication of any material received after these dates.

While we always welcome editorial content we reserve the right to decline or hold over any articles outside our regular columns.



Council Mark says – We’ve Got A Bit On At The Moment

Now that the 10 year plan (LTP) hearings and deliberations are completed, I thought it would be the chance to take a breath. Wrong.

We have the Three Waters reforms bubbling along; the review of the Resource Management Act making our current district plan review much more urgent; the Representation Review working through its stages (interesting but tricky); the recently announced review of the Future for Local Government underway (necessitated by the 3 Waters and RMA proposed changes); the Kaipara Moana Remediation programme and associated treaty settlement which will have implications for KDC’s ratepayers especially rural landowners. Just like the Irish turkey, I’m looking forward to Xmas.

Sadly, a feature of a number of the submissions to both the LTP and the representation review was the mutual antipathy between the East and West of our district. That’s about as nicely as I can put it. My interpretation of these submissions is that East pays more rates than West, and that West pays more rates than East, and if both sides had their way, neither would exist as part of Kaipara District. I wonder if we here in the middle of the district are actually in a sort of demilitarised zone. I support the right to free speech as long as it does not incite physical violence, but people who state opinions as fact, or don’t base their opinions on fact need to be called to account.

That is my opinion. You don’t have to agree with me. To be clear, none of the submissions received incited violence, but a number exuded more heat than light.

Song for the day: Try a Little Kindness by Glen Campbell: www.youtube.com/watch?v=MvswocNN-g8

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Kauri Museum Selfie Exhibition

An exhibition of portraits from the past, the present and the future.

The Kauri Museum is throwing itself open to the selfie for the next three months with a new exhibition - "Portraits of Our People". The exhibition will bring together portraiture from the museum collection and new contemporary portraits of people of the district – including selfies. Members of the community have been invited to make new portraits for the show, out of any media. Photography, painting and sculpture are all expected.

Opening on Sunday June 13, "Portraits" was inspired by the work of a local artist who was painting in the area in the late 19th and early 20th Century.

Rose Palmer was a teacher at Huarau School before marrying Richard Smith

of Matakoho, and painted portraits of people from the area. The Kauri Museum has two of Rose's portraits in its collection, one a portrait of Mary Palmer (later Mrs Joseph Brljevic of Huarau) and the second of Jeannie Ariell.

local people were cast for the displays.

Portraits of Our People opens on 1pm on Sunday June 13. Access to the exhibition and access to the rest of the Museum will be free for the rest of the day.

Portraiture has continued to be important to the people of the district; capturing the character of the place in the faces of our people. Numerous portraits of museum founder Mervyn Sterling are on display in the museum - one carved in kauri. Portraits of local people can also be found in the mannequins that populate the Museum displays, where the faces of



Rose Palmer's Portrait of Jeannie L Ariell (1894), held by The Kauri Museum General Manager Dr Tracey Wedge

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Family Ties

When I moved to the area 9 years ago I didn't know that I had distant family connections to both Paparooa and Maungaturoto. My mother visited recently with a book that had been put together of her Allen family history and in it were several pages on a chap called John Curtis Allen. Not many will know his name but in 1907 he was the first Manager of the Paparooa National Bank and also opened the Maungaturoto branch.

In those days travel between branches was on horseback, so twice a week John Allen took his money bags and a gun and travelled between bank branches in Maungaturoto, Ruawai, Waipu, and more.

In 1909 John Curtis Allen married Delina Finlayson of Rehia and they became parents to twins. Sadly Delina became ill and died in 1915 aged just 24, and is buried in the St Mark's Cemetery.

In 1919 John Allen moved with his children to Stratford and a grand farewell ceremony took place.

Mr M N Skelton described him as "The friend of the struggling farmer", the highest of compliments.





Northland District Health Board Elected member Libby Jones - NZ Health Changes

The Health and Disability Review, that I have mentioned before, gave a clear picture of some inconsistencies and major challenges across the New Zealand health sector, including different health outcomes for different population groups.

Northland fares badly, with Maori, poor and rural people having worse health outcomes than urban dwellers, more well off and pakeha. This comes as no surprise, but despite all the good things happening across the health sector in Northland, the differences have not significantly reduced. Unwell population groups affect all of us and should not occur. So why not share decision making in genuine partnership with those who are badly affected by the current system?

The government has announced its response to this review with some big changes for the sector. Their goal is Pae Ora, which is Healthy Futures for all New Zealanders, specifically equity for all, sustainability of the sector, person and whanau-centred care, partnership and excellence. Sounds great and of course the "proof will be in the pudding"

District health boards will be disestablished, with a national system put in place to try to make the system work more cohesively and collectively across all parts of the sector - eg hospitals and primary care. The goal is to move away

from reliance on hospitals and inpatient services with a greater investment in and access to primary and community services. I have been promoting that for years so definitely am supportive of that aim.

The new structure will create a New Zealand national health service, with two principal organisations - Health NZ and the Maori Health Authority, which will be in place by July 2022. These organisations will work together to make decisions about funding health services. There will also be "localities" across the country, which will contribute to decision making about what services should exist in their area. We need to have a say locally about what works for us, so for me this will be critical. While it will take some time to see the results of the changes, interim units are being set up now to begin the consultation regarding some of the detail, which Northland DHB and other health providers will contribute to. I will finish my role as Director on Northland DHB in July 2022 (only six months earlier than planned). In the meantime I will continue to do what I can to make

good decisions for our health services and to ensure that the new organisations understand what works well in Northland and should be continued, as well as unmet needs.

