



NOVEMBER 2015

Settlers' Day Out ... Museum on wheels

On Sunday 6th December The Kauri Museum is hosting *Settlers' Day Out*. This annual community event provides a host of fun-filled activities for the whole family. The theme for this year is 'The Kauri Museum on Wheels'.

One of the featured events is a *DIY Trolley Derby* for children aged 7-15 years. The Derby event builds upon our highly successful DIY Trolley workshops where participants constructed trolleys using traditional plans. They are now keen to build on these designs, engineer their own creations, and then compete and show off their trolleys at the Derby.



Museum CEO Lisa Tolich says, "Sponsored prizes will be given out to the winners of

each age group across both traditional and contemporary design categories. Additional prizes will be awarded for most creative design, most innovative design and best-dressed trolley".

Trolley carts (go-carts/soap-box carts) were at the height of their popularity in the early 20th century. They provided hours of entertainment in the years

before commercial toys like skateboards became readily available. Older siblings and parents would help the younger children salvage components including pram wheels, scrap wood, metal and soap boxes. The New Zealand DIY ethos is still alive and well and we are encouraging children and their parents / grandparents to get involved this summer.

Safety is of course paramount and the use of protective clothing including helmets, will be required for entry. Registrations for the

Trolley Derby are essential at a cost of \$12 per entrant. A race day information pack is available on the museum website kaurimuseum.com and from The Kauri Museum's information centre.

In addition to the Trolley Derby, the Kauri Museum On Wheels theme will continue with a range of fun activities for all ages. Freestyle rollerskating to music will be

available, along with tuition courtesy of *Skatescool* Tutukaka.

Traditional arts and craft activities will be found in and around the Museum, including DIY Heritage Christmas decorations. Crowd favourites such as gum polishing, woodturning demonstrations and toolmaking will be showcased throughout the day and, as in previous years, the district's vintage cars will be in attendance.

A mixture of indoor and outdoor market stalls will also be on offer, providing the perfect opportunity to make a dent in that all important Christmas Shopping.

Museum entrance on the day is free, but donations are appreciated to help cover material costs at our arts and crafts stations. Don't forget to bring along some extra change in case you happen across a bargain at our market stalls.

The day begins at 9am, with races kicking off at 9:15am, and runs "until it's finished" says Ms Tolich. Settlers are encouraged to dress in period costume, with spot prizes awarded on the day.

Lisa Tolich, CEO, The Kauri Museum

Pet and Show Day

Despite a wet start to the day our enthusiasm was not dampened and everyone had a great time at Paparoa School's annual pet and show day.

The Vet Centre sponsored our ribbons, ANZ gave us certificates and Wilson Hellaby donated sausages. Our PTA did a great job feeding people at the BBQ. Thanks to our judges: Neil Sidwell, Neil Donaldson, Andrew Hames, Bryce Ball and Cheyanne Ball. They had a very difficult task with many beautiful and well cared for animals. Our four school calves enjoyed themselves, after being looked after by a small group of children each day. Thanks to Bryce Ball and Shirley New, Kenny Finlayson and Terri Donaldson for donating them to us. Thanks too to the Holcroft family, Andrew and Ngaire Hames, and Mark and Catherine Pilkington for the milk and milk powder they gave us.



James Wintle with calf Shane 2

Once again we had a pre-schoolers' section that proved very popular. The classrooms were full of the children's inventive creations using flowers, toothpaste boxes, shells and driftwood amongst other things. Another highlight of the day was the auction of some very delicious cakes. Thank you to everyone who supported the school.

Alison Cadman-Smith, Principal, Paparoa Primary School

Paparooa Press PP

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for Paparooa, Pahi, Matakohē,
Whakapirau and Tinopai.

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ADVERTISING

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Lifestyle Village progresses

Big projects take time and the proposed Lifestyle Village is no exception. The Steering Group is ensuring that all details are checked in order to avoid making premature pronouncements in the public arena. Costs for telecommunications and power have been received and incorporated into the Group's information bank.

A schedule of specifications has been developed which will be submitted to roading contractors for costing. Every attempt will be made to use local contractors so long as prices are competitive.

Wayne Birt, the Group's planner/surveyor said, "What we have developed looks like it will create a very liveable environment on the outskirts of the existing Paparooa community. It will be close enough to walk to the shops yet have a quiet rural aspect."

Steering Group chair, Graham Taylor said, "We are very keen to be able to release more details but it is better we get all our ducks in a row first. The project will have considerable impact on Paparooa and we want to ensure it has every chance of success."

The Group believes the timing is right for a project of this size as more people are moving from Auckland looking for affordable housing in a pleasant and positive community. "Paparooa has a lot to offer", said Graham. PP

Can you help?

The Paparooa Press Gang (who produce PP for you each month) needs more team members and contributors.

You would work with the team to decide on content and allocate monthly tasks.

If you can help - please contact us - 431 7209 or press@paparooa.org.nz PP

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Market exceeds expectations

Weekly Farmers' Markets are now part of the Saturday scene in Paparooa, with amazing crowds and great atmosphere. Spring weather helps and rain showers don't dampen spirits. New stall holders are getting very positive response from customers.

We now have an eftpos cash-out facility, there's a \$50 limit, no fees are charged. Buskers also add to the atmosphere, they are supported by the market and your extra donations are always welcome.

Weekly markets are your chance to meet up with



As well as our regulars we now have artisan chocolate and exquisite cakes, the most amazing fresh baked bread, croissants & buns, shell crafts & ornaments and fresh cut flowers. With such variety there's lots to tempt shoppers.

friends, talk to stall holders about their products and enjoy our village attractions. Village retailers have much to offer and the Village Cafe's delicious coffee is always a draw. We're open 9-12 every Saturday through 'til Christmas. PP

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Christmas presents aplenty

Make sure you check out our local shops' range of presents before you even think about shopping in the Big Smoke. Paparoa has a huge range of gifts to choose from. The weekly Farmers' Market has plants, soaps, chocolate, oils and honey.

