



MAY 2021



Otamatea Repertory Theatre

"Oh, the things you can think" when Dr Seuss' best-loved characters collide and cavort in an unforgettable musical caper! Horton the Elephant, the Cat in the Hat and all of your favourite Dr Seuss characters spring to life onstage in Seussical JR, a fantastical musical extravaganza featuring our talented youngsters.

Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat narrates the story of Horton the Elephant, who discovers a speck of dust containing tiny people called the Whos. Horton must protect the Whos from a world of naysayers and dangers, and he must also guard an abandoned egg that's been left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant!

Tickets are now available - book at Tony's Lotto Shop in Maungaturoto or online at www.ort.org.nz

- Fri April 30 @ 7pm
- Sat May 1 @ 2pm and 6pm
- Sun May 2 @ 2pm
- Fri May 7 @ 7pm
- Sat May 8 @ 2pm and 6pm
- Sun May 9 @ 2pm
- Adults \$28 and students \$15

Pictured: Matai Hartles of Paparoa, plays the central character of The Cat in the Hat, in 'Seussical Jr'. Matai is no stranger to the stage – his most recent role was as Lumiere in ORT's 2019 production of Disney's 'Beauty and the Beast'. And in 2017, Matai portrayed Mowgli in 'The Jungle Book'.



Maura Flower

Paparoa Planting Day

Our local environmental groups are joining forces to run a local community planting and information day in May.



Otamatea Weed Control Group, Otamatea Harbour Care, Pest Free Peninsulas and Lions are looking for some community help to plant the top of one of our local catchment areas. This will be followed by lunch and a bush walk and talk on pest control, waterway planting, propagating native trees and planting for birds.

Where: 104 Wearmouth Rd, Paparoa.
When: 9am-12.30pm, Sat, May 15.
Followed by lunch and a talk
Morning tea and lunch provided.

Register your interest in coming at jacqueline@rahui.co.nz so we can work out lunch requirements. On the day bring gloves, spades, a water bottle, sturdy shoes and a rain jacket (we will carry on in showers but if we have torrential rain we will do it the following day, Sunday 16th).



Twilight Fun Run Walk

We had a good turnout for the fun run walk on a lovely Saturday afternoon, walking across farmland and tracks around Paparoa. Thanks to those farm owners, and the sponsors for their great spot prizes - MAC, Carters, Paparoa Hotel and others, and to the excellent BBQ chefs and Kelvin Colthurst's patties who kept us all well fed.



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Boys 'n Boats at Pahi

My association with Pahi began when I was about three years old. My grandparents bought a piece of land on what is now known as Bonham Street. In those days we would drive across what was known as Skelton's Paddock to our little bach. Mum and Dad had built a one room shanty on the land. It was fibro-lite roof, fibro-lite walls, nothing lined, so when we stayed there we got up with the sun in the morning, as it was too hot during the day to be inside. That meant days on the beach and loads of fun in the water.

We got a dinghy when we had learned to swim, and to start with we were taken out under supervision. Before very long we were allowed to go out by ourselves and row on the rising tide, but never to go out on the falling tide. We kept within those limits and each rising tide we were out there on the water, and we thought we owned the harbour. We went up what we called the coastline to Skelton's Creek and some days we would put an adventure together and get right across to Whakapirau. Mr Chapman of the Whakapirau Store was very accommodating and he would give us a generous measure of lollies for whatever the coinage was that was needed, and if any fell on the counter he would include them without putting them across the scales. He was a pretty wonderful man in our estimation.

So the dinghy became the main occupation of our days at Pahi. Two pairs of oars meant the bow was a bit heavy for two people so we needed bodies in the stern to balance it up. We had plenty of friends so that was never a problem, and off we would go, two pairs of oars, four, five, six young people in the dinghy. There must have been a few worried mothers.

Then my brother and I went to Whangaparaoa, Manly, for a holiday and our cousin had a P-class yacht and so did his friend. Well we went out in those yachts, two in two for several weeks that summer and we learned to sail. When home again we pounced on Mum and Dad, "can we have a yacht?" They were ready for us. They said yes, but with strings attached. We had to pay for it ourselves. We sold Dad's fertiliser bags that had accumulated in the shed, along with empty bottles and more from the side of the road. We built portable chicken coops and took over the management of the chooks. Mum had all the eggs she needed and we sold the rest. So by next Spring we had £20 saved up which was enough for a P-class yacht.

We found one in Hamilton, only problem, it was £30. Mum and Dad relented and paid the difference. That yacht was got from Hamilton to Auckland, from Auckland to Ararua where we were living, and eventually to Pahi. That was a big, big moment. We learned to sail, one at a time, in the 7-foot long P-class yacht. Then as High School students we used our savings and bought a 12-foot long Cherub yacht. That was the boat of the day, a lively boat, a breakthrough in performance, a simple construction that could be built by amateurs out of ply wood and would take two or three people.

