



NOVEMBER 2019



## Senseless vandalism to local asset

During the night of October 26 the Paparoa War Memorial Hall was subjected to an act of mindless vandalism. The main entrance doors had all glass panels smashed and, at the emergency evacuation entrance facing the road, both wooden doors were wrenched from their frames and broken. All the upper windows on two sides were smashed out from the inside scattering glass widely over the carparks. The depressing sight was first noticed by a Pahi resident who alerted the police and the Hall committee.

Once word got around many members of the community turned out to help clean up the mess and secure the building. The Hall Committee wishes to thank those many wellwishers who came down to offer assistance - Jane Bailey, Stephen Findlay, the Allardyce family, Dyan Taylor, Wayne Bennett and Audrey Waipouri, Brenda Elbranch, Lawrie Stevens, Kerry and Joy Bonham, and Mike Dallow. To our local 'tradies', glazier Colin Heath, locksmith Bryce Frewin, builder Tim Magill and scaffold provider Wayne our heartfelt thanks go to you for your emergency work in order to secure the building. This community concern has been very much appreciated.



It appears the perpetrator(s) was observed by a member of the public. Police were able to obtain forensic samples of blood and fingerprints and are following up on leads.

Acts such as this are a shock to our community and an added burden to a small group of volunteers such as the Hall Committee who maintain the hall for all of us to use. While insurance will cover reinstatement of the building, the excess will need to be covered. This event also raises the issue of the need to install security measures such as lighting and cameras to protect the Hall from further incidents. For users of the hall and carpark there is a warning to watch out for small pieces of glass remaining around the building.

A 'Give-a-Little' page has been set up by Liz Clarke for funding. The Hall's insurance excess is \$2,500 and the cost of repairs will well exceed this amount. The concern from the community has been very much appreciated, thank you.  
Paparoa Hall Committee



## Kaipara Cycle Way / Walk Way Trails

### OUR GOALS

To have a safe family-friendly trail suitable for walking and cycling that connects towns in Kaipara. The end goal is to have this off-road as much as is possible as our roads are not wide enough to give a safe shoulder for these activities. In the interim, quiet back roads are being used where possible.

### WHAT WE'VE ACHIEVED SO FAR

- The Ruawai wharf to Simpson Rd trail along the stop bank is up and running and is used daily. It was completed by a sub-group of Ruawai Promotions.
- A proposed trail using a paper road for an off-road section to connect Ruawai and Matakohē is being worked on by a group of people from Matakohē (see survey page 15).
- The Matakohē Old Bridges trail is being completed by Kaipara District Council.
- A route from the end of the Old Bridges Trail into Paparoa via Stirling Bush Road and Wearnmouth Rd is being worked on by the Paparoa Connections group.
- Trails north of Dargaville are planned for, to reach Donnelly's Crossing and eventually possibly connect to the Twin Coast Trail from Opuā to Horeke.
- Future plans may see the trail continue over to the east - to Kaiwaka and Mangawhai.



Ruawai's stopbank cycle/walkway trail

### PUBLIC SURVEY (TURN TO PAGE 15)

The Matakohē Walk Way and Cycle Way Group would like your input into their project. Are you likely to use the trail, would you like to be involved, do you have some further ideas? ... Please take time to send in your feedback.

## Paparooa Press

PP

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CONTACT US - SALLY TAYLOR, EDITOR

- press@paparooa.org.nz

- ph 09 431 7209

- PPI, PO Box 107, Paparooa 0543

- www.paparooa.org.nz

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## WELLNESS EXPO

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## Wellness Expo Nov 3

On this coming Sunday  
9am-3pm Paparooa Hall

This is a fun day to come along to and experience treatments, purchase products and participate in free workshops to learn great things about your overall wellness.

There's tea/coffee and food available, a kids' drawing competition with prizes and a great range of raffles in support of Hospice. Workshops include meditation, yoga, living fearlessly, creating dreams, essential oils, developing intuition, positive vibes and building your resilience, and mental health. Door entry gold coin - all proceeds go to Kaipara Hospice.

Vicky Jennings

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## Everyone's best friend

The second annual Dogs Day Out, organised by Paparooa Hall Committee was another huge success with dogs and owners all well behaved and happy (see photos on the back page).

It had to be a great day with dog lovers all competing or watching the canines go through the 12 events. It was also great to see a lot of keen young handlers as a good sign for future events. Prizes were there for all competitors and were kindly supplied by our sponsors: Black Hawk, Acres, Possum and Chunky. The weather also played its part with blue sky and gentle breeze for a nice change.

Thanks go out to the demonstrators Rosalind Dick, Laurel Greaves, Annette Flannagan, and Colleen Lauder, who showed the crowd some National Standard displays and shared some tips. The agility dogs showed speed and accuracy racing through tunnels and catching a ball mid air. And so obedient!

To keep owners nourished the Lions cooked food and West Coast Coffee supplied good brews and hot drinks. Dog



attire was available from the Petxcite Dog Products stall.

Our experienced Judges Shirley Warner-Summers and Janine Hames had some tough decisions with so many adorable well handled dogs in the line-up and the day saw a few split decisions having to be made. The day's programme ran smoothly thanks to our magical MC/DJ Tim Magill.

Will we do it all again next year? For sure...

Members of the Paparooa Hall Committee are appreciative to see public support on these occasions. The Dog Day Out, hall dances and movie nights etc. are all ways to help keep our Hall relevant and important to Paparooa while we raise funds for maintenance.

Our next event is the **Art and Craft day on Sunday 1st December** (see more details on opposite on pg 3). Please join us if you have items to sell, or come for a look!

Paparooa Hall Committee

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## Wastewater under scrutiny

Many Paparoa residents have been informed by KDC of an impending survey to determine the state and efficiency of their wastewater disposal system. While this may have raised some concerns, Council is determined to work with residents to find appropriate solutions.

A Paparoa Wastewater Action Group is being formed to assist residents and Council work through the issues. Paparoa Press will endeavour to keep the wider community informed of progress as this issue has implications for the development of the whole of Paparoa into the future. 

## Background planning puts Twin Streams on track

Paparoa Community Charitable Trust has held Resource Consent for development of the Twin Streams subdivision in Franklin Rd for almost 12 months and has now recently obtained sufficient funding to proceed with the project.

As with any major project, background planning is essential for a smooth construction process.

The task of taking bare farmland to a fully developed residential subdivision with sealed roadway, footpaths, street lighting, storm water reticulation and control, underground power and telco services requires a vast amount of engineering detail and expertise. A number of outside agencies have to be consulted to achieve their input into the specifications.

All this work requires signoff from the local authorities before any construction can commence.

Fortunately, the Trust has

this work well underway and will be looking to put the documents out to tender in the near future. Construction is planned for this summer season with titles expected to be available by mid 2020.

### OPEN DAY 16 NOVEMBER

There will be another opportunity for the public to walk over the property and view the lots on 16 November from 11am to 1pm.