Then, starting from the corner of Franklin and Paparoa Valley Roads and ambling along the main street, we have **The Paparoa Store** with its range of food products, smaller novelty items and of course, more chocolate.

Petrol vouchers, or other more mechanically oriented items are a good choice from **Paparoa GAS**.

Skelton's has its usual great range of fashionable clothing, scarves for all occasions, hats, wallets, photo frames and particularly fetching door stops, and much more.

Right next door is **L'art de Beauty** stocking vouchers for treatments or products. There are vouchers priced for every pocket and the beauticians are only too happy to advise on the best one for each customer.

The Village Cafe stocks Chapel Oils and other food related items as well as the owner's

own art work. While only a few metres further on is the new **Shop and Brew**. What better present than a homebrew kit, or perhaps a piece of beautiful old china.

Pegasus Engraving is next in line and specialises in those individualised gifts, so get a move on if you want something personal created. There are badges from \$3.50, magnets and key rings from \$6. Or try mugs ranging from \$10 for a stock mug to \$22 for a colour change personalised mug and various in between. Pictures on metal from \$12. These are sublimated and so don't fade like photos. There's also ceramic tiles or acrylic word art – so many variations to choose from.

Moving on up and over the bridge there's **White Rock Gallery**. Again, so many things to choose from. Hand-made coasters, teddy-bears, jewellery, gorgeous heritage aprons,

quilts, wall hangings, table runners & place-mats, etc., photographic art and of course a great range of paintings!

The only sensible thing to do is go and have a look.

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Paparoa Press welcomes brief letters on topical matters for publication, which we will print at our discretion.

As well, we would like to extend our buy and sell classifieds. See page 15)

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Featured Events:

DIY Trolley Derby: Be into win prizes including most creative design, most innovative design and best dressed trolley. Race categories split into age groups and design class (traditional or contemporary). FAQ sheet, design specifications and safety requirements available at www.kaurimuseum.com or from the museum foyer.

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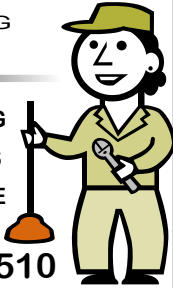
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Regeneration effort Sparks into life

The banks of a farm dam were transformed recently when more than 20 Spark volunteers turned up at the Ahika farm at the end of Petley Road. Every year Spark gives their employees a paid day off to do volunteer work in the community.



The day started with the volunteers watching Graeme Sait's famous TED talk on the benefits of soil health, are one of the best solutions we have for coping with climate change. After a tour around the property, volunteers were taken through a short Tai Chi warm-up and then off to the

planting work.

Mark Vincent from Otamatea Harbourcare Society kindly brought along six of their new planting spades and helped with the planting. In less than two hours the Spark volunteers had planted 460 native trees around the dam.

When the planting was finished, visitors were rewarded with a sumptuous Ahika lunch featuring the farm's own eggs and salad picked fresh from the farm's garden. After lunch everyone sat around the outdoor fire pit while farm manager Michaela Dove shared 3 take-home tips on sustainability and gave a short talk on nutrition. Finally, everyone enjoyed a half-hour seminar on managing stress by Dr Theresa Dobson.

About Ahika

Approximately three years ago a group of like-minded people with a diversity of skills and talents formed a trust to purchase a property at the end of Petley Rd.

Ahika farm focusses on teaching sustainable living practices that help people to live a happier and more meaningful life while taking care of the environment. They practice nutritional agriculture which aims to regenerate soil health and improve nutrient density in food production.

Trustees include Graeme Sait, who travels the world teaching the soil health message and Theresa Dobson ("Dr T"), a health practitioner with a broad background in wellness education.

"While we are really grateful to Spark Foundation for their support, I think we were able



to give them something of value in return with the ideas and insights we had to offer", says Theresa.

Michaela Dove,
Farm Manager, Ahika.org

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WORKSHOPS @ White Rock

With a *Creative Communities NZ* grant, White Rock is able to offer the following community art & craft workshops to the community. Be in quick to book your place:

ART WORKSHOP

Painting Animals, Contemporary Style tutor Elena Nikolaeva, Mon 9 Nov, 10am-3pm at Ruawai Art Studio, \$15. Max 10 people - spaces limited, ph Janice for details 946 9990

CRAFT WORKSHOP

Patchwork & Quilting tutor Betty Cairns, fabric provided Wed 4 Nov, 9am-4pm at Paparoa Hall, \$15. Max 6 people, ph Betty for what you'll need to bring 431 6515

SUMMER FAIR Sat 5 December- see details at right.

The effects of Drugs and Alcohol on the teenage brain

Nathan Mikaere Wallis is part of the Brain Wave Trust and X Factor Education, Christchurch and will be speaking on this topic on Wednesday 4 November at Otamatea High School, 6.30-8.30pm.

He has been a lecturer at the Christchurch College of Education, lecturing in human development, brain development, language and

communication and risk and resilience.

The Brain Wave Trust aims to raise public awareness about new findings in brain research and to educate everyone who has an impact on the early life of tamariki/children about the important implications of this knowledge on our children's physical, social, intellectual and emotional development.

HarbourCare receives grants

Recent applications to both the Fonterra Grassroots Fund and Pub Charity have recently borne fruit for our local land care group.

The application to the Fonterra Grassroots Fund was to meet the cost of six high quality planting spades, while the application to Pub Charity was for two rolls of weed mat and two rolls of shade cloth.