Mum was considerably relieved when she saw that it could sail against the wind and against the current and get us home again, and we were able to go a lot further in that yacht. We learnt the shallows of the harbour very quickly because the centre-board needed quite a depth. We hit various sand banks and soon learned where they were and where they weren't. We got to know the harbour very well.

Pahi was a big part of our lives right through our school days, staying in this little four-walled shanty on Bonham Street, spending our summer days sailing.

Kerry Bonham

Creative Communities

Kaipara District Council recently awarded Creative Communities Scheme funding to six applicants. Some of Kaipara's arts projects got a boost with \$14,894.80 awarded in the latest funding round. The Creative Communities Scheme provides funding for communities to be involved in local arts activities, supporting a wide range of projects.

\$5,406.28 went to the Dargaville Arts Association for the Kaipara Art Awards, \$2,400.00 to the Dargaville Community Cinema Charitable Trust for their upcoming Māori Film Festival, \$2,500.00 to Luciana Orr for her project Forgotten Details of the Kaipara, \$1,595.52 to the Northern Wairoa Maritime & Pioneer Museum Inc for their photography exhibition What the Camera Saw, \$1,400.00 to Te Kopuru School for Matariki celebrations, and \$1,593.00 to White Rock Gallery for an upcoming exhibition titled Delightfully Decadent Decoupage.

John Pickworth, representative for the Dargaville Arts Association, is looking forward to staging another successful Kaipara Arts Awards with the vital support of the Creative Communities Scheme grant.

"For the past eight years (bar 2020 due to COVID-19) we have run the incredibly popular Art Awards. The Kaipara Art Awards has always relied on significant support from businesses in the past, and with the year that we have all just had, many businesses have no funds for discretionary spending right now. Without the Creative Communities funding I'm not sure the 2021 event would be possible."



Northland District Health Board Elected member Libby Jones - The first 1000 days

Achieving good mental and physical health is a lifelong undertaking. The first 1,000 days of a person's life – which stretches from conception to two years is the most critical period for growth and development of both the brain and the body, and for determining our health outcomes as adults.

The first three years have a direct impact on how children develop learning skills as well as social and emotional abilities, including emotional regulation and self control.

Nathan Mikaere Wallis, a New Zealand neuroscientist and parenting educator recommends to parents for the first 1000 days of their child's life. "Drown those toddlers in love, let them think for themselves and don't stress."

A baby's brain wiring is not fully connected at birth. It changes and develops in response to what's going on all around them. Day-to-day experiences like playing, being read to, learning, interacting and being responded to by people help to develop the baby's brain.

In contrast to what we used to believe, our outcomes are not predetermined just by our genes and it's not about learning alphabets, numbers or colours. It's about being in a safe, loving and interactive

environment. The more love and positive interaction a child experiences in the first 1000 days of life, the more developed and healthy their brain will be.

Loving, consistent, positive relationships also help protect the baby's brain from the negative effects of chronic or toxic stress, which is harmful to the baby's developing brain.

With limited health dollars it is always a challenge to decide where to focus our resources.

For me it makes sense to put energy and resources into the first 1000 days by supporting pregnant women with good nutrition, information, healthy environments, support and reducing stress. And from there to focus on a healthy and nutritious environment for the baby and growing toddler, education and support to new parents, allowing them the best chance to bond with their baby and toddler and to reduce family violence.

Our brain changes a lot between birth and adolescence.

It grows in overall size, increases the number of cells, and develops and strengthens the wiring. The changes don't stop once we turn 18. Scientists now think our brain continues maturing and fine-tuning itself well into our 20s.

So all is not lost if the early years are not as good as they could be, as all positive loving relationships, interactions and

experiences are beneficial. However it seems clear that giving new lives the best opportunity to feel safe, secure and lovingly connected to their caregiver/s is critical to positively impact all of their life-long outcomes. That benefits us all, and in my mind is a responsibility of us all.

Libby Jones
hames.jones@xtra.co.nz
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Free Community Talk On Living With Grief And Loss

Grief influences and common reactions experienced, Supporting family and friends with grief, Self care, Children's grief, Living with grief through significant dates

PLACE: At Whanau Focus. Victoria Street. Dargaville

DATE: Friday 14th May 2021, 1-4pm

FACILITATOR: Josie Scott MA, MNZAC

RSVP or any enquiries to :

Phone Hospice Kaipara (09) 439 3330 ext 6716

Email: Lisa at office@hospicekaipara.org.nz or

Sharyn at support@hospicekaipara.org.nz

Please register your interest to attend by Monday 10th May.