Mauri ora, Libby

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Thanks To Our Volunteers

It was a huge success when the Otamatea Weed Control Group, Otamatea HarbourCare, Pest Free Peninsulas and Paparoa Lions combined forces for a planting day at Jacque and Jerome's last month. The 35 volunteers pitched in and got nearly 1,500 plants in the ground in less than three hours. This was followed by an instructive walk through their bush restoration project and food forest. Shaun Holland gave us a talk about trapping those pesky animal pests, and Mayor Jake and Justine arrived in time for the introductions and the kai.

What was noticeable to me was the number of people new to the area who had decided to come along for the day. I take this as a gesture of their desire to be part of our community. Speaking for Otamatea HarbourCare, I know we just have to have at least one more community planting day this year. We have about 25,000 plants in the nursery to distribute but not every site meets our criteria or suits holding such an event. One thing I have learnt from being on the board of Volunteering Northland is that research indicates that people who get involved in volunteering live happier, healthier and longer lives. But don't take my word for it - try it for yourself if you haven't already. There are plenty of groups in this area covering a wide range of interests.

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Maungaturoto and Districts Rotary

While our Club continues to enjoy the time of fellowship over a meal on a Tuesday night, the last month has seen us embark on a fantastic new project in Mangawhai. One of our members, Grahame Carbery, has seen that there is a need for a junior sailing school in Mangawhai and he has purchased a ply Starling and restored it to pristine condition. (on it's stern is a sticker stating "Starling Nationals 1991, Lyttleton.) Grahame hopes to get sponsorship (with naming rights) for several of these boats but ultimately would like the parents to buy them for their youngsters.

We then had Wayne MacLennan speaking about the boats that Otamatea High School has at Pahi. This unit was originally set up by the late Peter Broadhurst. On hand there are two optimists which the proposed club will have the use of. It is hoped that, if everything falls into place, the project will be underway in September.



On hand that evening was Nik Tetzner who was able to speak of his sailing experience at Otamatea, a passion that led him to his present trade as a boat builder.

Already Grahame has had a fantastic response to this proposal and a number of parents want their children to be involved. Because the fibreglass boats cost around \$13k, we will look at obtaining the ply equivalents which we should be able to get for less than \$2k. Over the next few months our club plans to meet at the Mangawhai Boating and Fishing clubrooms with the interested parties at least once a month to discuss the best way forward.

As mentioned last month, repairs have been undertaken on the track at the foot of the steps at Piroa falls. We were grateful for the support of two local lads who were able to assist with the process. Access on the road side of the river is now much more manageable.

We haven't had many speakers recently but last week saw President Rodney's daughter speak of her work as a palliative care nurse in Broken Hill, Australia. Not only were we impressed by the work that is undertaken in this area but also the huge distances that have to be covered. (They are 6 hours from Adelaide). For this reason the community is very resilient, resourceful and self-sufficient. They have a prevalence of motor neurone disease because the drinking water contains blue-green algae and a number of youngsters are affected by lead poisoning (which can cause mental health problems) because there is lead in the dust throughout the area and the frequent dust storms spread it around liberally. Please feel free to call Eileen if you would like to join us or help us out with our projects.

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Great news for White Rock Gallery

White Rock Gallery have been offered 2 shops to lease in Ruawai. This is a huge relief to our members as we will be able to move in shortly after vacating our present premises.

We are happy to still be offering art space to Kaipara Artists and Craftspeople and supporting art in the community.

Keep an eye out for our new Gallery in the main street of Ruawai, next door to Farm Source. We will love to welcome you to visit and check out our new space.

Many thanks for all your support over the past years. More information regarding contact details and opening hours etc in the next issue of Paparooa Press.

White Rock Gallery

I've been thinking ... Racism

There's been an awful lot of vehement talk about racism lately and there is no doubt that there are some dreadful, shameful stories of discrimination, particularly emanating from the United States. However, I consider a new low was reached with THAT interview with Oprah Winfrey when the Duke and Duchess of Sussex got emotive and accused a royal family member of racism for a casual speculation about the possible complexion of the then unborn Archie Mountbatten Windsor.

Racism? Come off it! Racism is based on prejudice and stereotypes and involves negative discrimination. It may be conscious: it may be unconscious and it seems to be at its worst when institutionalised and highly prejudicial behaviour becomes normalised. However, this royal accusation was based on nothing more than a someone wondering what the coming child would look like.

When I decided to knit a present for a much anticipated little relative I had some decisions to make. The baby's Dad is a (very) big blond. The expectant Mum a petite Japanese. What genetic traits would the baby inherit? Should I knit big or small sizes? Should I choose colours to suit the blue eyed blond or the oriental look? I would reject any accusations that my dithering was racist.

The important thing is that both my Eurasian cousin and the little

Royal were anticipated with love. They'll be appreciated for themselves. The colour of their skin is not an issue that will affect their families' attitudes to them although, I concede, it may be a factor in their future relationships with strangers.

For the Sussexes to make an issue of what seems a perfectly harmless and natural speculation within a family seems ridiculous. Part of the fun of expecting a baby is wondering what traits it will inherit. Was Archie going to be ginge like Dad or Afro-American?


In the end I chose to knit a jacket two sizes too big for a newborn. This proved a good move as Hugo is a very big, very cuddly baby and small would not have worked especially given the rate at which he is growing.

And I chose a variegated wool, which may suit or may not. The jury is out on that as he

is as bald as. I suspect that his Japanese rellies will think he looks western and New Zealanders will see oriental features.