HarbourCare secretary Mark Vincent said, "The spades were not cheap, but they will not break, and I venture to suggest that there is nothing

better than a planting spade. As I already had one of my own, I can vouch for the design and this will fill a need on planting days." The spades are available for any other groups' planting days - just contact Mark if you'd like to borrow them.

The weed mat and shade cloth are to extend the society's nursery; Pub Charity also funded the society's flag sign.

Summer Fair at White Rock

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Saturday 5 December 9am

arts, crafts, white
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Monarchs need our help

Have you realised that there are fewer Monarch butterflies fluttering about in our gardens these days? As with the plight of bees, these delightful colourful creatures are under threat from our use of insecticides, from introduced predators and parasites, a lack of 'Swan plants' for eggs to develop, and too few nectar flowers for food.

Why do we need these butterflies? They are pollinators, and an indicator species – canary in the coalmine scenario – and they brighten our lives and our appreciation of all nature.


If these butterflies, so highly visual and human-friendly, are in trouble, what does that say about other New Zealand moths and butterflies and micro-organisms which we are not usually aware of?

If we could all grow swan plants in our gardens – choose a sheltered, sunny spot – we could help bring back the abundance of these bright

orange and black beauties. Protect the plants from slugs and snails and keep them from year to year so they can grow to a substantial bush and feed many, many caterpillars.

Visit monarch.org.nz to find out more; there are many websites with information about this butterfly, how it travels miles

across the sea each year, and much more.

So, how about making your own 'butterfly garden' and help these precious insects? Children love to watch the life cycle happening before their very eyes – wow! 



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art ... for art's sake Gallery 28


Another art gallery will soon be open.

John & Anne Ecuycer's 'Gallery 28', located at 28 Matakohe East Road is set to introduce a greater range of art to Otamatea region.



John's glass work, wood and ceramics will be on display along with work by a few other selected artists. While most of his focus is on the wood pieces there are some fascinating items with a strong environmental message. John manages to communicate his ideas in a strikingly powerful manner. The way he combines skulls placed on various forms of reliquary vehicles is both thought provoking and very relevant.

However, he has many other pieces of art that cause less reflection on mortality, which are set off beautifully in the clean white and black display space. The small framed shell designs, pottery teapots and rock art all offer something for someone. Of course, it will be Anne's organisational skills that keep it functioning smoothly.

John says that the artists are all draw on Northland for inspiration and their intention is to gradually increase the range of art for sale. 

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Real Estate Report



The Maungaturoto-Paparoa-Kaiwaka area had another strong month in property sales in September. Over the last three months there has been a lot of activity in the area as the ripples from the Auckland market reach out beyond the supercity's borders.

Residential sales numbers for the last quarter, July to September, were up 37.5% on the same quarter in 2014.

Maungaturoto township has been the darling of the area recording over half of those sales, up nearly 284% (treble the sales) of 2014.

Also in 2014, vacant residential sections made up one-third of sales whereas this year they account for only 21%.

The increased interest and demand in the area has seen numbers of available listings dwindling and the overall effect has been that the average price for a house has risen from \$221,367 last year, to \$253,257 this year, a rise of a little over 14%.

Rural / lifestyle properties have also been popular and sales in this sector are also rising.

Ken Bogue
Licensee Agent
/ Principal Officer, Ray White

Avoid phishing attacks

Phishing continues to be the attack of choice for many cyber criminals, but with awareness of the latest tactics and the right tools you can reduce your chance of being scammed.

The term phishing came about because the emails try to lure you with bait, as in fishing. And just like a real fish, if you are alerted to the type of bait being used, you'll reduce your chances of getting caught.

Phishing scams utilise three tricks to catch victims:

Urgency: Threatening you with a consequence if you don't act. eg: a request to terminate your account, or a claim that it's about to be suspended.

Curiosity: Offering you some juicy bait, tempting you to act, eg: "Attached is a company report that contains the salary information of your colleagues."

Familiarity: Tricking you into acting thinking it's from someone you know, eg: "There's an important message from [someone] waiting for you online."

If your search reveals others who have reported this message, or are asking questions about its authenticity then it probably is a phishing scam or hoax email.

A phishing email or instant message typically contains a web link (URL) to click on: an email can have an attachment - be careful not to open it, no exceptions. It can be infected.

However, it's worth emphasising that knowing if a link is truly 'bad' before you click isn't a perfect science, and often security professionals can't even tell until they visit it.

Do have antivirus software installed, and lastly, if you do spot a phishing email, be a good online citizen and consider reporting it directly to the legitimate organisation or person that's being impersonated.

Stay cyber-safe. PP

CHECK suspicious emails and messages when they land in your inbox. Verifying the authenticity of a message can be a challenge - especially if the sender's email or social media account has been hacked.

If you know the sender, contact them using another service (email, social, phone etc) to check that their message is legitimate. If not, enter the subject line or some other small part of the message into your favourite search engine.

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New 'Shop & Brew'

Paparooa welcomes new enterprise *Shop and Brew* which opened its doors in October. Selling home-brew kits for wine, beer and spirits, as well as antiques, collectibles and giftware, the initial response from locals and visitors is very satisfying. *Shop and Brew* will also sell items 'on behalf'.

Owners Alistair Taylor and Lynn Wilson, Matakoho residents for the last five years, purchased the building seven years ago "by accident", while still residing in Auckland. Two years later they decided to buy a residential property in Matakoho in order to live in the area permanently and have time to restore the commercial building.

There has been much commuting between Auckland and Matakoho during this period as Lynn still worked with a legal firm, and Alistair was involved in the restoration of authentic antique chandeliers. He is also an avid and excellent bass guitarist with *Shane and the Shazam Band*, a well known group in the Auckland music industry. This keeps him busy most weekends while Lynn holds the fort at

Shop and Brew which is open 10 a m - 4 p m Wednesday to Sunday and on public holidays.