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Council Mark says – Change is Coming, Ready or Not

There's a great big steam engine coming down the track, and if you ignore it, you will get run over. A common theme amongst the reform programmes being undertaken by central government is that of centralisation. It's happening in the health sector, tertiary education and in local government.

The three waters reforms will probably result in four entities to cover the country. The extent of democratic input into their operation will be for a few local government and iwi representatives to appoint the members to the entities which will actually run the operations. That isn't much, but is it

enough anyway? Maybe we're overgoverned. In addition to central government we currently have potentially three layers of local government if like Far North you include community boards to go with district and regional councils. This for a total population the size of a large city overseas. Come Springtime we could be faced with the choice of escalating obligations to meet more onerous quality standards for our water services, or handing over our water assets and related debts to the new entity so we can focus on more grass roots functions. The situation is rapidly evolving; it is likely that by the time you get to see this it will be out of date. Let's look for the opportunities in these changes that will benefit our communities.

to be humble about in relation to our roading network, but finally the Provincial Growth Fund money is starting to get used in upgrading the busiest of our unsealed roads. This does not help those of you concerned, as I am, about the state of our state highways, which are not maintained by Council. I recently wrote to Waka Kotahi/NZTA seeking some answers about what the plan is for dealing with the multiple failures of the pavement and its foundations on SH 12 between the Brynderwyn corner and Rogan's Hill. I'll keep you posted. If you have a concern, don't call the council, call Waka Kotahi on 0800 4444 49 or email them at info@nzta.govt.nz

Mark Vincent
Otamatea Ward Councillor
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I've been thinking ... Moral Dilemmas

Covid continues to provide talking points doesn't it? Like the immunisation campaign...

In our last issue Jenny made the point that we must all make up our own minds whether to accept a vaccine that has been developed so rapidly and without the usual lengthy testing.

I respect that view but would like to raise the consequential moral dilemma. Are we our brothers' keepers? Should we put the common good before our individual inclinations? We could argue that for ever without reaching a settlement.

Some countries, like Singapore, have simply made the vaccination compulsory. No jab no job. NZ is unlikely to take that path, but there is a lot of money involved and the campaign could fail if the uptake is not enough to provide herd immunity. That would leave us with huge health risks and a shrinking economy as well as out of pocket.

program which really concerns me. That is: how long is the vaccination effective for? I read somewhere that it is effective for 6 months following the second injection. If that is correct, given the time frame this country has adopted and the way things are working out, the first recipients of the vaccine will be open to infection again before the rest of us have had our first jab. And we will all need booster shots every year.

What an undertaking! What an expense!

Please buy me some shares in the big companies which produce the vaccines!

There is another aspect of the

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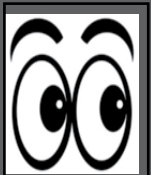
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Paparoa Library

On the 10th of April we hosted Whangarei authors, Rosie Boom and Penny Foote. The weather was a washout so we moved from The Green to the Community Church - though it didn't dampen the enthusiasm of the more than 30, children and parents who came to enjoy a morning of literacy fun.

Andy Borger (with Penny's help) loved acting out the part of Romy, playing the violin at the fair with his faithful dog and a group of onlookers throwing coins into his hat as he busked.

Penny generously gifted her book 'The Adventures of Romy' that was published last year to our library and we have all of Rosie's books available to borrow too.

Rosie entertained us with stories and pictures of her life as a child in Papua New Guinea and accompanied these with singing and playing her guitar.

Rosie's other books, The Barn Chronicles, are a series of four books that tell the story of her family's move to the country, to simplify their lifestyle, living in a 90-year-old barn in rural Northland. They relate the dramas and adventures, mistakes, fun, laughter and tears.

The books are written through the eyes of Milly, who was ten when they moved into the barn. She is a feisty, plucky girl who loves adventures and animals. She has gathered an ever-growing menagerie around her - chickens, Indian Runner ducks, a horse, a house cow... there is never a dull with Milly around!

They are so relatable to many of us who have moved from the city and made Paparoa our home.

While they are in the children's section, they are an enjoyable read for all ages.

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

Contact Jas Futter, Library Manager 022 678 1474

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We need two extra physios to join our team to enable us to provide timely services as needed to our clients, and we want to be there to assist you in a speedy recovery back to enjoying your normal daily activities.

We are actively trying to recruit to enable services to resume in Paparoa again.

We sincerely apologise for the inconvenience, and extra travel involved seeking care at either our Dargaville or Maungaturoto Clinics.

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Letters from The Old Post Office... Sin of Shopping



Dear Reader, I have returned to our little haven shaken and stirred.