Trust members and the local Real Estate Agents will be on site to assist people with enquiries. As a number of lots have already been sold the public should be seriously considering a future in Twin Streams!

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## Medical Society seeks expertise ... AGM 10 Nov

Paparoa Medical Society owns the building which houses the Coast to Coast Health Care clinic and Paparoa Community Library.

The building was successfully converted from the former Kaipara Council offices in a major refurbishment earlier this year. There are also two residential tenancies as part of the complex.

With its Annual Meeting to be held on 10 November 4pm at Paparoa Hall, the committee is seeking new members to join the team. In particular people with experience in tenancy

and property management and maintenance would be very welcome.

The task is not burdensome as we have a team approach.

We look forward to reporting to the community on the past years' endeavours and seeing any interested persons on 10 November.

Graham Taylor,  
Chairman

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## ORT news

**The Annual General Meeting** of Otamatea Repertory Theatre Inc. is to be held Thursday 14 November 2019, 7pm at the theatre.  
Notice of motion -  
To remove the following membership categories from the Constitution:  
3c - Show members and  
3e - FORT members  
Plus one nomination for Life Membership.  
All welcome.

### U O R T 2 B A \*

You ought to be a star – our popular school holiday programme was a huge success. A big round of applause to our wonderful young singers - you were all awesome. And hearty congratulations to trophy winners, Liana Cullen and Beatrix Sharpe.  
Many thanks to Otamatea Community Services for the use of their mini-bus.

Maura Flower

## This is Your Captain Speaking

ORT's Dinner Theatre comedy is on now

Have you booked your seat yet? It's a play, musical, pantomime, movie and a dinner show. It's a madcap, high-flying comedy. A great show for people who don't normally go to live theatre.

Two shows are now fully booked - however, there are four more shows as follows:  
Friday 1 November @ 6.15pm  
Sunday 3 November @ 4.45pm  
Friday 8 November @ 6.15pm  
Saturday 16 November @ 6.15pm

There are two pricing options. Both options include a 3-course meal. Economy class \$50 or Business class \$70.

Director of the show, Peter Matheson says, "It is possible that each show will be a bit different to the next. A lot depends on the interaction of the audience to make the show 'take flight'!"

Please bring a piece of luggage, which will be required for 'boarding the plane'. Entry is at Terminal #3 at the Maungaturoto Country Club. Drinks are available for purchase at the bar of the 'departure lounge'.

Tickets are available at Tony's Lotto Shop or alternatively please email Maura Flower at maura.flower@gmail.com and details for payment will be sent to you.



## Methodist Cemetery disrepair

I recently watched a TV program where a group of people were cleaning and repairing headstones and graves in an old Nelson cemetery. The graves represent many of the area's early settlers, and it got me thinking about the condition of the Paparooa Methodist Cemetery. Many 'Albertlanders' and other original settlers are buried there and the last time I visited I must admit I was saddened by the state of some of the graves and the condition of the grounds.

Could we possibly form a group to do a similar thing here? A lot of our local history is falling into disrepair.

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### SHOW DATES

Fri 1 November, Check-in @ 6.15pm and Sun 3 November, Check-in @ 4.45pm  
Fri 8 November, Check-in @ 6.15pm and Sat 9 November, Check-in @ 6.15pm  
Sat 16 November, Check-in @ 6.15pm and Sun 17 November, Check-in @ 4.45pm

There are two pricing options. Both options include a 3-course meal.  
**Economy class \$50 or Business class \$70**

Please bring a piece of luggage, which will be required for 'boarding the plane'.  
**Entry is at Terminal #3 at the Maungaturoto Country Club.**

Drinks are available to purchase at the bar of the 'departure lounge'.

Tickets are available at Tony's Lotto Shop or  
please email Maura Flower at maura.flower@gmail.com

and details for payment will be sent to you.

## Spooks, spectres and spirits

### ALL HALLOWS EVE

The 31st of October marks All Hallows' Eve, the next day being All Hallows' Day. Christians held a vigil on All Hallows' Eve where worshippers would pray and go without food before All Hallows' day feasting. Hallowed means holy or sanctified (from the Old English), and has now become part of the more modern name Hallowe'en.



### HALLOWE'EN AND SAMHAIN

It's thought that many Hallowe'en traditions originated from an ancient Celtic festival called Samhain (later Christianised by the early Church). Samhain is a Gaelic word meaning 'end of the summer'. This festival was probably much like the harvest festivals held today, although various ancient writers hinted at some darker activities, ways of appeasing the gods and ensuring survival through the winter. Historians believe that the church chose to hold a festival at this time of year to absorb the former pagan practices.

In Somerset, England there is a night called Punky Night when turnip jack-o'-lanterns are carved into faces that seem goblin like. On the last Thursday in October children visit their neighbours in a ritual similar to Halloween today.

In Ireland this time was thought of as a time of supernatural happenings, forces of darkness and death were supposed to be abroad, seeping from the old burial mounds. Large bonfires were lit to ward off this evil.

Sir James Frazer wrote in his Golden Bough (1890) "The night which marks the transition from autumn to winter seems to have been of old the time of year when the souls of the departed were supposed to revisit their old homes in order to warm themselves by the fire and to comfort themselves with the good cheer provided from the kitchen or the parlour by their affectionate kinfolk."

However, other researchers claim it was simply a festival where communities organised themselves for winter, a time of story telling and perhaps prophecy.

Whatever the truth may have been, it is now a matter of historical discussion and deduction. Certainly, changes of season were marked by ritual in most cultures and the spirit world acknowledged.

Wishing you all a safe All Hallows' Eve.

*Interesting sources of information are:*

[https://www.bbc.co.uk/religion/religions/christianity/holydays/halloween\\_1.shtml](https://www.bbc.co.uk/religion/religions/christianity/holydays/halloween_1.shtml)

*Halloween: From Pagan Ritual to Party Night, Nicholas Rogers*  
*Stations of the Sun: A History of the Ritual Year in Britain, Ronald Hutton*

## Fright night

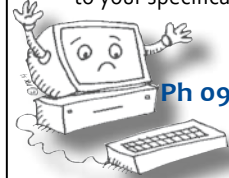
Don't miss Kaiwaka Sports Complex's annual Halloween-themed event. This year it's on Saturday November 2nd at 5.30pm. Kids will love the haunted house, the games, the costume parade and the supper plate competition.



Event organiser Cheryl Anderson says "Each year it gets bigger and bigger. It's now Kaiwaka's largest event of the year with several hundred people coming along!"

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## Museum Rintoul Collection

There was great excitement at The Kauri Museum leading up to Saturday 12 October. This was the day that more than 160 Māori taonga, part of the Andrew Rintoul Collection, returned to Matakoho after more than ninety years on deposit at Auckland Museum.

Andrew Rintoul arrived in New Zealand in 1862, his family part of the Albertland Settlement scheme. He was 12 years old when he stepped ashore at Matakoho. Later on he farmed at Huarau, firstly with his brother, then on his own account before marrying Catherine Smith (who arrived at Matakoho in the same boat as Andrew).