Hours may be extended through the summer season depending on demand. Lynn and Alistair are very happy in the Kaipara and have no plans to change that any time soon. PP



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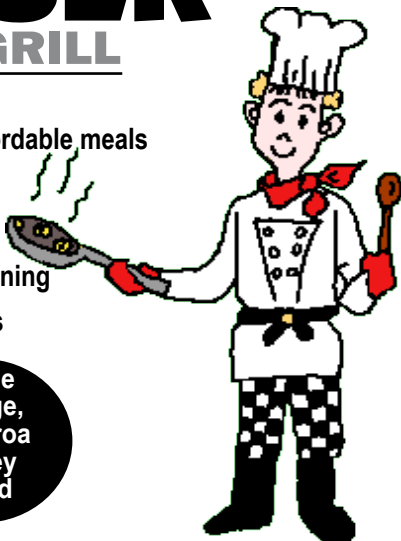


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Letters from the Old Post Office

Golf is still *topic du jour*. Waking moments, sleeping even longer moments, are all consumed with the conundrum that is golf. Where can it be played? Oh where? However, assuming even greater significance lately, is the question of "how is golf played"?

And so, we seek him here, we seek him there. And yes, we find him (the dog is quite good at this bit, the cat simply doesn't care) hunched over the answer to all questions of the universe ... The Laptop.

Aunty Google has been set the task. How does one improve one's swing? My light-hearted suggestions have been met with scorn. To be fair, they may not necessarily be pertinent to golf. Instead the-man-in-the-shed has been poring over 'Question and Answer' sites, videos that display the exact stance, the best clubs, the trendiest pants.

So far to no avail. His golf score is failing to plummet. Gloomily he returns and reports on his latest failings. Golf, that is. (He doesn't admit to the others.) It occasions him little solace that he is not quite at the bottom of the ranking. Not as yet; is what he secretly fears?

Nevertheless, I would remind him and other golfing disciples of those immortal words, "If at first you don't succeed, try try again." Obviously, Robert the Bruce's situation involved more blood. However, it seems success at golf can be viewed by some as a matter of life and death. So, we will end with the words of another Scot ...

*The best-laid schemes o mice an men
Gang aft a' gley,
An' lea'e us nought but grief an' pain,
For promis'd joy.*

A fitting epitaph for golf, methinks.

Deb C



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The Imposter Syndrome ...

... is a term used when you feel like a fraud, or an imposter and you don't really know what you're doing. You feel that you do not deserve your success, and that you will be found out by others, that actually you are a fake. You attribute your achievements to luck rather than your own effort. Or that you did well because of some other factors out of your control, such as - *it was an easy test*, or *you were having a good day*, rather than to your own ability or hard work.

It is not just feeling modest and humble which is the New Zealand way, but doubting that you are as good as others think you are. It can lead to not wanting to try, to giving up and to chronic feelings of self doubt and lack of confidence.

You may not feel like this at all, but if you do, here are some ideas to change these unhelpful feelings:

- Get the negative self talk out of your head and replace it with positive statements.
- Understand the difference between feelings and reality. Just because you feel something strongly doesn't make it real. When you find yourself thinking "If I feel so stupid, it must be because I am stupid" change it to "Just because I feel stupid does not mean that I really am".
- Accept your strengths and weaknesses, no one is perfect.
- Be less concerned about what others think and stop comparing yourself to others.
- Help others and you will feel better about yourself.

140th A&P Show



It's now a good time to start preparing for 2016 indoor entries.

The special artists' class, with its \$250 prize, is for a work in any medium that depicts an 'Iconic Kaipara event'.

Other classes include photography, knitting & crochet, needlework, arts, crafts & hobbies, jams & preserves, home brew, a special junior section, plus the fruit, vegetable, dahlia and cooking classes.

Pick up schedules from Skelton's Paparoa, Noel Radd Ford, The Vet Club, Ruawai 4Square, or paparoa.org.nz, or for more info email Ann Butler secretary@paparoashow.org.nz, or the indoor supervisor stellaclyde@gmail.com.

The Show Committee is now looking for sponsorship, please contact the treasurer on 431 6011 or treasurer@paparoashow.org.nz if you can help.

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Lions visitors

At a regular Monday evening dinner meeting, Paparoa Lions welcomed back Frank Wu and his niece Miaoyin (Myra). Frank was showing visitors around Northland and included a day in Paparoa.



Their surprise appearance in The Paparoa Store was enjoyed by everyone there! Frank said he has since joined Eden-Epsom Lions Club. Frank is now learning about the Resthome Industry, having acquired a small managed Resthome in Ponsonby and finds it very interesting. Miaoyin works in an Asian supermarket in Newmarket and both are enjoying life back in the city. PP



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From the Archives

SCHOOLS' SPORTS GATHERING

Northern Advocate, 9 March 1922

The action of the combined schools of Paparoa and surrounding districts in organising an annual sports gathering for the children has been a marked success. Two well attended rallies have now been held, and the truism that "union is strength" has been exemplified. The 1922 gathering was held Saturday last, and, favoured with fine weather, resulted in an enjoyable day's outing for parents and children alike.

The schools co-operating were Paparoa, Ararua, Marohemo, Pahi, Hukatere, Huarau and Wairere. A full programme of sports events had been arranged, and, with keen competition among the children, the day went as merrily as wedding bells. Luncheon and tea were served in the Garrison Hall, and in the evening the large building was the scene of a concert provided by the Paparoa Minstrel Troupe, led by Messers R. H. Brown, D. Nicholas and S. Peters. Supported by their company of "darkeys", they excelled in humorous thrust and repartee. A full budget of songs and choruses kept the audience in good humour for two hours. The blending of the voices in the popular melodies were particularly pleasing. Local hits and racy stories added zest to the programme. Subsequently the hall was cleared for dancing. The door receipts were £10.10s.