Hopefully both he and the young royals will grow up to feel comfortable and accepted in the different societies which are their birthright.

RS



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LIGHTS ON

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A multi-agency effort is trapping rubbish before it can find its way into the sea and shedding new light on plastic; one of the most common pollutants of our oceans.

In a bid to determine how much plastic and other litter is reaching Taitokerau's rivers and estuaries annually, the Northland Regional Council is working with NorthTec, Whitebait Connection, the Northland DHB, the region's three district councils and local businesses to install Littatrap.

The devices are a simple, cost-effective net that fits inside a stormwater grate, trapping

plastic and other litter that would otherwise be carried by stormwater into the sea. As part of the study 50 traps have been installed around Northland to capture a variety of different land uses, for example playgrounds, carparks, supermarkets, fast food premises and industrial sites. The traps' contents will be audited every three months to try

to estimate how much plastic is finding its way into the sea. The first audit captured a total of 4160 items after just three months. The data has also revealed that cigarette butts - which are made of a plastic called cellulose acetate- are the top litter item overall with 1322 butts found. Cigarette filters are an environmental issue because they release a cocktail of chemical nasties and can take years to break down.



Plastics are a huge issue because they biodegrade extremely slowly and can harm or kill animals that ingest or get entangled in them.

Discarded plastic items like drink bottles and cigarette butts will break down into smaller and smaller pieces over time which items are potentially more dangerous to marine animals and much harder to clean up. Plastic rubbish also impacts on the aesthetics and amenity value of our coast.

Everyone can do their bit by disposing of litter and cigarette butts in a bin and helping to reduce the amount of plastic finding its way to the ocean. NRC

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A Little Library For Tinopai

A Little Library has been set up on the edge of the Mariner Cove Rd Reserve, offering free reading material and a place to exchange books in the harbourside town.

Sarolta Bernhardt has long wanted to set one up with donated books left over from the very successful Tinopai Rescue Base Book Fairs of a couple of years ago, but had

been searching for the right container to house the library. Earlier this year she obtained a drinks chiller which is just perfect for the job.

A builder in the street constructed the plinth for it to stand on, and fixed it securely in place. Other residents in the street, Shirley and Peter, helped Allan & Sarolta set it up and are helping to keep it tidy and refreshed with different books regularly

Visitors are free to take something to read or to swap a book for something from the cabinet. It is hoped the kids from Tinopai School will decorate the sides of the cabinet with artwork in Spring.



Sarolta and Shirley

Sarolta

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Community Gardens Preparing For Next Crop

The Grow Paparoa Whakatipu Paparoa gardens are gearing up for another growing season after a big summer, and like most gardens in the area, are enjoying a break.

Local food distributors were provided with fresh vegetables and fruit for many months over summer, along with produce going to the Paparoa School pataka kai and Maungaturoto Rest Home.



The garden's volunteers have spent recent weeks tidying all the garden beds, adding fertilizer and compost, and mulching with hay to keep the moisture in and allowing the worms and other organisms to do their jobs underneath the surface.

New crops have been planted specifically to enhance the soil in some beds and these

will be dug back in before re-planting. Cabbages, caulis, kale and brussels sprouts have been planted along with other greens, and harvesting leafy greens started in April.

If anyone has a surplus of fruit or veges they would like to share please bring them down to the gardens on Thursday, Friday or Sunday mornings. We will always find a home for them. Earlier in the year a local

farmer donated hundreds of cobs of corn for us to distribute. Lots of fun was had picking them, and as we even sold some to the campers at Pahi! Spare pumpkins and kumara would be great if you have them, and mandarins now the citrus season is starting.

Grow Paparoa welcomes volunteers and there are

many jobs to do - whether it's planting, building and restructuring the beds, pulling weeds or making cups of tea and coffee. Help is also often needed for the Saturday morning fund raising garage sale at the Gardens, and visitors are welcome to drop by for a chat and a hot drink and home baking.

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Paparoa Connections

Your opportunity to get involved

Paparoa Connections projects are slowly taking shape and walkways and tracks are appearing around the village.

As a result of grants from Foundation North and the Depot Trust, as well as generous donations of time and muscle power from a few hardy locals the concrete track around



the showgrounds is taking shape. It is being done in stages as volunteer's time and weather permit. Let us know if you want to be part of the volunteer team.

The Lifestyle village is also developing their walkway and Paparoa School has created a bike track, as the first of their outdoor projects.

Artwork, sculptures and murals will be included in various sites around Paparoa and alongside the tracks and paths. We will be calling a

meeting of artists of all descriptions to see who may be able to help design and create some pieces to enrich our area.

If you have a desire to leave your mark on our area or support these projects, or know someone who could be interested please get in touch at paparoa.connections@gmail.com

Thanks, Libby

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What is Glaucoma?

Glaucoma is a condition where the pressure within a person's eyes rises to an unhealthy level. If the pressure rises too much the many nerve cells at the back of a person's eyes die one at a time. If these nerve cells die they cannot be repaired and are permanently lost.

The human eye can manage without a few cells. We don't notice the first few cells as they die, but if we lose too many the lost cells are gone forever. Help is available, it is centred on detecting the pressure at an early stage and treating it primarily with eye drops and if that is not successful, there are other options available with surgery as a last resort. Once

again this needs to happen at an early stage rather than later. Early intervention is imperative!