It was son Alexander, who in 1968, bequeathed his father's gum and taonga collection to The Kauri Museum. Until this momentous occasion, only the gum collection had been uplifted and put on display at the museum.

At the time of his death, Andrew was known as an expert on Māori culture and gum. He rode huge distances to source exceptional pieces of gum once he heard they were for sale. The taonga



Andrew Rintoul with his Suffolk Punch horses  
at North Kaipara A & P Show

were believed to be mostly gifts in return for services as a surveyor. Andrew kept meticulous records in his diaries of where the items in his collection were sourced, but unfortunately the diaries have been lost. Great grandson, Craig Hanna (son of Alexander's eldest daughter Kathleen and husband Terry) remembers reading through them as a child.

The return began at Auckland Museum at 6am with karakia before Auckland Museum

staff loaded the packed taonga into a van for the journey north. On arrival at Waihau marae, Arapaoa, a formal welcome home by local iwi, Te Uri o Hau, concluded with the objects delivered and then received into The Kauri Museum. The day concluded with Andrew's descendants sharing memories of their family history. A wonderful day!

The Kauri Museum would like to thank all those who helped make the day such a huge success, particularly the kaumatua and kuia who led the formalities and the people of Te Uri o Hau at Waihau marae. A documentary of the day and events leading to it is now in preparation. This will form part of the exhibition when the taonga go on display shortly.

Mary Stevens

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## Seniors Afternoon Tea



Maungaturoto and Districts Rotary's annual Seniors' Afternoon Tea will be held on Friday 22nd November between 1pm and 4pm at the Centennial Hall, Maungaturoto.

Entertainment will be provided by a group of Maura Flower's performers.

Please note: all seniors from Mangawhai to Tinopai are invited to this event, so please tell people about it.

If you are interested in coming please call -

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## Library humming along!

The day-to-day running of Paparoa Community Library has finally settled into a routine after the hard work we have all put in since we opened in June.

The books are sorted, the rubbish is gone, the work area (our tea room) is very habitable now and the library is light, bright and welcoming for our community. We have had many new members registering and a very large proportion of previous members returning plus a wonderful turnout for the children.

Our library is totally book related. We don't have computers - it's just books, books, books with a wonderful variety of all genre books catalogued and covered and out on our shelves. Where books are not available we can source from our other group libraries, and notify you by text or email when your book has arrived. Books you take out from other libraries may be returned to Paparoa for us to send them on. When we're not open, books can be returned to Skelton's Drapery.

Where possible, we will accommodate your suggestions for books the library may well benefit from. BUT remember we do not take donations of books - unless they're something we really need, or we don't have already, or the book is brand new (from 2018 forward). I'm happy to look at all these criteria.

Stephanie and I have sourced an outlet with books for those children who have difficulty with reading eg: dyslexia and other such issues. These books are amazing. I have just done the first order and we will seriously consider purchasing more as we go along.

Our next project is to set up a New Zealand section highlighting NZ authors, NZ history and events, and a local authors/history component on a feature set of shelves in the non fiction Room. The



children's NZ section will remain separate in their own special room.

We plan to have at least one activity each school holidays and will keep you all up to date via Paparoa Press and local Facebook pages.

The 'Unserious Book Club' is going well with great attendances at each session. Everyone has joined in whether they've read a book or not and conversations have been amazing and very funny. It's a way for people to get out there and meet new people.

'Like' and keep up-to-date via our Paparoa Community Library Facebook page. Everyone is welcome to come along and join up (for free) and get back into the wonderful world of reading.

Jas Futter  
Manager Paparoa Library

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## Trash & Treasure thanks



This fundraising event for St John has proved again that we live in an incredible community.

The team would like to thank you all for your support during the week. Not only did you bring many items in that we could recycle, but you purchased while you were there. Thank you also to those of you who provided food for us to sell; it's always highly sought after! To the golf club thanks for helping us set up on the Saturday and to the Fonterra employees who helped pack down on Friday.

Raffle winners have all been notified and prizes delivered. Hopefully we will net around \$7,000 which will be used to support our Volunteers and Cadets, but the social benefit to all who spent time during the week is immeasurable.

Thank you all!!

Eileen Parsons

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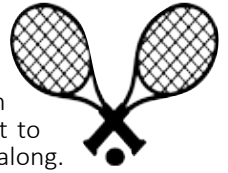
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## Racquet sports update

### TENNIS

Summer is here and that means time for tennis. This season we have decided to have family tennis on Sunday afternoons from 4pm at the courts on the Showgrounds. We want to encourage both adults and children to come along. There will be one court dedicated to adults and the other court for the kids, with some basic coaching. Or we can mix kids and adults so that the young ones learn by playing alongside the adults. If we get lots of interest we will look at bringing the start time for the children to 3pm and have more formal coaching time for them. We would also like to have one Sunday per month where we have a BBQ at the conclusion of the tennis.



Depending on numbers and interest we could hold other sessions for adults either in the evening after work or in the morning on a day that suits players.

Come along to the Sunday session and register your interest, or contact Sue Skelton 431 6224 or Pete Hames 431 6822.



### TABLE TENNIS

This continues to be held in the Sports Pavilion every Tuesday evening at 7.30pm. We have a good number of regular players with three tables and a mixture of singles and doubles played. New players are always welcome, we have spare bats (racquets).

### BADMINTON

Our regular badminton evenings have also been going well with a nice mix of adults and high school students coming along to the Paparooa Hall every Thursday evening from 7pm. We mostly play doubles so it is not too strenuous and we also have spare racquets



Pete Hames

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## OCS news

October was a busy month as among other events we held our Annual General Meeting. Thank you to those members of the community who attended, your presence and contributions are well received and appreciated. Some already acted upon.

We have a wonderful group of volunteers who make up the members of our Governance Board; they are dedicated and motivated, but some members have been giving their time for many years and would like to step aside to let others step into their place. So if you or someone you know is interested please come along and talk to us about being on the Board.

As always we have a pretty full calendar this month:

**Monday 4th - Fun and Games** morning at the Anglican Church Footprints Room.

**Wednesday 6th - Seniors' lunch** at St John Hall.

**Tuesday 12th** the mini-bus goes to Whangarei for anyone wanting to spend the day in town.

**Wednesday 20th - Chocolate Bingo** at Footprints Room.

**Wednesday 27th** the mini-bus again goes to Whangarei for another free shopping trip.

Hope all is well for everyone; our prayers go out to those not well or grieving.

Next month will be December when things get a bit busy in the lead-up to Christmas. It's so hard to believe another year has almost gone.