NB - the Garrison Hall burnt down and was replaced by the present Paparoa War Memorial Hall in 1956 PP

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Jokes, riddles and a puzzle

Let's have some fun! Crack up your friends with these hilarious jokes & riddles. Send us your jokes and the one that makes us laugh hardest will receive a humorous surprise!

- Q. How do you fix a broken tomato?
A. Tomato paste!
- Q. What occurs once in every minute, twice in every moment and never in a thousand years?
A. The letter M.
- Q. What time is it when an elephant sits on the fence?
A. Time to fix the fence!

Knock knock
Who's there?
Mikey!
Mikey who?
Mikey doesn't fit in the keyhole!

- Q. Which word is the odd one out - Stun, Ton, Evil, Letter, Mood, Bad, Snap, Straw?
A. Letter. If you read them all backwards, letter is the only one that does not make another word.
- Q. Why did the rooster cross the road?
A. To cockadoodle dooo something.

Knock knock
Who's there?
Cows!
Cows who? Cows go 'moo' not who!

- Q. Why did the banana go to the doctor?
A. Because it wasn't peeling well.

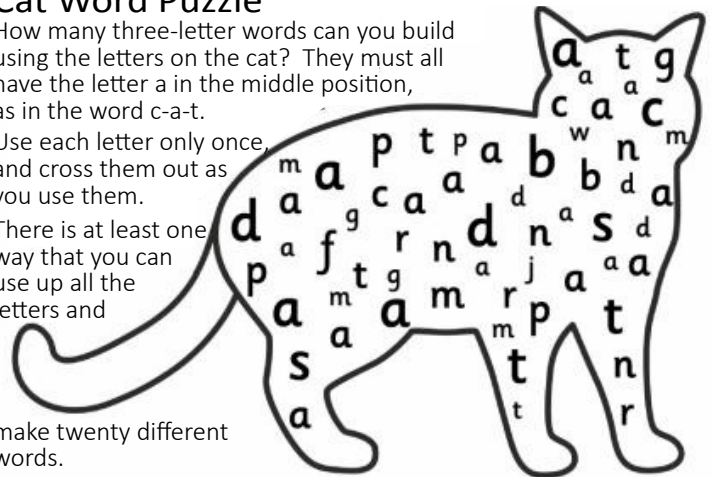


Cat Word Puzzle

How many three-letter words can you build using the letters on the cat? They must all have the letter a in the middle position, as in the word c-a-t.

Use each letter only once, and cross them out as you use them.

There is at least one way that you can use up all the letters and



make twenty different words.

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Kaipara walking tracks

Anyone wanting to stretch their legs will find the Kaipara a great place to do so. The Kaipara boasts an impressive variety of walks and tracks, ranging from gentle strolls to a chance to climb Northland's second highest peak, or to look down over New Zealand's longest drivable beach from the summit of the Maunganui Bluff. Full walking track information is on KDC's website - kaipara.govt.nz

Whenuanui Reserve: From SH12, take Robertson Road just south of Ruawai.



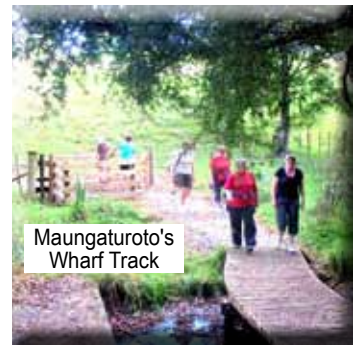
Boardwalk on Paparoa Bush Walkway

This easy-to-walk loop track has been developed by Ruawai Lions Club. It winds through attractive native bush of kauri, puriri, totara and lots of nikau. The walk takes about 30 minutes and is easy going.

Paparoa Lions Walkway: This walk starts at the Paparoa Village Green and passes a dense stand of young kauri and other natives, a pa site with a number of well-preserved storage pits, plus a boardwalk through mangroves and the estuary - without getting wet or muddy feet. At Pahi Road you can either retrace your steps or continue along back through the village. Either way is about a 2hr walk and is fairly easy going.

Kauri Bushman's Reserve: an easy 15min walk, the track starts approx 1km along Sterling Road from SH12, between Paparoa & Matakoho.

Maungaturoto Wharf Track: an easy going 1hr circular walk through the grounds of the Country Club, farmland, and native bush with a stream flowing into Kaipara Harbour. The walk includes the town wharf, constructed for Maungaturoto's 150th anniversary. Entrance is on Bickerstaffe Road opposite Otamatea High School. Dogs must be on lead. NB: closed July-August-September during lambing season. PP



Maungaturoto's Wharf Track

Gorse wine perhaps?

If you are resigned to the fact that there are bright yellow sweet scented gorse flowers in abundance around us, then trying a gorse wine may take your fancy. Gorse blossom makes one of the best country wines, full-bodied and delicious with a coconut flavour. This is one of many recipes available. Google can supply more and while there, look for a gorse cordial recipe as well!

Pick flowers when fully opened and dry (12 cups). Discard any bits and pieces and put in a large container. Crush gently and pour on 7 pints boiling water in which 2lbs sugar is dissolved together with 1.5 cups chopped seedless white raisins. Thinly peel the rind of 2 oranges and 2 lemons and add to mixture, with the juice (no pith). Add cold water to bring total to one gallon (8 pints).