I like to compare the back of an eye with a computer monitor with all of its pixels. If the screen loses one or two pixels the picture is still discernable, but if too many pixels are lost the picture is not clear and the same with a person's eye, if too many cells are lost our sight is seriously impaired - and what is lost is lost forever. The hard part is to detect Glaucoma at an early stage. Glaucoma has been called the silent theft of sight for a long time because we don't feel any discomfort or pain. It used to be said that seeing rainbows around lights was a good indicator. Treatment can slow down or even stop deterioration but it cannot repair damage. The only way that I know of to detect Glaucoma is to consult an optician or ophthalmologist. Checking is quick and painless. Glaucoma can be hereditary but not many of us can trace

symptoms back three or four generations so little emphasis can be put on that to be useful. It is recommended that we have checks from age 45 onwards but I dare to disagree with that. I know that I personally had glaucoma at age 18. I could see a rainbow around every street light at night on the road. Had I had treatment soon after that I would have been in a much better position than I am now. I have read where Glaucoma was detected in a newborn baby. That child had immediate treatment with eye drops and I understand that, as a young adult now enjoy good sight

because of early intervention. I didn't know I had Glaucoma until I was 35 years of age. At that late stage I went quickly into surgery. And more surgery and more surgery, and more drops and more drops and I am still losing the battle. So I urge everybody to have glaucoma pressure checks and, in my opinion, much earlier than 45. Glaucoma is a significant health issue and recently an estimated 68,000 New Zealanders over the age of 40 have it. It is the 34,000 undetected cases that are of my concern and has prompted me to write this article.

Kerry Bonham

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Pest Free Peninsulas Kaipara Wins!

Northland Regional Council's annual 'Whakamānawa ā Taiao Environmental Awards' were held on May 27 and it was fantastic to see a local group recognised for their hard work.

Pest Free Peninsulas Kaipara were the winners of the Environmental Action In Pest Management category.

This award recognises individuals or groups who are committed to projects and activities that support pest management in Northland.

The awards began three years ago as a way of recognising the thousands of people working to improve the north's environment, many toiling away quietly behind the scenes.

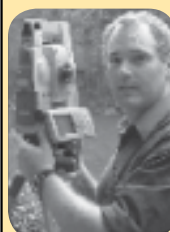
Pest Free Peninsulas Kaipara is a large scale collaboration made up of landowners and volunteers and enables them to protect native habitats and birds from predators.

They have hundreds of traps and bait stations around the Pahi and Petley Peninsulas and put in countless hours protecting our native flora and fauna.

Congratulations for a job well done!



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Longer Walking and Cycle trails in the Kaipara?

Having just returned from Akaroa and completing a private 3-day walk (Bank's Peninsular Classic walk) I cannot help but wonder why we in Northland don't have any of these trails. Yes, we have the lovely Opua to Horeke cycle/walking trail and the Te Araroa length of NZ walking Trail which are of course public and free, but no other multiday trails that I'm aware of.

In the past I know that there has been forward thinking people who have come up with possible trails but unfortunately their suggestions have been met with disapproval by many. Multiday trails bring people and their money to local businesses and are eco-friendly.

They leave no rubbish or mess and buy their food and accommodation locally. They don't steal or invade local people's privacy. They provide jobs for locals, in carrying baggage and transportation. They enlighten city families about animals and their care. The trail creates no disruption to farm activities.

The trails we have gone on, passed through sheep, beef and dairy farm paddocks with no fenced off pathway - just

posts painted white on top, or white rocks (although this may not work everywhere in our wetter climate). Bull farming would require fences of course.

Private walks, such as we have just completed, travel across farm land for distances of up to about 10 - 14k per day. Accommodation is in huts with bunks, outside toilets, washing and cooking facilities (usually gas), and pots, cups, plates and cutlery etc are provided. Walks are booked on line with a maximum of 15 people per day. We paid \$330 per person and our bags were carried to the next hut each day with several property owners involved. This walk was



only open October to April.

Farmers need to work together to give the length needed and back country roads used for short distances to connect different farm trails.

The farmers down south have found it to be a profitable venture and even halls and old buildings such as closed small schools have been put back into use, revitalising the area.

We have such beautiful countryside in Northland. Could we share it?

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June Newsletter

Oops!! Error!! Apologies for incorrectly reporting the wrong information

about Chocolate Bingo and Fun & Games last month.

So... the June calendar is as follows:

Community/Senior Lunch - Wednesday 2nd, 10am, St John Hall, Maungaturoto

Thursday 13th, Mangawhai Community, 12.30pm, Community Hall, Fagan Pl, Mangawhai

We've had great feedback about the Maungaturoto and Mangawhai Community/Senior lunches so we remind you all that this is a community event and our caterers provide for a set number of diners. Please phone if you would like to come, that way we can ensure there is enough to go round.

09 431 9080 for the Maungaturoto lunch, Wednesday 2nd June.

021 - 251 0225 for the Mangawhai lunch on the 2nd Thursday of the month.

Fun & Games - Every Monday, 10am-12pm, Anglican Church Footprints Room, Maungaturoto. This is a lovely morning of fun- usually with board games but can simply be an outing for those wanting a bit of chat and morning tea with other locals.

Chocolate Bingo - Wednesday 16th, 10am- 12pm, Footprints Room, Anglican Church

Shopping Trip - Tuesday 8th & Wednesday 23rd, free to Whangarei, 9.30 am from the Retirement Village Maungaturoto.