Regards from all at YOUR  
Community House  
155 Hurndal St, Maungaturoto,  
ph 09 4319 080



## Ghana comes to Dargaville!

Experience the joy of West Africa in a weekend drumming and dance workshop November 22-23 at Sportsville, Memorial Park, Logan St, Dargaville. Learn traditional rhythms and dances with master drummer dancer Koffie Fugah, catered to your levels of experience in a supportive and fun environment. Koffie will leave you inspired and rejuvenated with a new song in your heart and a stronger connection to your community as you discover rhythms of Africa.



Workshops are Friday 22nd 5.30-8pm and Saturday 23rd 10-5pm with a performance 5.30-6pm. Cost is \$50 (or \$40 earlybird by Nov 8th), \$20 under 18yrs, \$5 for drum hire. To book: contact Josie Scott 021 0223 8621 or josie.scott@xtra.co.nz. (See website kadododrumanddance.co.nz) (Sponsored by Creative Communities Kaipara District Council and Bayleys Beats).

## Keith the TV Guy

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## I've been thinking about ... IDENTITY

I recently had to fill in an ACC claim form. You know the sort of questions, especially the one which insists that you identify with a race/ethnicity and gives you about a dozen alternatives.

Do you feel Maori today? or NZ European/Asian/Pacifica, etc. What on earth does the little person in the Ministry of Truth want to know? Is one of these groups more accident prone or more difficult to medicate? Is the problem the result of culture identity or genetic?

If it's genetic, the question is farcical because most of us will be of mixed racial origin, only excepting recent immigrants. (Is it the Maori Great Grandmother's genetic inheritance that caused the broken leg, or was it the Bhutanese genes?) If it's cultural its still stupid unless you really believe that your cultural affiliations will have a bearing on your accident proneness. And does it matter to anyone except the little Ministry of Truth person, and what will s/he do with the info?

You may have surmised that I got a tad hysterical.

And angry.

Being the conformist type, I

have for years filled in these forms as truthfully as possible. Eventually however the worm turned and I refused to identify as either Pakeha or NZ European. (The nearest European in my family tree was born in Belfast in 1870 and was taken to Australia as a child.) I decided that the only acceptable alternative was Pacific Islander and chose that option for some time.

I now refuse to identify as anything but a New Zealander. If that box does not exist I create it and write New Zealander (no qualifications added).

Genealogy is important to each of us as individuals, but I really believe we should be concentrating on things which unite us, not our diversity. New Zealander is inclusive.

I would like all questionnaires to have two alternatives to the ethnic/racial question. Either NZ'er or other (please specify). A single choice with scope for anyone to record exactly what

is personally important rather than despairing of finding a box which fits and choosing the least of alternative evils.

In cases of specific research a specific question can be formulated.

If this means a reduction of Ministry of Truth employees, so be it. I don't care. They're probably all robots anyway.

RS

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## THE KAURI MUSEUM

### Otamatea Quilters' Group Annual Quilt Show

25th October 2019 - 24th November 2019



An exhibition showcasing the craft of  
patchwork and quilting

Quilters will be in attendance on 25, 26, 27, & 28 October

At Matakoho, just off SH 12, on the Twin Coast Discovery Highway.  
Open 9am-5pm.  
5 Church Road, Matakoho, Northland. Phone: 09 431 7417  
www.kaurimuseum.com

## Quilts on show



Pete Panhuis of The Kauri Museum admires the newly installed quilt display

The Kauri Museum's latest event is the Otamatea Quilters' Group Annual Quilt Show. Open from October 25th, Labour Weekend, it runs until November 24th. The quilters were in attendance over that long weekend when visitors were able to view the quilts on show as well as talk to the makers.

There are lots of beautiful quilts on display, some of which are for sale and which would make wonderful christmas presents.

## People's Choice winner

Ryan Johnson was winner of the Tudor Collins People's Choice Award at The Kauri Museum Northland Photography Awards.

Voting for the People's Choice winner was by 'likes' on Facebook or by casting votes at the museum. Ryan won first place in the junior student category of the competition as well.

The photography exhibition is now closed, but look for it again in 2020!



Tudor Collins People's Choice winner:  
'Misty Valley' - Ryan Johnson

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## Maungaturoto and Districts

### Rotary news

As the year has continued, so too have some of our ongoing projects.

#### DRIVER MENTORING

In conjunction with Roadsafte Northland and Te Roroa we now have two more driver mentors on board. We aim to have students practice their driving for at least an hour, once a week. If you are interested in either mentoring or want some lessons, please call 0800 555 635.

#### SETTLERS DAY & PIROA FALLS

We displayed photos of past projects undertaken which generated much discussion, especially over the helicoptered in concrete picnic table at Piroa Falls. While we now work in partnership with DOC, this area still remains quite special. We hope the water quality at this spot will soon be good for swimming.

#### NIKAU GROVE

We plan to work on the track in November to install a bridge over a boggy area and a protective structure over the kauri tree roots.

#### DINNER SPEAKERS

In the past month our speakers were Bruce Lydiard, son of sports coach Arthur Lydiard, and Mark Vincent of Otamatea HarbourCare.

#### CALF LITTER

After a temporary shortage, supplies are available again.

Should you want to join us, please don't hesitate to get in touch. We have been fortunate throughout this year to have been provided with delicious meals by various High School group's fundraising efforts.

Eileen Parsons



# The Museum's Settlers' Day action

Settlers' Day was a great success with the museum full of visitors from near and far. It was 4pm before all the activities finally came to a close.



Jack Bonham supervised by Margaret Poyner, laundry lady



How to sew on an old Singer sewing machine



Hand roller printing



The steel forge

### Winners of the competitions were:

- Lucky draw - Jovarn Connelly-Richards, Kaiwaka,
- Best costume - Maggie and Greg Morgan, Whangarei
- Guessing game - Allan Williams.

## Paparoa Ladies Limerick

There was a woman from Paparoa  
If you're from there you likely know her  
Gumboots muddy, rough and ready  
Possum shooting, nice and steady

She can fence, muster and grub the thistles  
Walks down the street and no one whistles  
Strong as an ox, she'll work all day  
Shovelling shit or feeding out hay

She'll bait the hooks and check the nets  
Untangling lines and placing bets  
On who will haul in the best catch  
Or win the local Rugby match

Salt of the earth she'll help you out  
Community spirit's what she's about  
She's one on whom you can depend  
If you're in need, her time she'll spend

Once in a while, though  
When the fancy takes her  
She dresses up,  
No one makes her.

Helen James, Paparoa

*A highly commended entry in The Kauri Museum's National Poetry Day Competition 2019*



## News from the Gallery

### SETTLERS' DAY

White Rock Gallery had a very busy and interesting day at The Kauri Museum's annual Settlers' Day. It was great catching up with visitors from far and wide, and our lovely local friends and neighbours, who were all very appreciative of our awesome little Gallery.

The Gallery ran a raffle with a basket full of art and craft donated by our members and displayed beautifully by Dennise. The raffle was drawn on Friday 11th October and won by Bob and Margaret Campbell from Waipu. When Dennise phoned them, they were delighted with their win.