Once it's at room temperature, add yeast nutrient and yeast (for white wine) according to

instructions on the sachet. Cover and leave for four days, stirring occasionally. Sieve into a one-gallon glass jar, or food quality plastic bottle using well sterilised equipment. Fix an airlock (bubble-trap) and leave until fermentation (bubbling) has ceased, or nearly ceased. Rack (drain off from the lees forming at the bottom) and again when wine is clear. Bottle and be patient. Nine months seems to be a minimum for this wine to mature to golden glory! PP

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Garden Sculpture

Arty Farties' garden sculpture workshop was held recently with tutor Deva, of Kaiwaka. The full class of enthusiastic people from all walks of life got stuck into concreting and plastering. The old frame of a previously discarded sofa was filled with bottles and shaped over with chicken wire.

Arty Farties would like to ask the community to donate a deciduous tree, preferably a fruit tree, to plant in the sculpture garden behind the seat we've created so we can enjoy the shade of a tree in summer and have the warmth of the sun in winter.



Sue Dawson packs in concrete with tutor, Deva, on shovel

The concrete mixer was going flat out while people were barrowing concrete and filling up the garden sculpture. It was to become a huge love seat which they plastered over for a smooth finish, complete with a feature garden.

The community gardens at the Arty Farties site are starting to burst with vegetables and colourful calendula flowers. Crops are gathered weekly and bundled up for distribution through the food banks to needy homes. PP

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Spring gardening

Spring weather has certainly been amazing so far. Beautiful days with hot sun and no wind followed by westerly gales are so typical for Northland. On a recent trip to Invercargill, stunning cherry trees and forsythia with snowy blossoms and bright yellow flowers were everywhere, but then along came 120k winds. The streets were then paved with petals and the cherry trees all bare. A bit like Northland- all seasons in two days. I just went out to water the garden and along came a good shower!

My previously really gluggy clay is turning to concrete on top where there is no mulch. It is really important to cover bare soil with mulch where ever possible to conserve moisture, especially as we are in for a drought prone summer.

I have planted out five tomatoes in sheltered spots - *Mortgage Lifter*, *Sweet 100*, *Big Boy*, *Roma* and *Baxter's Early Bush*. Here's hoping they will do well. Two more are in planter bags so I can shift them if the wind gets too strong.

Broad beans are ready for picking and potatoes (*Purple Passion*) are looking good. I will be putting in the cucurbits-cucumbers, zucchini, butternuts and pumpkins as it warms up.

Jobs for now:

- check citrus trees and calendulas for green vegetable beetles- every one eliminated now saves about 100 later!
- weed, weed, weed- before they get too large!
- mulch before it all dries out.
- plant out all your summer annuals and get your dahlias ready to go.

Paparoa Show schedules are available on line or from Skelton's Drapery, Noel Radd Motors or RD1 Ruawai.

Enjoy your garden - Stella

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Maungaturoto Rest Home

To date the Rest Home currently has a vacancy. In residence are:

- Elizabeth (Liz) Alsophas a daughter in Matakoho
- Clyde Chapman formerly of Maungakaramea
- Dora Cross formerly of Mareretu
- Dene Louisson Tony's wife, formerly of Pahi
- Grace Phillips of Auckland, has son at Kaiwaka
- Gordon & Adelaide Priebe.. Pat George's parents
- Helen Simpson formerly of Kaiwaka
- Doreen Smith formerly of Auckland
- Patricia Vaulkenburg has a daughter at Oneriri
- Ailsa Wood lots of connections in M'gto

A Christmas Carol



Another Otamatea Repertory show is currently in rehearsal to bring you something different this Christmas season. Instead of the usual pantomime, the play *A Christmas Carol* will be staged 27-29 Nov and 4-6 Dec. Produced by Deane Patterson, it features a live four-part Christmas choir directed by Peter Flower.

The play is adapted from Charles Dickens' classic set in London in the 1800s. It is the story of Scrooge (played by

Alister Williams), his misery and his greed. The *Ghosts of Christmas - Past, Present, and Yet-to-Come* - visit. They confront him with his past and present actions and predict his future - unless he changes his ways. Intertwined in the story are all the people Scrooge has neglected and whose lives he could make better, if only he put his money to good use.

Family concession tickets available opening weekend only. For details see ort.org.nz

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November 28, 29 & December 5 & 6 @ 2PM

Motoring Matters



Have you noticed lately that signs advertising our village businesses have disappeared? The Old Post Office B&B, The Campground, even The Store can no longer put a sign on the main highway. The powers that be, NZTA, have declared that signs are too distracting to passing motorists!

What a load of codswallop! The most distracting things I believe are the signs put up by NZTA themselves, especially the reflective warnings on bends when, at nighttime, they are positively blinding.

There also seems to be one law for some and another for others. On a recent trip to Dargaville I found many signs advertising businesses in the town on the last couple of kilometres to the bridge. Perhaps someone should take this up with Winston!

Staying local, I am sure many of you have noted the many improvements being made to the Oakley Road. However, a note of caution, driving up to Whangarei last Saturday a motorcyclist had come off his bike on a bend that looked easy but was quite slippery with new metal. I only wish now that Whangarei Council would fix the Northern section near Mangapai where the road surface is dreadful.

Graham Roberts

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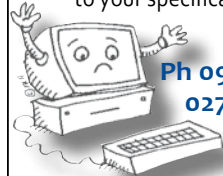
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OUT & ABOUT



Ready Steady Wiggle
Plunket's new active movement programme is being run fortnightly on Wednesdays at 11am from 9 November at the Sports Pavillion. Bring a healthy morning tea and gold coin donation if you can. A great way to get you and the littles out & about and have fun doing it. For more details contact Tina 021 033 5128.

Paparoa Mainly Music is back again this term, 9.30am every Wednesday - great for parents/carers of young children. \$3 per session per family, includes morning tea. Come along and have some fun with music and movement. You'll find us at the Community Church on Hook Road. See you there!