Yea, for having wandered into the paths of unrighteousness I am besmirched. (Physically, financially and spiritually). I have been reminded yet again of those immortal words "For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that". (1 Timothy 6:6-9)

As you will have gathered, I have recently visited the Albany Mega Shopping Centre. That temple to consumerism. Not only visited, (on a Sunday too) but shopped. My feeble excuse being that the B&B needed new linens. After that experience it will be out with the hand loom and creating

sheets from pounded flax. (Dermabrasion free with a night's stay).

Never have I seen so many people shopping. And apparently enjoying the recycled stale air of the mall, the bright sickly, sweet lighting and the saccharine smells of cloying artificially scented air fresheners.

Excited cries of "Mum, mum, look at this... (fill in the gap with appropriate mass produced item specifically designed to appeal to the youthful and advertiserally* manipulated) will you buy it?? Please??" shrill through the air and scratch my country nerves.

Tutting to myself like any self-respecting old biddy I went about the business of attempting to find sheets that offered a certain level of visual appeal combined with durability and less costly than a small European car. Naturally, my search ended in the final place that I wended my dispirited way. The linen

aisle looked as if it had been recently ransacked by the Barbarians. Packaging and crumpled pillow cases lay ravaged across the floor. Surely, such frenzied shopping could only be triggered by some national upheaval, not merely the first weekend of the school holidays? Unless it was in response to the imminent deluge of Australians.

Rushing my goods to the vehicle I threw the sinful dust of the city beneath the wheels and made an escape. The kms flew by, through the Dome Valley roadworks, past the articulated trucks with the barest of hitches. Only to be halted just south of Kaiwaka. All I can say is the resulting wait of 40 minutes allowed much reflection on the state of my soul (and others) and to think on Christ's actions throwing the money lenders out of the temple.

* new word invented by myself to suit the occasion (neologism)

Deb

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May Newsletter

We've heard some chatter and praise about our first community lunch

held in Mangawhai. It went so well - we had a great turnout which was lovely to see - and we are so lucky to have the wonderful A to Z Catering who provide our delicious meals. Our community lunch in Maungaturoto has been popular for over ten years, and they always have a great group of people ready to enjoy their day out.

Our community mini-bus has been busy making the usual twice-monthly shopping trips to Whangarei and has been hired by others, including schools, sports clubs, and the retirement village in Maungaturoto who go to a movie and lunch regularly. Our bus was also able to provide transport for a group attending a funeral in Auckland. It's great to be able to provide the mini-van for those in our community who need it.

Dates to remember for May:

Community Lunch - Wed 5th, 10am, St John Hall, Maungaturoto

Thurs 13th, 12.30, Community Hall, Fagan Pl, Mangawhai

Shopping Trip - Tuesday 11th, Free to Whangarei, 9.30 am from the Retirement Village Maungaturoto

Chocolate Bingo - Monday 3rd & Wednesday 19th, 10am- 12pm, Footprints Room, Anglican Church

Take care of each other.
From all at OCS.

Kauri Museum -

The museum has been busy with visitors during the school holidays. Children have especially enjoyed the hunt through the museum for different objects, for which they receive a small piece of gum for their efforts.



The works can be in any media of the artist's choosing. If you know anyone who would like to enter and has not seen the entry criteria, contact Mary Stevens phone 09 4317417 or email mstevens@kaurimuseum.com

The builders were busy through April working on the upgrade of two of our listed buildings, the former Matakoho School and Matakoho Post Office. They have been reroofed, had timberwork replaced where necessary, and are now in the process of being repainted. The scaffolding from around the school will be dismantled next week and it will be reopened to visitors. Both buildings are now looking very fresh and up-to-date.

By the time this edition goes to print, our annual Anzac Day Service will have been and gone. A feature of this year's service is the assistance of several local children with different parts of the proceedings. They have been practising hard for their



As many local artists as possible have been notified about our upcoming Portraits of our People exhibition. Opening on Sunday 13 June, artists in the Kaipara District Council area can send in a portrait of a local person for display.

moment in the programme and brought tears to the eyes of visitors who overheard them. This year's tribute is themed on the efforts of communities

and people at home. Our Anzac display showcases the huge number of fundraising activities that were conducted in local communities for the war effort, illustrated with items from the museum's collection.

The display is open for viewing
Mary Stevens



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New Home Needed

White Rock Gallery is on the move - but where to?

What a difference a month makes, in the April issue of the Paparoa Press White Rock Gallery members were celebrating 6 years in operation, a month later they are contemplating being homeless.

With the restructure of the Matakoho Kauri Museum the Gallery has lost its leased space. Many thanks to the Museum for the use of their premises for the past 2 1/2 years, it has been a lot of fun and an opportunity to meet lots of visitors from New Zealand and around the World. Covid was hard to cope with and now there is another 'hill to climb'. But the members of White Rock Gallery are a resilient bunch and will rise to the next challenge of finding a new home.

White Rock Gallery will close the doors on June 11th so watch this space for 'where to from here.'