The Gallery looks forward to a busy summer season and our artists are very busy creating new work for the upcoming Christmas period. When you're looking for that special gift don't forget to come and have a look at what we have on offer.

Sue Taylor



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## Community Connexions

Hello to all, from the crew at Arty Farties.

Well, we finally got a fine sunny day at the gardens on Sunday - quite a change from the recent wind and rain. The vege gardens are thriving with plenty of fresh food picked for the food banks at Paparoa and Maungaturoto.

The volunteers still slave away as Anne catches up with family while enjoying her break in Australia - a well earned break, I might add.

### Joke of the month:

*The elementary school cook prided herself on the healthy meals she provided with lots of vegetables and fruits. When the power failed one day and she couldn't serve a hot cafeteria meal, at the last minute she whipped up great stacks of peanut-butter-and-jelly sandwiches. As one little boy filled his plate, he said, "It's about time. At last, a home-cooked meal!"*

### Arty Farties Inc.

Sunday garage sales are going well. They are important in raising money for the ongoing maintenance of our community gardens. Our heartfelt thanks go to our two ladies who carry out this important activity.

Also, many thanks to Ruth and Jan for their innovative garden ideas, Gary for lawn and property maintenance, Judith for readying produce for distribution and Jenny for her tireless fundraising efforts.

Alwyn Morgan



## Your cells are alive with the sound of music

*We are slowed down sound and light waves, a bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music." Unknown*

In 2001 Jim Gimzewski, a UCLA biophysicist, discovered that the vibrations emitted by cells could be interpreted as sound when converted to a frequency, pitch and volume that the human ear could detect. He discovered that healthy cells made pleasant sounds while unhealthy, distressed or dying cells sounded chaotic.

Imagine, your body is an orchestra playing the most complex symphony, when it's playing in perfect harmony we say we are in 'sound health'; but if the second violin player loses his sheet music they start to play out of tune, and out of harmony; this is like a part of our body that is no longer vibrating at it's normal healthy frequency, when it is out of harmony; out of ease we say it is 'dis-eased'.

What if we could give the violin player back his sheet music? What if we could bring harmony back to the disharmony, order to chaos and ease to disease so that the body is able to experience it's healthy resonant frequencies again? This is the principal of any energy-based therapy including chiropractic and is the premise for sound massage.



When a harmonious tone is projected at a disharmonious one for long enough, eventually the disharmonious vibration will match the harmonious one through the process of resonance.

We are affected by sound through hearing and/or feeling. Using instruments such as, Singing Bowls which create beautiful sounds, chimed in a gentle soothing rhythm on the body affects our brainwaves through our ears, enabling our mind to begin to quieten as the brain becomes entrained to the harmonic tones while our cells become harmonised through the sensations of the vibrations which stimulates the release of Nitric Oxide.

Nitric Oxide is a wonder molecule that relaxes blood vessels, increasing blood flow, it also lifts our energy levels, strengthens immune system, increases resistance to stress, improves focus and clarity.

So, the next time you notice pain or a feeling of being 'out of tune' check out the videos on [fb.me/soundenergyhealing](https://fb.me/soundenergyhealing) for ways to help you become 'in tune' again.

In bliss  
Carrie



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email: [lyndseybargh@callplus.net.nz](mailto:lyndseybargh@callplus.net.nz)

## November gardening

Recent rains, increasing daylight, warmer days, together with the rise in soil temperatures all contribute to ideal sowing and planting conditions.

If there's anything you haven't already planted or sown, then now is the time to do so. Any variety of veges can now be sown direct. Successive plantings of tomatoes, potatoes, pepper seedlings along with repeat sowing of beans especially dwarf can be made 3 weekly over the summer months to ensure continuous harvesting well into the Autumn. As the weather becomes warm and dry the fungal disease - powdery mildew will soon appear on courgettes, pumpkins, cucumbers and melons. A simple fungicide made with 1 teaspoon of Baking soda, 2 litres of water and a squirt of dishwashing liquid will help slow down its spread. Spray this on foliage in the evening 1-2 times a week and more often if it rains.

Like potatoes, corn is split into early varieties eg 'Early Chief' and main crop and later maturing type 'Florida Sweet' will extend your harvest period.

Tomatoes are a popular choice in the home garden which when allowed to be vine ripened greatly enhances the flavour. There are many varieties on the market to suit pots and the garden patch. Choose a sunny open but sheltered position where potatoes and tomatoes hadn't been grown the previous season as diseases can remain in the soil and affect the new crop, instead plant where nitrogen fixing crops eg. peas and beans had grown.

Prepare the ground by thoroughly digging in compost and tomato food fertilizer, then water well.

Place stakes in the ground before planting to provide support and avoid damaging the roots.

Before planting soak plants in a bucket of liquid fertilizer/water mix and allow to drain to prevent transplant shock. Gently loosen the root ball and plant in the centre of the hole twice the depth and width of the root ball pressing soil gently around the base of the plant. Tie the plant with soft elasticized strips of material to the stake, and don't allow leaves to touch the soil as they make easy access points for pests and disease.

Give the plants a boost with fertilizer rich in potassium designed for fruiting plants.

As the tomatoes grow remove laterals (shoots that grow out from the side of the stem) to put more energy into the plant and increase airflow), mulch with a layer of wet newspaper and either pea straw or lawn clippings. Spray fortnightly with copper for blight and 'Success' to guard against insect infestations.

Jan

## Kaipara Hunting & Fishing

### CLUB NEWS

There was a great turnout for the shoot on the 13th October with 27 shooters.

Well done Andy Thompson, on taking out 1st place in the Senior Men's, with Dale Hamlin 2nd, and Dylan Thompson 3rd. In Ladies competition Lynn Dunnett



Jenny McLean and Annette Pull ready for action

was 1st, Annette Pull 2nd and Jenny McLean 3rd. Of the Juniors Jack Hewitt was 1st, Liam McFarlane 2nd and Luke Jackson 3rd.

It's a huge thank you to our sponsors as these events wouldn't happen without them, so please support these local businesses- Jason at Hunting and Fishing Dargaville, Mangawhai Meat Shop, Maungaturoto Liquor Centre, Manu at Ecolab. Thank you to Jenny McLean for cooking the BBQ sausages supplied by Mangawhai meat shop.

### UP-COMING EVENTS:

**AGM and Privegiving** - Sunday November 17th at 12 noon with BBQ, beers and soft drink available, club grounds (Hames Road, Maungaturoto).

**Christmas Shoot** - Sunday 8th December at club grounds- 10am start, entry \$40 (per person), juniors (16 years and under) - \$20. Ammo: \$14.00 per box (25). No Dogs please on course but can be tied up at your vehicle.

All new members are welcome so bring your shooting friends. Great prizes to be won including hams. See you all there.

For New Membership email Andy at awthompson@outlook.co.nz or send to P.O. Box 12, Ruawai 0549  
President Cameron Shanks, 09 431 6229

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## HEY, KIDS ... LET'S MAKE TWIG FURNITURE

The fairies in the garden love a good set of tables and chairs, or even a bed, so here's how you can make rustic miniature furniture for them!