Poker Run - on 21 Nov there is to be a Poker Run for Motor Bikes put on by Te Tai Tokerau. Proceeds go to local Fire Parties. There'll be a run up to Dargaville, hangi lunch at

Tinopai, dinner & dance at the Paparoa Sports Pavilion in the evening ph Gary 021 070 8686.

Otamatea Grey Power meets last Wednesday of every month at the Anglican Church Hall (behind the Op Shop) Maungaturoto, at 1.30pm. All ages welcome. Come along for information, informal tea and talk. For further information, contact Kathleen 4318 960 or Beverley 4319 811.

Otamatea Quilters' Exhibition
23 Oct - 20 Nov at The Kauri Museum.



This annual exhibition showcases the craft of patchwork and quilting by the Otamatea Quilters group. PP

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Book Review

TITLE: *The elegance of the Hedgehog*
AUTHOR: *Muriel Barbery*



A puzzling title at first. However, this is a book all about hiding away, hiding who you are. Is it safer to be ignored, to be dismissed as just another little person? Set in modern day France, the two main characters are a middle aged fat concierge and an adolescent girl. The story traces the concierge's timid revealing of her true nature and the teenage girl's slow understanding of herself and perhaps the life she can live. The book is both charming and challenging. Perhaps it is also capable of changing our lives as the blurb states. It certainly gave me another way to look and to think. The ending is both sad and uplifting. A good book.

Pets in the Valley ... taking care



I really like the saying "More is missed by not looking than by not knowing".

It was originally quoted by a late 1800's doctor and I assume he was talking about human medicine but I believe it is even more relevant for animals because they don't have the option of talking about symptoms or changes in their bodily functions.

Today I saw a steer on a small block whose horn was starting to grow into the side of his head. You don't need the slightest bit of medical or agricultural training to know that isn't right but if you don't look at your animals you won't notice a problem. Try poking your finger into your temple for a few minutes and it isn't long till you have a pretty good headache!

The same goes for some neighbouring sheep - if you don't look at them you won't notice they are dying of flystrike. "Passive neglect" is another phrase that springs to mind. I know Mother Nature can fix a lot of problems but ignoring things such as lame horses or donkeys doesn't usually result in a good outcome. I know if I don't get around to filing my young horse's feet I literally have to pay the price when the farrier comes and decides they need doing! So observe your animals, get to know what's normal and investigate any changes - it may be something simple you can fix yourself.

Take care of those who rely on you.

Janine

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WHAT'S ON - NOVEMBER 2015

SPECIAL EVENTS & MEETINGS

- Paparoa School Athletics Day - Friday** 13 Nov
- Tennis Club AGM** 7 November 1pm followed by tennis
- Otamatea High School** hosts 'The effects of drugs and alcohol on the teenage brain' with speaker Nathan M Wallis; 4 November 6.30-8.30 see page 9
- The Kauri Museum Settler's Day Out & Trolley Derby** - Sunday 6 Dec
- Quilters Exhibition** Kauri Museum 23 Oct - 20 November
- White Rock Gallery** Workshops - see page 5. Summer Fair, Sat 5 Dec from 9am
- Plunket's Ready Steady Wriggle** fortnightly from Wed 9 Nov, 11am, Sports Pav.

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 Group Paparoa** 1st Sun in month, Helen Budd's Studio, ph 431 6192
- Art Studio, Ruawai** Mon 10-12noon; Tue 7-9pm, ph Frances 439 2554
- Arty Farties** Summer Markets 9am-noon, opposite Village Green; Thur/Fri in the 'Tile Shed' ph Anne 431 6229; Crafty Kids Club alt Saturdays 10-2pm, Rm 5 Paparoa Primary School; Beginners Patchwork Group, Mon 7pm, Te Pahi River Dr.
- Badminton** Thursday kids 5.30pm; older/experienced 7pm, Paparoa Hall
- Crafternoons** 1st & 3rd Wed in month, 10.30-4pm, Tinopai Hall ph Lyn 431 6090
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
- Farmers' Market** Sat 9-noon, Village Green; Sep 5, 19; every Sat Oct-Nov-Dec
- Fire Force** 1st & 3rd Monday in month 6.30pm Depot Rd ph Cohan 431 6668
- Gardening Club** 2nd Wed of month, ph Lyn 4316090
- Grey Power** Last Wed in month, 1.30pm, Anglican Church Hall, Mgtto
- The Kauri Museum** 'The Man from Matakoho' exhibition ongoing daily
- Library** Mon 1.30-4.30pm, Wed 10am-12noon, Thu 1.30-4.30pm, Fri 9.30am-1pm. open 9.30-1pm Saturday Nov 14, 28, Dec 12
- Line Dancing** Thurs 10am-noon Paparoa Hall ph Rose 431 7418
- Mainly Music** Wed 9.30am Paparoa Comm Church, ph Rebecca 431 7550
- Matakoho Music Makers** 2nd Weds month 7pm BYO Sports Pav'n \$2pp 4316772
- 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
- Paparoa Community Church** 10.30am every Sunday, Hook Road
- Paparoa Hall Functions venue** ph Robyn 431 7306 or a/h Loraine 431 7290
- Paparoa Lions Dinner Meetings** 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Playcentre** Tues & Fri 9.30-12.30 Visitors welcome ph Tina 021 033 5128
- Paparoa Plunket Society Coffee Group** 1st Tue/month, 10am Franklin Rd
- Paparoa Primary School** Term 3 finishes Sep 18, Term 4 commences 25 Oct
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
- Sacred Soul Circle** 2nd Sundays, 10am-12 Marohemo hall ph Helen 021 938 024
- Selwyn Centre** Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193
- Sports Pavilion Functions venue**, ph Vickie Owens 431 6432 for bookings
- St Mary's Catholic Church** 10am Wed, 6pm Sat, Maungaturoto
- Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
- Tennis** season started, see page 2 for details contact Sue Skelton 431 6224
- Ukelele Players** Beginners / experts, Thur 4pm Matakoho, ph Dennise 431 7012
- Waka Ama** Tues & Thur evenings 5pm, Sunday 10am, Pahi Domain
- White Rock Gallery** Open 7 days 10am-4pm, in Library building
- Yoga - Chair Yoga** Paparoa Sports Pavilion Mon & Thur 9.30-10.30am \$7
- Yoga - Anamana Studio** \$10/session ph Jenny 09 280 9694, 021 114 3370

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

HOOK, LINE & SINKER



Fishing is starting to pick up in the area again.