If anyone knows of premises we could lease or even rent some shared space, please get in touch with Chairperson Tina McCullough ph 021 1511 569 or email crewb@xtra.co.nz

White Rock Gallery Committee

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Burning Issues

Northlanders planning to burn unwanted waste material this autumn are being encouraged to consider their neighbours and follow the rules, or risk fines and other penalties.

Burning and smoke nuisance complaints make up 25 percent of all incidents reported to the Northland Regional Council (NRC) Environmental Hotline.

"Autumn is a busy time of year for backyard fires. People might be burning off vegetation that was left to 'die and dry' over summer, or disposing of paper, cardboard or untreated timber. So they need to keep a few things in mind as they tidy up before winter kicks in."

Nationally, it is prohibited to burn tyres, coated metal wire

and oil (in the open air). Most importantly, materials such as plastic containers, treated timber, demolition waste and synthetic materials cannot be burned. In Northland you may only burn untreated wood, paper, cardboard or vegetation without a resource consent – and this still needs to be managed to minimise the effects on neighbours.

Smoke from outdoor burning pollutes the air and can cause serious health problems. In particular, burning plastic emits toxic, unpleasant fumes – and frustratingly, it still happens in Northland.

Outside the Whangārei urban area, Northlanders can light outside fires if they follow certain rules:

- Avoid causing offensive, objectionable or noxious smoke or odours to neighbouring residents.
- At least 24 hours before the fire, notify (in writing) all neighbours within 100 metres if the fire will last for more than 24 hours and is within 100 metres of a smoke-sensitive area (such as homes, schools, parks or marae).
- Don't obscure vision along a public road.
- Only light fires containing waste that is created on site, and consists of paper, untreated wood, cardboard and vegetation (or animal remains where the burning is on agricultural land).

The ability to have outdoor fires does not apply when there's a restricted fire season or fire ban in place. Fire restrictions and permits are managed

by Fire and Emergency New Zealand. However, anyone who has a permit must still follow the council's rules.

There are plenty of alternative ways to dispose of waste, whether people are in rural or urban areas.

Compost, mulch or chip your garden waste, and add it to your garden for extra nutrients. Larger logs can be cut to size and used as firewood during winter.

Dispose of your waste through your district council's roadside collection, or take larger quantities of refuse to a transfer station. Consider hiring a mini-skip with a neighbour to cut costs while disposing of your waste material.

Paper, glass, some plastics, cans and tins can go into your recycling.

Over the past five years, there have been an average of 252 burning and smoke nuisance complaints per year. Those breaching the rules are liable for enforcement action, which can range from instant fines of up to \$1000, abatement notices and prosecution – the latter with the risk of much stiffer penalties – through the courts.

Anyone wanting to report nuisance or illegal burning can contact the council's 24/7 Environmental Hotline on (0800) 504 639.

Full information on the rules around backyard burning and a link to rules under the Proposed Regional Plan is available from the council's website: www.nrc.govt.nz/backyardburning

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Maungaturoto and Districts Rotary

The past month has been relatively quiet in a community sense for our Rotarians. However, several were able to attend Albie's meeting which is endeavouring to find a way forward for the Den as a community asset. We are all grateful for the effort of Albie and his team in what has been provided and it will be great to see a sustainable plan put in place for its future success.

Last week, three of us attended the Rotary Youth Driving Awareness presentation in Whangarei. We had sponsored Year 12 students from Otamatea to attend this. (Something we have done for a number of years.) We believe that the modules offered provide a good basis for these students as they are learning to drive. Topics covered include car safety ratings and braking distances and the ongoing impact of a head injury from a traffic accident as well as the effect of distractions when driving. We hope the lessons learnt from this day will ensure safe driving by these young people.

We recently had our annual conference at Waitangi with presentations by local Rotarians. It was shown that a great deal could be achieved by Rotary clubs joining in on projects with other community groups.

Hopefully, by the time this goes to press, Piroa falls will be much easier to access. A working bee is planned to provide a pathway that will be able to withstand the rigours of torrential rain and the impact of high river flows. The plan is to use materials already on site. This has worked well in other areas.

We are also planning to lay wreaths at the dawn service in Maungaturoto as well as the later services at Hakaru and Matakohe on Anzac Day.

Our Driver Mentoring program is continuing to get more people on board who are aiming for their Restricted licence, and in the past month three have been successful. If you believe you could help us with mentoring these people (not always youngsters) please don't hesitate to get in touch. Any queries in relation to the above, please don't hesitate to give me a call

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Pets in the Valley



I was recently lucky enough to take part in the second leg of the Trek For Life. This is a horse trek which runs for a week a year, over about 13 years, travelling the length of the country. This year's leg was right in our back yard as we rode from Rawene to Pouto.