### WHAT YOU NEED

- A strong pair of scissors
- good glue

Ask a parent or caregiver before you cut the twigs, in case its a special plant, or heirloom fruit tree!

**TO MAKE A CHAIR,** you'll need sturdy twigs for the legs and back, and thin twigs for the seat. Lay it flat first, and check that everything fits together OK before you glue it.



**TO MAKE A TABLE,** you'll need 4 straight legs. Make a frame, and glue one leg to each corner. Make the top by laying pieces down on your work surface, and pour a line of glue on each end of the tabletop. When the frame and the top are dry, assemble the table.

*Taken from "365 Things to Make and Do" By Vivienne Bolton*

## Pets in the Valley

On Sunday 20th October I was lucky enough to be involved with the second (annual) Doggies' Day Out.

It was a lovely day held at the back of the Paparooa Hall and celebrated all things canine. As always it's fascinating to see what a variety of shapes and sizes dogs come in - we had everything from teacup poodles to golden retrievers. Skill levels were also greatly varied with some who barely knew how to walk on a lead while the amazing agility dogs displayed their athletic prowess and obedience.

It was particularly lovely to see a Wire Haired Jack Russell Terrier with its tail on (second in waggiest tail) - in days of old it would have been docked. There were plenty of kids leading their dogs which was great and lots of effort went into costumes - there were things I've never seen before - the Wolf (Corgi) in sheeps clothing produced a lot of laughs.



'Wolf in sheep's clothing'

Good on the hall committee for organising such a lovely local event. Hopefully we might see everyone again next year.

Janine

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MEMBER

## From our family to yours Sprung



It must be Spring - ducklings wander the lawn, blossoms are blowing off the trees, there's a puppy playing tug-of-war with a toddler and the garden is disappearing under a fennel forest - ah, Spring!

The puppy - a fox terrier called Siddhi - is the newest addition to the whanau (ducklings don't count). He will be the rat and rabbit eradicator dreamed of in past issues of the Press. Judging by how sharp his teeth are already, he is the stuff of fluffy



Seems like a simple thing, but after driving a vehicle without a stereo for four years, a working radio is a novelty. Now we loudly argue about which station to listen to, or which band to stream, and it almost makes me wish for the silence of no radio again.

nightmares! Four sons and I adopt a male dog... oh well. Hudson is enjoying his new playmate, each seeming to give as good as they get, and since Hudson's latest trick is climbing onto the couch, he will have the higher ground - or a place to hide at least from those sharp tiny teeth.

Another new addition is a car-affectionately named the Party Bus - with a working radio.

So spring has sprung, and we rapidly approach the conclusion of the year - that C word I don't mention. Perhaps ducklings would make great gifts? - I imagine the puppy would love to chew on one!

Happy Spring everyone!

BTW - See you at the **Wellness Expo on Nov 3rd**, where I will be giving a talk about Yoga.

Jenny

## Matakohe Walk Way and Cycle Way Project Survey

The Matakohe Walk Way and Cycle Way is in development and we thought this was a good time to gather your feedback on this community led project. Your feedback will help us with community led projects going forward.

This project is a collaboration between the Matakohe Walk Way and Cycle Way Group, the Kaipara District Council and the community. Without everyone working together, these projects could not happen. Thank you for your support..

Take a minute to fill in the survey, your contribution is much appreciated.

### QUESTIONS:

- Would you walk, run or cycle on the proposed walk way/cycle way?  
YES NO
- Do you know of any others who would walk, run or cycle on the proposed walkway/cycleway?  
YES NO
- Do you think the Matakohe walk way/cycle way will give more people a reason to visit or stop in Matakohe?  
YES NO
- Do you think the Matakohe walk way/cycle way will add to making Matakohe a better place to live?  
YES NO
- Do you have any suggestions for future projects or recreational facilities in Matakohe that would encourage you to enjoy the outdoor environment?
- Do you have any feedback for us that may help us with any further community led projects?
- Would you like to be involved with future projects? If yes, please provide your contact details below.  
Name:  
Address:  
Phone:  
Email:

Thank you for taking the time to complete this survey.

Can you please pop this survey in at The Matakohe Kauri Museum or scan and email to [twedge@kaurimuseum.com](mailto:twedge@kaurimuseum.com).

*- The Thirsty Tui -*  
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## Our waste - some thoughts on synthetics

Since this is a topic very much in the news at the moment I had a few thoughts to add.

Plastic, yes, is a huge problem and one that has to be dealt with. It's great to see how most people have adapted very quickly to taking their own shopping bags to the supermarket and there is a huge push to try and get plastic out of the packaging around nearly everything we buy.

But there was something else I had not really thought about until recently, that occurred to me while working in the Op Shop.

### Synthetic clothing material!

It is amazing how much synthetic material clothing we (mostly women) buy and wear for maybe a season or two and then discard. What becomes of it? You can't use it as mulch in your garden because it doesn't break down. There are limited places to give it away to. So I guess it all ends up in land fill.

Cotton breaks down. Wool does too eventually. Can synthetics be recycled? Maybe? But where?

Does someone out there know the answer or should we be thinking more about what we buy and choosing natural fabrics?

Stella



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## Science Corner

### Plant trees ... for cooler cities



#### FACTS:

**1.** The concrete, brick and tarmac surfaces in a city absorb the short wave incoming heat much more effectively than open land. On still nights and in narrow streets this stored heat is released and can raise the temperature of cities up to 7°C higher than surrounding areas.

**2.** Trees provide shade from their leafy canopy, blocking up to 90% of the incoming radiation, making pleasant places for people to gather.

**3.** Trees can reduce the amount of incoming short wave heat reaching walls of buildings by up to 60% by using the energy for evapo-transpiration and therefore cooling the temperature.

**Note** - Evapo-transpiration is the plant version of perspiration in humans, but with a few added extra benefits to the plant.

Yes, it cools the plant down as the water is evaporated just like sweat does for us, but it does so much more. Water is absorbed by the roots and carried through very thin tubes (xylem) up to the leaves. While travelling up and out to the leaves the water carries minerals from the soil. This water enables the leaves to carry out photosynthesis using the sun's energy plus carbon dioxide from the air to make sugars.

**BUT** - This only happens if the trees are actively growing and receiving an adequate amount of water.

#### SO HOW CAN CITIES UTILISE THE BENEFITS OF TREES?

Green belts, parks and tree lined roads are some of the ways. I often wonder why in our road and town planning there is no provision for a pathway wide enough for walkers and cyclists and with trees planted along the sides. In the past there was insufficient width in the planning to provide this.