Huge thank you to Neville the Countdown driver - always a pleasure to see him and his colleague's faces- who delivered a truck-load of goods for our foodbank. The shelves were beginning to look bare so you arrived in perfect time. You're a true 'Good Sort'.

Stay safe and take care of each other
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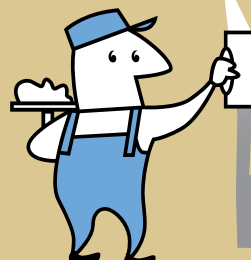
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Letters from The Old Post Office... Flavia et al



Dear Reader, Of late my reading has seemed to centre around female detective type stories. And, my particularly favourite protagonist of the moment is young Flavia de Luce*. A charming, unpleasantly intelligent ten year old, she solves mysteries well before the local constabulary; who view her with a mixture of irritation and awe.

Her passion is poisons and it is possibly best left to the imagination as to the nature of the reprisals she sometimes visits upon her sisters. Dear Reader, they survive. Although one wishes that this type of revenge had been thought of by my younger self.

Flavia is hell bent on tracking down clues. By fair and foul means she leaves no key unturned nor corpse untouched. Her dedication to solving crime is no respecter of the supposed "gentler, more sensitive" female nature. Young Flavia is not a shrinking violet but more of a sturdy geranium. The storms of disapproval do not wither her. Out and about at midnight, cycling through the icy, ghostly English lanes she sets a quite different example to those communicated by stories of traditional heroines so often told to little girls. And boys.

And finally, Dear Reader, having meandered through the mixed maze of my brain one comes to a sort of point. Alternative fairy tales.

Yes, it was with some little enjoyment that these came to my attention. I have become SO tired of the helpless (usually a bit thick too) little woman scenario. A futile female who has to be rescued by a handsome AND rich prince. (Of course, I could just be jealous). Never-the-less it was with gusto that I read of the princess who having struck rather a shady deal with a slimy frog,* (possibly wearing

a gold chain) decided that a frog who offered to transform into a prince, then rule HER kingdom so that she could stay home and toss more golden balls about while spawning little froglets, left something to be desired. That night, Dear Reader, she dined on lightly fricasseed frog legs. (An option perhaps for the local pub!)

Bon appetit.

*Written by Alan Bradley

*unfortunately, I can't reference the froggy tale as my own copy seems to have vanished!

Deb

Paparooa Playcentre

We have had a busy few months at Playcentre!

We had a visit from Circus Kumarani to teach us some circus tricks. Then grow Paparooa kindly invited the children to plant some vegetables and we have since been back to harvest them too.

We've also had a lovely walk around the mountain bike track near the sports pavilion recently. All this along with our regular meet ups every Tuesday and Thursday 10am til 1pm.



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Feel free to
pop in and
join us!!

Golden Goose

If everyone lived by this ONE principle the world will be a much better place!

So first of all what is a principle? You may be aware of your values and perhaps some of your values are principles already, either way it's important to know the difference. Values are beliefs that we have formed and choose to live by, and are usually governed by social acceptability. For example there can be honour amongst thieves but it doesn't make stealing right.

Principles then, are like natural laws that if we were to live the opposite of we would simply break ourselves against them. Principles include excellence, honesty, fairness, growth, service and contribution.

That may seem a lot to live up to and you'd be right, it is, and here is a very simple way to embrace many of these principles in a single principle called the Productivity/Production Capacity (P/PC) balance shared by Stephen Covey in his book "7 habits of Highly Effective People", where he explains this principle using the fable of the Goose that laid golden eggs. In the fable, the farmer was astounded to find that a goose had laid a golden egg, and each morning he would awaken and check to find yet another golden egg; he became fabulously wealthy, but he also became so greedy that one day he decided to get all the golden eggs in one

go by killing the goose, but when he opened it up, there were no golden eggs and he had destroyed the means of producing more.

What this fable teaches us is that we must value not only the golden eggs in our lives - the results/productivity, which include our health, the output of tools (e.g. a mown lawn) and the actions of others (e.g. work); we must also value the person or the thing producing the result - the Goose/ Production Capacity. Examples of Goose in your life include: relationships (e.g. familial, friendships, community, work), equipment (e.g. tools, factory equipment), environment (e.g. work,



home, land, nature), your health (physical, emotional, mental, spiritual). Unless we maintain, nourish and nurture

our "Goose" the likelihood of receiving golden eggs is minimised. In the long run, it should be noted that maintenance/prevention is cheaper and more cost effective than "cure".

The Principle therefore is simply this, allow yourself

to look after your Goose as much as you focus on the Golden Eggs!

Too much focus on the results at the expense of the goose diminishes the capacity of receiving eggs. For example,

pushing your body (goose) to overwork without proper nourishment, and exercise will lead to burnout and lead to less energy, fulfilment, money (eggs).

Too much focus on the Goose can lead to doting and not producing the eggs you want. For example a well oiled, highly maintained machine (goose) that is never used won't yield the production it was intended for (eggs).

A nourished relationship (goose) where trust has been built will lead to mutual respect, understanding and a willingness to help each other (eggs).

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In Bliss
Carrie Marie

Nationwide vet shortage due to COVID and international border closures

Service delivery update for Ruawai Vet Centre Clinic during vet shortage

To enable us to deliver the best level of service to farmers during the busy and upcoming calving season, and also to all the families with pets in the rural community please note the following service update.

For all your **pet health needs** please book an appointment with one of our small animal vets at the Maungaturoto, Waipu or Mangawhai clinics.

Only **large animal services** and retail supplies will be delivered from Ruawai during winter and spring. Please call as usual to book on-farm services.