I had put a lot of effort into getting my horses fit and spent money on saddle fitters and expensive woollen saddle blankets to ensure their gear was as comfortable as possible. Well, the rewards were so worth it! My horses danced along the journey – 40km a day was no problem, and I don't think they really needed the day off in the middle. When we galloped on the beach they just kept on going and going and ate up the miles. Crossing the sand dunes and watching the walkers and bike riders struggling in the deep sand made you appreciate what a fantastic mode of transport horses can be.

I know horses are credited with the European settlement of America but I'm sure they contributed a lot to the colonization of early New Zealand as well. It makes you wonder about the hidden potential in all of us - with a bit of training and an end goal in mind we can achieve more than we would ever hope for.

Can't wait for next year's trek. Janine

The Trek for Life Aotearoa/NZ Charitable Trust was developed with the aim of empowering local communities.

They give back to local communities by donating a portion of the proceeds raised to the First Response and Rescue Services in the areas they travel through.

The inaugural Trek in March 2020 (from Te Pahi Station to Kohukohu) donated \$33,000 to ten different First Response and Rescue Services in the Far North.



Fresh from the Hen House

'The Pecking Order', is a phrase we use to describe who is, who is not, and who wants to be, in charge - in a workplace, school playground, or a community group. Where does it come from? I'll let you in on the secret... it comes straight out of the Hen House...

While chickens appear to be rather uncomplicated to the casual observer, within every flock of chickens there is a born leader, a second-in-command, the wanna-be chicken and the passive hen.

The pecking order for a chick, finding out where she belongs, starts at about 3 days. It is an instinct - mostly related to food and water and, as they get older, nesting places and dust baths. It starts at feeding time when a cute little bundle of fluff starts to

feather pecking each other is the most common expression of dominance (hence 'pecking order') and if a bird has different coloured feathers they will be more likely to be picked on.

Sadly chickens are rather racist. We once had a hen who had dark brown feathers on one side and light brown to



cream coloured feathers on the other. The light feathers on one side were always being pecked so we rehomed her into a flock of five hens and

she lived out her days with a lot more harmony. Having a rooster in a flock will often settle the pecking order, just be sure to be submissive to him if you end up in the flock's pecking order. Then he is less likely to see you as a threat and is much less likely to attack you.

Rebecca

May Gardening Notes

The long awaited autumn rains started falling last month and farms and gardens are now showing signs of revitalising. The weeds are making up for lost time and it's a continual challenge keeping on top of them. At least the soil is now nice and moist and quite pliable. The mustard seed sown a month ago seems to require very little moisture to sprout has really taken off following the recent rains.

Red Guava trees have produced a bumper crop of good quality and flavoured guavas, which have a vitamin C content more than twice that of oranges. These flavoursome fruits can be boiled up just covering with water until pulpy and juice strained off through a muslin or fine net curtain bag. The juice can be made into jelly - 1 cup of juice to 1 cup of sugar and boiled until it will set. Test by placing a little on a saucer and putting in the fridge until cold and shows signs of jelling before putting into sterilised jars.



You can store butternuts by washing, drying and wiping them with white vinegar. Leave stalks to dry completely and store in a cool darkish place not touching each other. They make up into a nice and creamy soup. Any butternut/cup showing signs of early deterioration can be chopped up into cubes and frozen to use for soup anytime over the coming winter months.

To help combat powdery mildew on courgette and remaining pumpkin plant leaves spray with milky water. Skim milk, 10%, changes the ph and helps prevent infection, but won't cure it. Powdery mildew is nature's way of retiring your plants which were likely on their way out anyway as we come to the end of the season. You can now replace them with winter crops such as beetroot, brassicas - broccoli, cauliflower, cabbage, together with broad beans - which are good for replacing nitrogen back into the soil. Carrots and parsnips need to be grown in a light sandy loam which has been dug deeply prior to sowing to help reduce the soil richness and help prevent distorted crops. Other leafy greens, onions, leeks, swedes and turnips can be sown/planted into the garden. Transplant leak seedlings deeply in 10 cm holes, 20 cm apart and mound up the soil around the stems regularly to provide support and keep the stem white, apply regular light dressings of fertiliser as they grow. They are slow growing and can take 3-5 months to be ready to harvest. Garlic and shallot bulbs can be planted from now until the end of July.

Miniature lettuce can also be planted out at monthly intervals, a punnet of a mix of 2 varieties I purchased a month ago, planted in 2 pots on the terrace are now producing mature leaves to be picked as and when required allowing the rest of the plant to continue growing.



In the flower garden Dahlia tubers can be

lifted and stored in a dry place ready for planting in spring. A mix of various annuals like wallflowers, stocks, polyanthus, pansies and primulas, together with a row of sweet peas will add vibrant colour to your winter garden. Slugs and snails are making an appearance so protect young seedlings with longer lasting rain resistant slug pellets.