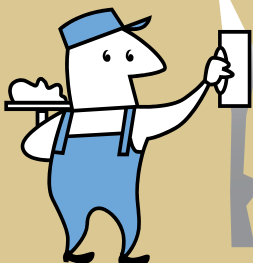
There are some cities that do. Paris has buildings designed with plants growing on the outside walls. Melbourne has a great green pathway from the suburbs to the city centre built alongside the motorway. It's a pity Auckland could not have had the same. A tree lined pathway along the motorway would have been great - not right next to it - but back and separated by a wall and trees. (Yes, it would cost more!)

Let's hope our future planners will think more along these lines too!

Stella

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# Kaipara is not a dumping ground

*An opinion piece from Zero Waste Network NZ*

The idea that Kaipara Harbour will become a toxic dumping ground for the new Dome Valley landfill is unacceptable. At the same time, any suggestion that waste-to-energy incineration could solve the problem simply replaces one bad idea with another. Waste-to-energy is a false solution and presents a toxic time-bomb for Kaipara.

Recently the Mayor of Kaipara, Dr. Jason Smith, came out in favour of investigating a waste-to-energy incinerator as an alternative to Dome Valley. But incinerators create toxic waste from household rubbish and still require hazardous waste landfills for disposal of ash. Ash produced by incinerators totals 40% of the original volume and contains cancer-causing dioxins. Incinerators do not stop waste generation, they encourage it.

The reality is that incineration is a worse alternative to the proposed landfill. Incinerators produce toxic ash that pollutes air, falls on the land to be eaten by livestock, and is washed into our rivers, harbours and coastal waters.

This issue is not unique to the Kaipara. Hokitika is strongly resisting waste-to-energy incineration for similar reasons

that people are opposing the dump in Dome Valley.

We cannot magic away our waste by burning it. Landfills and incineration are bad options for the people, land and waters of the Kaipara. Both must be rejected. Instead, we must expand projects like Love Kaipara and Maungaturoto's Den, which are working for a zero waste circular economy that enhances community health, provides employment and protects the environment. Other critical steps include eliminating the production and import of unnecessary disposable items, a nationwide container deposit scheme, refill stations for a wide range of products and for water, and ensuring that whatever is produced can be recycled or is toxicant-free and home compostable.

Valerie Morse  
Communications Officer

## THE KAURI MUSEUM

*Real New Zealand Heritage*

- \* Otamatea Quilters Exhibition  
24 October to 24 November
- \* Textiles Exhibition  
'The Perfect Accessory'
- \* The Rintoul Collection  
Māori Taonga ... coming soon ...

For residents of the old Otamatea District: Annual passes available

5 Church Road, Matakoho, Northland. p: 09 431 7417 w: www.kaurimuseum.com

## HOMEKILLS



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## It's now official...

Pottering about in the garden, sifting soil or working with animals is therapeutic. Of course we have all known that for ages, but it is gratifying that a group of scientists led by Christopher Lowry of the University of Colorado is providing experimental evidence to confirm it.

He describes a phenomenon known as 'the farm effect' whereby people with exposure to soil and animals and a more diverse micro-biotic environment have more protection from inflammatory and stress related conditions.

Apparently 50% of the world's population is urban and so lacking in exposure to biotic diversity and suffering greater incidence of things like depressive illness.

Perhaps the suffering can be relieved with a pill?

Studies with mice and rats show injections of bacteria create anti depressive behaviour and have a preventative effect for future stress.

The aim is to create a stress vaccine for humans by screening the 65 different strains of micro-bacteria. It's apparently possible, but a long time away.

In the meantime to keep diversity in your gut bacteria you need to eat many different plants, and the best plants are those you grow yourself or buy fresh from a local source. You all knew that anyway!

Isn't science wonderful!

RS



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## OUT & ABOUT AROUND TOWN

**The Arts and Crafts Fair** to be held at the Paparooa Hall on Sunday 1st December from 10am til 2pm will be a great chance to check out local wares for the Xmas season. The Hall Committee are running it this year and after the events of Labour Weekend they will appreciate all the community support they can get. If you would like to have a stall please call Kate 021 187 7798.

**Your Paparooa Press** is in need of some help. Do you like to find out about things going on in the community? Would you like to be in the press gang? Interview locals, write up articles, learn to do the editing and compilation? If so we need you. Call Sally 09 4317 209 or Stella 021 1490 877 today!

**Look out for** information next month about Paparooa's first Christmas letterbox decorating competition!

**Think about** how you could contribute to Paparooa by attending any of the AGMs advertised this month! All are welcome at Paparooa Sports

and Recreation, Paparooa Tennis and the Paparooa Medical Society Inc.

**More African drumming!** Who would like to participate in a further 4-week block of drumming in the Paparooa Hall, probably to be held in February? Please let Loraine Rowlands know if you are interested (4317 290).

**Circus Kumarani** is returning to Paparooa War Memorial Hall and A&P Show grounds for its 14th Annual Northland Circus Festival from 10th-12th January. For more information and code for family discount, call Circus Kumarani 09 4395 152 or email ncf@circuskumarani.co.nz.

**Fishing's good** in the Kaipara! A Labour Weekend Cromwell visitor was excited to return south with some snapper for his friends!

**Maungaturoto Op Shop** - summer stock is now in!

**The 150th Anniversary** of Paparooa Primary School will be held 8-9-10 May 2020. It's your chance to catch up with

### Hands of an Immigrant

They lay a table:  
baklava, polenta,  
jugs of cherry red.  
They dive in the feast and  
swear to remember  
before they wave good-bye.

From a far coast  
they come,  
taking up limp tickets and  
pressing cold rails  
to glimpse the Kaipara first.

Now bleeding rifts  
are on those hands;  
clutching tight the spade,  
the spear,  
they strike the earth and  
clamour for the bottled  
kauri tree tears  
waiting to be shed.

For that better life.

Christel Jeffs

*A highly commended entry in  
The Kauri Museum's National  
Poetry Day Competition 2019*

old friends and the school. Check the School's Facebook page for all information.

**Our condolences** go to the Williamson family on the passing of Carlene (40 years old), daughter of Wendy and the late Kevin, sister to Scott and Helen and grand daughter of the late Andy and Shirley Martin.



Carlene attended Paparooa and Otamatea High Schools. She leaves behind husband Kerry and daughter Lily in Thames.