For after hour emergencies our 24hr team will pick up your call.



Ruawai Clinic

23 Jellicoe Road | 09 439 2506

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Maungaturoto Clinic

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✉ maungaturoto@thevetcentre.net.nz

Waipu Clinic

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✉ waipu@thevetcentre.net.nz

Mangawhai Clinic

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The above service delivery will be in operation from 8 June to 1 October 2021

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Cholesterol and Eggs

My parents came and stayed for the weekend and we started discussing cholesterol and eggs. They are both in their 70s and the attitudes and research that has gone on over the years regarding cholesterol and eggs has varied hugely over the years.

I decided to do some research online and I took a special look at the research from the NZ companies we trust, like The Heart Foundation and Ministry of Health.

The NZ Heart Foundation advises that "For the general healthy population, eggs can be included as part of a heart healthy eating pattern. There are more important changes people should be focusing on, such as increasing vegetable intake, eating more whole and less processed foods and reducing saturated fat intake, rather than restricting egg intake". And based on current evidence, the Heart Foundation is making recommendations that for New Zealanders who are at increased risk of heart disease, including those with Type 2 diabetes, eating up to six eggs per week as part of a heart-healthy diet is unlikely to have any substantive influence on their risk of heart disease.

Studies conducted in healthy

people show no effect of daily egg intake on blood cholesterol levels. In addition, the latest scientific evidence shows no association between increased intake of dietary cholesterol and increased risk of heart disease or stroke. Cholesterol in the diet is obtained from animal foods such as meat, dairy and eggs. All plant foods are cholesterol-free. Contrary to popular belief, cholesterol from foods causes only a small increase in total cholesterol and LDL cholesterol, and substantially less than saturated fat and trans fat intakes. In fact, the majority of people don't respond to dietary cholesterol. There are two main types of cholesterol in the body which are known as LDL (low-density lipoprotein and is commonly referred to as 'bad cholesterol') and HDL (high-density lipoprotein or 'good cholesterol'). Both enable the transport of different fat molecules around the body. LDL particles, however, can transport cholesterol into artery walls, where it can build up to form plaques, resulting in heart disease. HDL's role is to remove this build-up. It is therefore preferable to have lower levels of LDL cholesterol and higher levels of HDL cholesterol to protect against

heart disease.

A small percentage of the population classed as hyper-responders are particularly susceptible to dietary cholesterol having an impact. They should discuss their individual requirements with their health care professional, GP or dietitian.

It is important to note, however, that dietary cholesterol has been shown to increase HDL cholesterol which is important for heart health. Dietary cholesterol has also been shown to increase the size of both LDL and HDL particles making LDL cholesterol less likely to build up in arteries and making HDL particles more effective at removing build up from the arteries.

In the past, it was thought foods containing cholesterol would increase cholesterol levels in the blood which is linked to an increased risk of heart disease. Cholesterol is only found in animal products, and this led to people altering their diets.

Recent research has shown that it is in fact the saturated fat in our foods that affects our cholesterol, increasing both total and LDL ('bad') levels, with eggs containing only around 1.1 grams of saturated fat per egg.

Rebecca

THE HERBALIST Thyme



There are many different varieties of thyme giving different flavour variations, including lemon thyme (*T. x citriodorus*) and caraway thyme (*T. herba-barona*) - and bees love it. Thyme has many uses as a herb, oil or as a tea.

Medicinal: Thyme is strongly antiseptic and especially good for respiratory and intestinal ailments. It can also be used as a gargle and mouthwash. It has antibacterial and antifungal properties and can be used as a wash for cuts, broken chilblains and grazes. The oil is a vermifuge, aids digestion, is an appetite stimulus and a mild diuretic.



Cosmetic: Thyme is a natural deodorant, and the oil in washing water is good for healing spots, pimples and similar skin problems.

Vicky

June Gardening Notes

The exceptionally dry Summer and Autumn has contributed to 2 of our apple trees growing in close proximity to each other, Granny Smith and Rome Beauty, having some fruit which are rather distorted in shape. This is known as Bitter Pit, which only affects apples, and is a calcium and possibly boron mineral deficiency rather than a viral or bacterial disease. While there is nothing you can do to fix this year's crop there are avenues to ensure this doesn't happen again next year. As the name suggests it can be quite bitter tasting. Small sunken spots appear on the outside with those brown patches (dead cells) just under the skin. The apple is still edible but it's best to peel the apple to remove these patches first. Affected apples don't store well as the damaged areas tend to rot. Now is the time to apply a dressing of calcium chloride or in spring spray with calcium



chloride tree sprays - a cost effective way of giving a quicker response. The most likely cause of this condition is a watering issue, as calcium needs to be taken up daily by the tree and can't be taken up without plenty of water to carry it across the root barrier and around the tree.

Crushed (dried) egg shells around apple trees and tomato plants also provide a good source of calcium. Small applications of cow manure can be useful providing nitrogen but too much can result in excessive foliage, twig growth and lower crops of apples. Coffee grounds are a 'no-no' they make the ground too acidic thereby stunting growth.

Strawberries can be planted out between June and November into well prepared and fertilised beds rich in potassium - strawberry food already has the extra potassium and will help stimulate plant growth and produce big juicy fruit. They also require good drainage and full sun. Last year I grew a successful crop in a pallet filled with a bag of potting mix. Strawberries are perennials, are dormant over winter and will start growing again in the spring for the next season's crop. Apply pea straw mulch (from where strawberries get their name) to help lock in moisture and prevent the fruit from touching the soil and rotting. They need the cool winter chill to promote flowers. Remove any flowers appearing on strawberry plants now to enable the plant to put more energy into next season's growth, runner production and the size of the fruit.