Apply a dressing of citrus fertiliser to citrus trees to maintain foliage, colour (if showing signs of yellowing add some epsom salts), and good health.

JR

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Science Corner

Flies

This summer we have been plagued by flies and I am sure that the window and door screen companies must have been doing a roaring trade along with the sales of fly spray. I have given up on fly spray as it does not seem to work anyway (except on wasp nests!)

Facts on Flies

The housefly (*Musca domestica*) is a fly of the suborder Cyclorrhapha. It is believed to have evolved in the Cenozoic era, possibly in the Middle East, and has spread all over the world as it moves with humans. It is the most common fly species found in houses and lives for about 3 weeks.

Flies taste with their feet and cannot chew food, so they eject digestive enzymes onto what they want to eat (spit on it). When everything is nice and soft, they slurp it up! When a fly lands on something it spreads bacteria and disease causing organisms.

Fly Anatomy. The head of the fly contains the eyes, antennae and mouthparts. Flies have a pair of fully developed wings on the thorax, and a knobby, vestigial second pair of wings, called halteres, that are used primarily for balance.

Their body temperature is governed by the air temperature so the warmer it is the faster their systems work. (Everything- moving, eating and mating etc)

Why so many this year?

A wet spring to get them started, followed by a warmer and wetter than usual summer, gave the fly population a great opportunity to breed like crazy! They breed in decaying organic matter. The warmer the temperature the faster they breed.

Ways of controlling them

Fly screens - expensive but good - some always get in though as people go in and out the doors.

Fly papers - cheap - look ugly- but are effective and certainly get rid of most of them.

Fly swats - cheap - work well if you are fast - the electric ones keep kids and adults amused until all the flies are gone!

Insect sprays - don't in my experience work very well and I don't like having chemicals floating in the air I breathe.

Keep a good breeze blowing through the house - use fans if necessary. Flies don't like wind.

Make an essential oil fly deterrent: Mix 2tbsp vegetable oil, 2tbsp vodka or witch hazel and add drops of citronella, peppermint, lavender and eucalyptus. Put in small open lids or containers to diffuse around your room. (Don't know if this works but worth a try)

Make sure all rubbish is removed quickly and compost bins are covered to prevent breeding places.

If all else fails, it is getting colder so they will disappear soon!

Stella



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Wellness Show fundraising for Kaipara Hospice

It was a successful show on 11th April as we raised \$711 for Kaipara Hospice which they were incredibly pleased to receive. I would like to thank all of you who attended public and stall holders.

Thanks also to our lovely volunteers who helped in the kitchen and on the raffle table. Our talks were well supported and lots of interesting topics and questions. These ranged from myself with cholesterol myths and good fats and ketosis, to Pepe and Anna with Flinchlock Release, and Maggie with Alexander Technique. There was much more with

stall holders traveling from Coromandel and Waikato as well as lots of talented locals.

We are always grateful to our sponsors Kaipara Kumara, Maungi Meats, Al's Upholstery, Positive Vibe, Starbright Wellness, Denny's Veggie's, Crystal Attunements, Otamatea Contact Care, Paparoa Lions, Derrell Walker, Anne Stuart-Mententh, and

Nutrimetics from Marilyn Carson. Little Sister offered coffee and Marianne and friends in the kitchen served fabulous salads and chia pudding.

We are hoping to do this as a regular event, let me know if you would like to support this great event.

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Lions Ruawai Auction

After several weeks of collecting up goods from everywhere, 13 March dawned fine; the trucks and trailers had been loaded up the night before and it was down to Kaipara Kumara Forecourt for another Lions Charity Auction!

Marquees went up - goods were downloaded and suddenly it was 9am and business was underway. A huge variety of goods changed hands at the trading table and by auction, raffle tickets were sold, and Paparoa Lions



did a good trade selling hot dogs and chips from their food caravan. A big thanks to our many sponsors who donated quality goods including fertilizer, limestone metal, firewood, doors, toys, farming equipment, hardware and more!

With the help of our community and supporters we raised several thousand dollars which will be used to support the Ruawai community in many ways over the coming year. Thank you to our sponsors – Sleep Systems, Ballance, Farmlands, PGG Wrightson, Ravensdown, Silver Fern Farms, Carters, Kevin Reid, Kaipara Kumara, Farm Source and The Vet Centre.

Thanks also to those in our community who found time to provide a huge variety of saleable goods, and helped on the day and finally our appreciation to all the buyers making the most of a chance to get a bargain!

Dorothy

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OUT & ABOUT AROUND TOWN

Paparooa's Farmers' market is happening every Saturday morning, 9am - 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, olive oil, fish, preserves and so much more.