**Paparooa  
Sports & Recreation  
Committee**

**AGM  
WEDNESDAY  
27th NOVEMBER, 7pm  
Pavilion Building  
at Sports Grounds**

All welcome to attend and if  
you'd like to consider being part  
of the committee we'd love you  
to put your name forward

**Paparooa Medical  
Society Inc.**

**AGM  
SUNDAY  
10 NOVEMBER  
4pm**

**Paparooa Hall  
All welcome**

**Paparooa  
Tennis Club Inc.**

**AGM  
17 NOVEMBER 2019  
3pm at  
Paparooa Sports Pavilion**

All welcome  
contact Sue Skelton  
431 6224

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**WHAT'S ON - NOVEMBER 2019**

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

- Otamatea Quilters Group** - Annual Quilt Show to 24 November
- Kaiwaka Sports Complex Fright Night** 5.30pm 2 November (details pg 5)
- Arty Farties Mosaic Workshop** 2-3 November Lea Dodson 09 4321 6296
- Wellness Expo to support Kaipara Hospice** Pap Hall 3 Nov 9-3pm (details pg 2)
- ORT's show 'This is your Captain Speaking'** 1-17 Nov (details pg 4)
- Paparoa Medical Society AGM 10 Nov, 4 pm Paparoa Hall
- Rotary Seniors Afernoon Tea** Mgto Hall Nov 22 1-4pm Stella 021 149 0877
- African drum/dance workshop** Dargaville 22-23 Nov, Josie Scott (details pg 9)

**REGULAR EVENTS, MEETINGS AND ORGANISATIONS**

- Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
- Ararua Church** 10.30am every Sunday, All welcome ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Arty Farties** Thur/Fri/Sun at the "Tile Shed"; Garage Sale Sundays 10am to 2pm;
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults ph Pete 431 6822
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
- Farmers' Market** Every Saturday 9-noon, Village Green. Contact Ruth 021 433 969
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Mgto
- Kaipara Marching Team** Weds 4-5.30pm, M'gto, ph Rose Plunkett 431 7418
- Line Dancing** Thurs 10am-noon Paparoa Hall ph Rose 431 7418
- Mainly Music** Wed 9.30am Paparoa Comm Church, Lynaire Porteous 4317 520
- Mahjong** twice monthly on a Tuesday. Call Marian Harkness 431 6332.
- Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm
- Maungatūroto and Districts Rotary Club** Maungatūroto Centennial Hall, Tuesday evenings 6pm, ph Stella 021 149 0877
- Otamatea Quilters** 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262
- Outdoor Bowls** Maungaturoto Green ph Tony 431 6026 or Brian 431 6884
- Pahi Hall** available for hire ph Sherryl Corbett 431 7127
- Paparoa Community Church** 10.30am every Sunday, 4 Hook Road 431 7106
- Paparoa Garden Circle** 2nd Wed of month Marg Bailey secretary. 09 280 9897
- Paparoa Hall** Functions venue ph Robyn 431 7306 or a/h Loraine 431 7290
- Paparoa Library** open Tues & Thurs 10am-4pm, Saturday 9.30-12noon
- Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Playcentre** Tuesday and Thursday 10am-1pm Visitors Welcome ph Bianca 431 6730 txt 021 782 456 or ph Jane 431 6148 paparoa@playcentre.org.nz
- Paparoa Primary School** Term 2 - 29 April - 5 July; Term 3 starts July 22
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
- Paparoa Volunteer Rural Fire Force (VRFF)** 1st and 3rd Tuesday of the month 6.30pm Depot Rd ph Cohan 431 6668
- Plunket Ready Steady Wriggle** Mon 10am Sports Pav. Tina Ball 021 033 5128
- Selwyn Centre** Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193
- Sports Pavilion** Functions Venue Bookings ph Jane Bailey 431 6148
- St Mary's Catholic Church** 10am Wed, 6pm Sat, Maungaturoto
- Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
- Tennis** Family tennis Sunday afternoons from 4pm ph Sue 431 6224, Pete 431 6822
- White Rock Gallery** Open at The Kauri Museum 7 days ph 021 0267 8241
- Yoga** Chair Yoga - Tuesdays & Fridays, 9.30am Paparoa Sports Pavilion  
 Monday: 6pm Mgto Centennial Hall: Wednesday 5pm Matakahe Hall  
 ph Jenny 021 114 3370

PLEASE UPDATE US WITH YOUR DETAILS: [press@paparoa.org.nz](mailto:press@paparoa.org.nz)

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**LOCAL TIDES for November 2019**

NOVEMBER TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	8.23am	2.47pm	17th	8.35am	3.02pm
2nd	9.07am	3.33pm	18th	9.24am	3.55pm
3rd	9.55am	4.25pm	19th	10.21am	4.58pm
4th	10.51am	5.26pm	20th	11.27am	6.09pm
5th	11.56am	6.36pm	21st	12.40pm	6.43am
6th	1.08pm	7.14am	22nd	1.51pm	7.54pm
7th	2.16pm	8.22am	23rd	2.56pm	9.00am
8th	3.11pm	9.19am	24th	3.52pm	9.58am
9th	3.55pm	10.05am	25th	4.43pm	10.49am
10th	4.31pm	10.45am	26th	5.30pm	11.37am
11th	5.10pm	11.20am	27th	6.16pm	12.21pm
12th	5.44pm	11.54am	28th	6.36am	1.03am
13th	6.18pm	12.28pm	29th	7.19am	1.45am
14th	6.55am	1.02pm	30th	8.01am	2.26pm
15th	7.13am	1.38pm			
16th	7.52am	2.17pm			

**Community Directory**

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

**COAST TO COAST HEALTH CARE**

- Maungaturoto Medical Centre: 8am-5pm Mon-Fri .... 09 431 8576
- Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222
- For urgent after hours medical service (Wellsford)..... 09 423 8086
- DISTRICT NURSE** Dargaville Hospital ..... 09 439 3330  
 Healthline - 24 hour service..... 0800 611 116
- HOSPICE KAIPARA** Dargaville Hospital ..... 09 439 3330
- KAIPARA DISTRICT COUNCIL** Helpline ..... 0800 727 059  
 Mangawhai Office..... 0800 100 388
- KAIPARA PHYSIOTHERAPY** Lyndsay Bargh/Lynne Rhodes...09 4391656
- LINKING HANDS** Health Shuttle Service, Maungaturoto.09 431 8969
- LIONS CLUB PAPAPOA** Secretary Mark Pilkington .....09 431 7369
- MAUNGATUROTO PHARMACY** ..... 09 431 8045
- MAUNGATUROTO REST HOME** ..... 09 431 8696

- NKT RECYCLING** Huarau Road 10am - 2pm Mon-Sat..... 09 431 8304
- OTAMATEA COMMUNITY SERVICES** Community House 09 431 9080
- PAPAPOA LIBRARY** Free Membership. Contact .....Jas 022 678 1474  
 Tuesday and Thursday 10am-4pm  
 Saturday 9.30am-12midday
- PAPAPOA PLAYCENTRE** ..... paparoa@playcentre.org.nz
- PAPAPOA PLUNKET** Clinic 4317340 Cynthia Keay ..... 0276753488  
**PLUNKET** Helpline ..... 0800 933 922
- PAPAPOA PRIMARY SCHOOL** ..... 09 431 7379
- PROGRESSIVE PAPAPOA INC (PPI)** .....Graham Taylor... 09 431 7209
- PARENT PORT Inc.** free help for families Linda ..... 09 425 9357
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# Doggy Day Out

Some of the action in photos (see story pg 2).



Demonstrators Colleen Lauder, Annette Flannagan, Rosalind Dick and Laurel Greaves



Judges Janine Hames & Shirley Warner-Summers



MC of the day Tim Magill

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