Now is a good time to prune trees that have finished fruiting. Cut stems back to a healthy growing outside buds and seal cuts on larger stems with pruning paste to protect against disease. When pruning keep your secateurs and loppers clean with white spirits, this will prevent the transfer of any diseases. Keep cutting tools sharp for neater cuts.

JR



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ANDREW KENNY

Pets in the Valley

Spot the missing bit!



A couple of months ago Ross Battensby called me to one of his lovely bullocks with a sore eye. Unfortunately it was more complicated than a pink eye infection- it was the start of a tumor in the eye. These squamous cell tumors are relatively common in cattle and are very aggressive so there are only two options - surgical removal of the tumor and eye, or euthanasia. Luckily for Mac the surgical option was chosen so we returned a few days later to do the job. Now, in my ignorance I thought harness bullocks would be used to having halters on their heads so we could just put a halter on him - as there was no way this big boy could fit down a race, let alone get his head into a head bail. Well no, unlike horses, bullocks don't have halters/bridles on to pull a wagon - just look at any



photos or drawing of bullock teams and you can see this! Despite this he was quiet enough for us to get close enough to get one on and tie him to a post. He is a lot bigger than the average dairy cow I work with so I had to stand on the rails to reach his tail to give him some anaesthetic. Surgery went well and Mac is used to going on the right side when he is yoked up so I thought maybe losing his right eye may make him want to change sides. But no, he's happy where he is used to being - one eye missing hasn't changed a thing!

Keep warm, Janine

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From our family to yours Shadows



There are no shadows, without light. There cannot be growth, without change. "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." Anais Nin.

Tis the time of year for me to get moody and philosophical, and as the shadows become dark and short on the shortest day of the year, the darkest day on the cyclical round we call life on this floating ball, what better time to reflect on shadows? Can there be shadows at night? Only with light. Be it the moon, or frozen in the headlights of a passing hoon; a shadow is forever stalking us, or leading the way, when seen another way.

To the shadow side, the parts of our personality we don't want to look at, what we perceive as weak, or wrong, or bad... shadow-self is something that can indeed offer many gifts of insight, should you dare to understand it and to become conscious of it. Archetypally, the wild, the chaos and the unknown represent the shadow. To become whole beings, we seek not to change this wildness, but to bring light of awareness to it. Is it primitive, is it negative? Maybe, if you find this true for you, but the light of awareness shines with compassion. If we wish to heal the Earth, see peace for our grandchildren, and be true guardians for this planet, it starts inside each of us. Healing our shadows.

Bravery and great courage it takes to poke around in the dark. There can be uncomfortable, frightening skeletons... there could be a depth of depravity so evil it scares you awake - but bring the shadow to light, the sun will return again to its peak, and this too we can heal from. I would rather know and acknowledge what hides in the half-light, than live a life afraid to be alive.

Happy Winter Solstice
 Jenny

Science Corner

Mosquito Genetic Modification

Maybe you feel that genetic modification can only be a bad idea? But what if it were for the good of many people?

The latest development in genetically modifying mosquitoes that carry malaria, zika, dengue and yellow fever, could save the lives of millions of people - particularly children. A trial is currently taking place in the Florida Keys in the USA.



Aedes aegypti, one of the main disease carrying species of mosquito, has been modified so that male mosquitoes carry a lethal gene. When the male mosquito mates with wild females the offspring carry the gene that makes them unable to build an essential protein and so they therefore die before reaching maturity. The male carrier is unaffected. As only the female mosquito

bites people (in order to get protein to lay their eggs) the infected males cannot pass on any disease to humans. Male mosquitos exclusively drink pollen.

This method has been used in Brazil, Panama and Caymen Islands where it was reported that the populations of this species was reduced dramatically.

If it is as effective as reported, then this would mean that the diseases that cause death and misery for so many people would be greatly reduced, and the vast amounts of pesticide sprayed onto areas such as the Florida Keys in the USA could also be reduced or stopped altogether.

However, as always, there could be unintentional consequences if some of the infected females survive and go on to reproduce carrying modified genes. This may have already happened in Brazil and the effect of this is unknown.

As always there is always a "but"? Stella



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Impossible Pie

Here's a recipe you might remember from your childhood. It bakes its own crust, forms a custard centre and a toasted coconut top - and is delicious!



Ingredients

- 2 cups milk
- 1 cup desiccated coconut
- 4 eggs
- 2 teaspoons vanilla extract
- 1/2 cup flour
- 6 tablespoons (85g) softened butter
- 1/2 cup sugar
- 1/4 teaspoon ground nutmeg or cinnamon (optional)

Method

Place milk, coconut, eggs, vanilla, flour, butter, and sugar in blender. Mix well.

Pour into a greased and floured 10 inch pie plate. Sprinkle spice on top if desired.

Bake at 180 C for 40-45 minutes.

Serve topped with lime zest, white chocolate shavings, or whatever you fancy.

Serve warm with ice cream or cold dusted with icing sugar.



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OUT & ABOUT AROUND TOWN

Condolences to the families of Brian Corban of Pahi, and Dennis Wallace of Arapaoa, who both passed away recently.

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.