I caught a 17lb snapper last week, and a week ago I caught 13 snapper one day and 12 the next.

So the fish are starting to come back again.

A few gurnard were caught by a friend last week, and a few kahawai are still being caught.

Gravy

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LOCAL TIDES for November 2015

NOVEMBER TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	9.00am	3.29pm	17th	9.14am	3.41pm
2nd	9.46am	4.18pm	18th	10.03am	4.32pm
3rd	10.36am	5.11pm	19th	10.59am	5.31pm
4th	11.33am	6.13pm	20th	12.03pm	6.37pm
5th	12.40pm	7.21pm	21st	1.12pm	7.46pm
6th	1.49pm	7.57am	22nd	2.21pm	8.24am
7th	2.50pm	8.58am	23rd	3.24pm	9.28am
8th	3.41pm	9.49am	24th	4.21pm	10.26am
9th	4.24pm	10.33am	25th	5.14pm	11.19am
10th	5.04pm	11.13am	26th	6.04pm	12.09pm
11th	5.41pm	11.50am	27th	6.52pm	12.56pm
12th	6.18pm	12.26pm	28th	7.37pm	1.41pm
13th	6.55pm	1.02pm	29th	7.55am	2.24pm
14th	7.33pm	1.38pm	30th	8.37am	3.07pm
15th	7.50am	2.16pm			
16th	8.30am	2.56pm			

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: Doctor Tue + Fri 8.30am-12.30pm..... 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

LINKING HANDS Health Shuttle Service, Maungaturoto 09 431 8969

LIONS CLUB PAPAROA Secretary Alistair Banks 09 431 6373

MAUNGATUROTO CHIROPRACTIC..... 09 431 8019

MAUNGATUROTO PHARMACY..... 09 431 8045

MAUNGATUROTO REST HOME 09 431 8696

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

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PAPAROA PLAYCENTRE Tina Ball.....021 033 5128

PAPAROA PLUNKET Cynthia Keay..... 09 431 8187
PLUNKET Helpline 0800 933 922

PAPAROA PRIMARY SCHOOL 09 431 7379

PARENT PORT Inc. free help for families Linda 09 425 9357

PHYSIOTHERAPY Lyndsay Bargh Mon/Wed/Fri from 8am...431 8576

PODIATRIST / FOOTCARE Jayne Short 020 4022 65998 / 09 431 7188

PUKE ARANGA TE KOHANGA REO 09 431 7089

YOUTH & WHANAU FOCUS South Kaipara, Rose 09 431 7418

Wake up to weeds ... Gorse

We all know what gorse looks like and, at this time of the year, the glorious yellow covering hillsides is not unattractive. Bees certainly like it and I remember carefully plucking each little flower from between the spikes and floating them in a bowl of water. My grandmother taught me to do this, she loved the perfume.

However, gorse is classed as a serious weed in Northland by the Northland Regional Council. They are working with five biological control insects, from tiny gorse spider mite (red), gorse thrips, gorse seed weevil, gorse pod and colonial hard shoot moth, which work at different stages



of the life of the gorse plant. Introduction of these insects is slow and sure in Northland but results seem positive in the small areas being trialled so far.

More info: NRC BioSecurity Officers 0800 002 004.

The best way for large areas of gorse to be dealt with is by talking to the experts, and having a well-planned ongoing and effective programme: gorse seeds can last in the soil for a very long time.

However, we can all help if we see an isolated small patch or even one plant: with a sharp spade the plant can be dug out being sure to dispose of any seed heads or flowers carefully. PP

Cheese the magic ingredient



Press editor Sally Taylor has become a cheese convert since attending a Halloumi / Feta class at *Fromage at Franklin* in Paparoa at beginning of October and then returning to learn how to make the lovely camembert.

The smiles say it all - lots of fun, chatter and laughter and also making great cheese from the best organic jersey milk. PP

The story of Grey Warbler and Shining Cuckoo

Paparoa local Craig Carnachan has sent us this article about local native birdlife.

Every morning at the moment, my dawn alarm clock is the sweet warble of the little Grey Warbler. I love its sound, saying to me, "I'm up, so get out of bed lazy bones ..."

But every year for the last eight years I hear those little males calling frantically for a mate. In the many hectares of bush in our sub valley there's about five of them. Are there not enough girls for the little guys?



Every year in early spring those Aussie

Shining Cuckoos fly over here on the prevailing winds. Pretty good going really for a small bird similar in size to a NZ swallow. You may have seen them and just thought, that's a swallow, except the swallow has a smooth fast flight whereas the Shining Cuckoo kind of flops around the sky, nowhere near as graceful as the swallow. So what does it do here you ask? Well it mates and breeds and when the hen is ready to lay her egg she goes hunting for a foster nest and mum, who is usually the little Grey Warbler. She lays a single egg, removing a host egg.



After hatching, the baby cuckoo pushes out the rest of the baby warblers, which are killed by the fall, or cold and starvation.

The Shining Cuckoo is apparently highly protected once here in NZ, but why, I'm not so sure.

I think the poor li'l Grey Warbler needs to be protected as well, or very soon that sweet warble will be no more.

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