"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 Tues and Thurs 10 - 2, and first Saturday of the month.

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.

Paparooa Toy Library AGM Monday 24 May 2021, 1.30pm at the Paparooa Community Church in Hook Road.

Condolences to family of Archie McCroskery of Pahi who passed away recently.

Secretary Needed for Paparooa Show Committee

Can you help us?

Our current secretary is retiring from the show secretary role. She is more than happy to spend plenty of time with a new person to help pass the role over. So if you think you could help us please get in touch on secretary@paparooashow.org.nz

As always if you'd like to help with the show in any way big or small we are always on the lookout for extra hands.

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It is with great sadness we announce the passing of our great friend Neil Parker. Neil lived in Paparooa for the past 8 years and will be remembered by many for his bass playing with various bands and of course at the Paparooa Farmers Market. Neil became unwell late last year and decided to return to his homeland of England on the 26th February of this year where he was looked after by his family and hospice before passing away peacefully with his daughter by his side. Neil is survived by his wife Christine, daughter Sophie and son Toby



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Seussical JR - April 30 - May 9, ORT. See front page

Planting Day - May 15, 9 - 12.30. See front page

Weed Group - May 22, 9 - 12. See back page

Community Dinner - May 22, 6.30pm. See back page

Paparoa Toy Library AGM - 24 May , 1.30pm, Community Church, Hook Rd

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 (VRRF) 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

White Rock Gallery At The Kauri Museum 7 days 10am-4pm Ph 021 0267 8241

Yoga Monday 6pm Maungaturoto Hall, Tuesday 9.30am Chair Yoga Paparoa Sports

Pavilion, Tuesday 5.30 Matakohe Hall. Ph Jenny 0211143370

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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 May 2021

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	7.52	14.19	17th	8.14	14.33
2nd	8.49	15.18	18th	9.06	15.26
3rd	9.52	16.22	19th	10.04	16.26
4th	11.01	17.33	20th	11.06	17.30
5th	12.13	18.47	21st	12.08	18.35
6th	13.18	7.17	22nd	13.08	7.07
7th	14.13	8.14	23rd	14.05	8.03
8th	14.59	9.01	24th	14.58	8.56
9th	15.39	9.41	25th	15.50	9.48
10th	16.16	10.17	26th	16.40	10.39
11th	16.50	10.51	27th	17.29	11.29
12th	17.24	11.24	28th	18.19	12.21
13th	17.57	11.57	29th	6.47	13.14
14th	6.15	12.31	30th	7.40	14.08
15th	6.51	13.08	31st	8.35	15.04
16th	7.30	13.47			

Community Directory

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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

Celebrating The Meaning of Easter



They just kept coming

On a really beautiful Autumn day about fifty people got up early to remind the community of events 2000 years ago that gave us our Good Friday holiday. Members of Paparooa Community Church were joined by friends from Ararua Church, Good News Church Maungaturoto and elsewhere as they followed behind the cross in a march from Huband's Workshop to the Paparooa Village Green. Cheered on by waves and toots from passing cars, the marchers joined a waiting crowd at the Green. They sang, listened to a poem read by the author (Merle Hartles) and enjoyed the waiting Easter buns, tea and coffee while they read the story of the crucifixion displayed on boards on the lawn.

John Aplin



Merle and Jan keep guard

Dealing With Pest Plants

Otamatea Weed Control Group group meets once a month with the goal of stopping eleagnus and privet from completely taking over our native bush areas.

We have cleared most of Paparooa of these two invasive weeds and are currently making progress down the Pahi Peninsula where eleagnus is a big issue. One Paparooa area we haven't finished is the gully behind the Methodist church in Paparooa which we abandoned last winter when it became dangerously slippery to work in. We headed back to tackle it in the dry last month. One property owner from the Blechynden Estate area, Grant (pictured), who received help in February, joined us back in the gully where it still proved hard work with 80% of the area covered in weeds on steep slopes- so the extra pair of hands was much appreciated!

You can help by removing any stray privet or eleagnus in your yard or contacting us if you have larger areas to tackle or by helping our group out when you can. We use, and can supply, stump wipe gel, (funded for us by NRC), to prevent them growing back twice as strong!

Next weed group day is Sat May 22nd 9-12 Contact Jacque Knight 021488822or jacqueline@rahui.co.nz for more information or to help out.



Eleagnus



Chinese privet



Tree privet

Community Dinner

This is a great chance to catch up with old friends, meet some new ones and bring along new people who have moved to the area.



It's a fun night, with a delicious meal, which this time has an optional sports dress up theme!

Saturday 22 May, 6.30pm

Paparooa Sports Pavilion

BYO drinks

All welcome

Adults \$20, Kids \$10, Family \$50. Gold card \$17

Bookings Libby 021 2080093 or Jane 4316148

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