"Once Upon a Thyme" Pop-Up Op Shop, 32 Franklin Rd. Trish Stanley-Hunt has items ranging from clothing to bakeware and everything in between

The shop is currently open on Tuesdays and Thursdays 10- 2, and the first Saturday of the month.



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Ken Urquhart
 Licensed Cadastral Surveyor

09 431 8705
021 161 2344
 kenurquhart@xtra.co.nz

Wet Day Boredom?

Why not pop into Paparooa for a cup of tea or coffee, brioche, or hot soup at Zest...

Then have a fossick around in the collectables Darren has on offer in his treasure trove next door.




4 Hook Rd
Paparooa
Northland
09 431 7520
09 431 6795

Paparooa Community Church

Connecting with God
 Creating Community
 Communicating the Gospel



Church Service at 10 30am
each Sunday
Everyone Welcome



The idea for 'Toby or not To Be' came from a series of conversations Tanya Batt had about death and dying with her friend's 4 year old son Toby. This got her thinking about how 'we' thought about death, or more to

the point, 'didn't want to think about death'.

Over the last 30 years there have been numerous pieces of research investigating how 'death awareness' affects how we live our lives. They have found that opportunities to deeply contemplate our finite existence can result in profound changes in the way we see the world and how we live our lives.

This weaving of conversations, contemplation, traditional stories, song and music hopes to provide such an opportunity- a provocation to think deeply about our mortality.

May the thought of our own deaths fill us with compassion for all life.

Tanya and Peter are touring New Zealand with 'Toby or not To Be' in New Zealand Winter 2021 and will be performing in Paparooa on Friday 25th June at 7.30pm, \$20pp.

Ph Deb on 0211627185 for bookings and more details.



WHAT'S ON - JUNE 2021

The Kauri Museum open 7 days, annual passes available for Otamatea residents
Ngā Taonga, Te Hononga Tāngata - The treasures that bring our people together
Portraits of Our People Exhibition Opening - June 13 1pm. Free entry.
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
Toby or not To Be - Friday 25th June at 7.30pm, \$20pp (See page 18)

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, Maungātūroto
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
Maungātūroto and Districts Rotary Club Maungātūroto 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

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

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Weight Loss Class
 Half hour free
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 Starbright Wellness
 Vicky 021 2484259



Fresh homegrown veges & herbs Weekly
 at Paparoa Farmer's Market
 9am-12noon Saturdays
 Paul Fluhler 021 431 645

Storage Available
 In Paparoa: Secure 20 foot Containers - contact
 Gary Dallas 021 431 712.
 Paparoa County Depot Trust

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.

LOCAL TIDES for June 2021

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	9.33	16.02	17th	9.39	16.00
2nd	10.33	17.03	18th	10.34	16.58
3rd	11.34	18.06	19th	11.32	17.59
4th	12.34	19.07	20th	12.32	19.03
5th	13.29	7.27	21st	13.33	7.29
6th	14.18	8.17	22nd	14.32	8.28
7th	15.03	9.01	23rd	15.29	9.26
8th	15.44	9.42	24th	16.23	10.22
9th	16.22	10.21	25th	17.15	11.17
10th	16.59	10.58	26th	18.04	12.10
11th	17.35	11.36	27th	6.34	13.01
12th	18.11	12.13	28th	7.24	13.51
13th	6.35	12.52	29th	8.14	14.41
14th	7.15	13.34	30th	9.04	15.26
15th	7.59	14.18			
16th	8.47	15.07			

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-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 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, Rose09 431 7418

Delightfully Decadent Decoupage

A busy weekend workshop facilitated by White Rock Gallery and funded by Creative Communities, was held recently at Ruawai Art Studio. Tutor Lynn Walters kept students busy creating decoupage items and demonstrated various skills to upcycle wooden and glass items.

10 people gathered to enjoy the days and came away with a wealth of knowledge as well as a completed wooden tray and decorated glass plate. Ruawai Art Studio is the perfect place to hold a workshop, thanks to the Ruawai Art Group for renting us the space for the weekend. We sat outside in the sun to have lunch and get to know our fellow artists. Thanks

also to White Rock Gallery for organising the workshops and the funding through Creative Communities Grants Scheme. Lynn was an awesome tutor and explained the principles of the old art of decoupage - which means cutting out. The possibilities are endless and only limited by our imagination.

Sue Taylor



Community Dinner



Cyclists in dress up for sports theme

The Sports themed community dinner at the Paparooa sports pavilion on May 22 was a sell out with 70 people enjoying a hearty assortment of pies ranging from smoked fish, to spinach and feta, curried goat, bacon and egg, to mince and cheese, along with peas and mash.

At half time there were mandarins and a sports fun quiz, as well as plenty of other delicious food to top off a great community evening. What a great way to socialise, not only with friends and neighbours, but also newcomers to the district.

If any group wants to run a dinner in the sports pavilion to raise some funds please get in touch.

Libby Jones
021 2080093

5 Questions for Helen James, Semi-retired Builder

How long have you lived in the area? Colin and myself moved here in Oct 2018 from Parakai.

What brought you to the area? Auckland traffic drove me out of Auckland, I purchased a resited house on 10 acres, and finally all our children had left home- so we were off!

What do you do here? Semi-retired from building for a construction company and am now busy renovating and landscaping my new place.

What do you like about the area? The people are so friendly and helpful and the landscape is beautiful. I love the serenity of Paparooa.

What things would you like to see happen here? Better internet reception in my valley. More dog friendly nature walks. People need to slow down when passing through town.



PP



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09 439 7295



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09 439 7295