



OCTOBER 2021

You May Have Noticed Something New In The Village

Number 1 Franklin Road, Paparoa, has a new arrival! It made its appearance at 3.30am on Tuesday 14th September to proud parents Tony and Maggie Bozzard. When 3 Franklin Road was purchased in 2014 it had a separate title of 394 Square metres carved out in 1977 for a Post Office, later returned to the family as it didn't proceed.



A high-profile site, resource consent was obtained subject to Heritage NZ's approval of the size, age and scale of a building.

After much searching, a fully restored 1910 flat faced villa was found at

54 Wellington Street, Hamilton, being number five of seven identical villas in the street. Prestige Building Removals, Hamilton advertised it for sale on the 14th December 2020 and I signed a contract that day for \$140,000 delivered and piled,

sight unseen, with a lot of subjects... Inspection, Resource Consent, Building Consent, Heritage NZ approval, Paparoa Store approval, Transit NZ approval, and the Neighbour at 3 Franklin Road (LOL).

It arrived from Hamilton, a 250km journey through 3 Covid zones, in pretty good shape and will soon be lowered onto piles and tidied up.

The roof was lowered to scrape under the bridge, and reassembled in the rain next day. Maggie and I will move into it later this year, and run 3 Franklin Road as a four roomed Victorian bed and breakfast, called Pheasant Lodge.

It fits comfortably in its location between the other buildings and we are pleased with the positive feedback we have received from locals,

Tony Bozzard



Paparoa, You Have Spoken!

Thank you Paparoa community and residents. The Discovery phase of community engagement for the wastewater issue is now complete. This involved consultant Laurel Belworthy talking to 65 of you and 51 of you completed the community survey. This generated nearly 600 comments and responses- which is fantastic!

The raw data gathered was then analysed to find common themes that tell the story of what is important to you about the situation, who you think should resolve it, and how. As wastewater issues could have a negative impact on local business and future sustainability for Paparoa, you were also asked to reflect on the future of Paparoa and what gives us the strong sense of community Paparoa residents feel.

There were some clear messages from you, these have been summarised and publicised for you all to see. However before making a recommendation to council of how you as a community would like to proceed, you are invited to have further input by choosing options for half a dozen scenarios.

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Paparooa Press PP

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for Paparooa, Pahi, Matakahe,
Whakapirau and Tinopai.

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ADVERTISING

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Publication date 1st Wed of month

Continued from page 1...

This will be done in the same way as the Discovery phase, via email, Post Office boxes, face to face at Farmer's Markets and around the community, and at Skeltons Drapery. Keep an eye out over the next few weeks and be sure to have your say.

Meanwhile, here's some key points from what you told us:

72.5% know the problem is wastewater sewage contaminating waterways, while 73% think council should be all, or part of a whole community solution. 78% think environmental effects, Paparooa's future, and community health and wellbeing are all important in this situation because you want to see Paparooa thrive and survive for future generations.

Your vision of Paparooa in five years' time is a thriving, economically viable town that maintains it's rural and community vibe. When thinking of what is important for Paparooa's future, 90% of you said a healthy safe environment, 84% strong, connected community groups, 74% a sustainable future and growth opportunities, and 62% economic development and employment opportunities.

A whopping 94% think Paparooa's history of working together to build a strong sense of community is valuable or very valuable. This says you believe you can solve this as a community using the elements of a values share approach, common purpose forward thinking, working groups and strong communication.

As part of the process, in August this year, KDC advised us that 104 residential, commercial, or industrially zoned properties fall under the Wastewater Bylaw 2016, being within 300m of mean high-water springs. To date 40 of these have been tested with around 27.5% having a problem. Further testing will be done this spring.

If you would like to see the full report please contact Laurel, 027 7135 815 or email, laurelbelworthy@gmail.com.

Remember, you are invited to have further input before any recommendations are made to council. So, keep an eye out, and when you get the opportunity, be as proactive as you have been and be sure your voice is heard.

Paparooa, let's do this!

Graham Taylor

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Artists Wanted

Paparooa Connections, Sense of Place group is wanting to bring some art, history and culture into the village and surrounds, including on the shared path that will link locations around Paparooa. Locations have been selected and permissions sorted. After much consultation we have settled on emotive landscapes as our overarching theme. The universal imagery of the landscapes has the power to harness human connection to our environment, to spark a sense of place, elicit emotional response, trigger intrigue, curiosity and kotahitanga (unity).

We are asking for artists to contact us for the Brief to be able to submit a proposal.

The imagery for the art installations will represent:

- Local culture and historical representations
- Flow of the seasons
- Native flora/fauna - birds, vegetation, haunting beauty and majesty
- River in its different moods, flooding, energetic, sluggish, sultry
- Sky - ever-changing, ever impactful on the plans of people
- Harbour with its history, its present, its engaging ebb and flow
- Pastures - the life and birthplace of many of our residents, some of those human
- The coming together of our community in shared spaces
- Friends, family, supportive embraces of connection

What we need from the artists:

- Select a site that interests you
- Submit concepts that meet the brief
- Artwork descriptions including conceptual statement, intended materials and longevity of the finished work
- Feedback from committee representative available if desired
- Quote cost of completed installation
- Quote for ongoing maintenance required
- Indicate your timeline for completion

Contact paparooa.connections@gmail.com or Kirstin on 021 525425 and we will send you the Brief.

Pass on to any other interested (preferably Northland) artists.

Briefs to be submitted by Monday 1 November 2021 for installation preferably over this summer.



**Member-Northland District Health Board
Libby Jones - Vaccination Thoughts...**

You might be sick of seeing and hearing information on COVID 19, so my apologies if that is the case, but thought I'd share some of my own experience.

I'm pleased to be able to say I am now double dosed- fully vaccinated against COVID 19. I am fortunate that like most people, I didn't have any reaction to either dose. Funny though, because I had booked my second dose for about 3 weeks after the first, then when recommendations came out that it was better to extend that interval up to 6 weeks, I postponed it to give a longer time between doses. Then Bam a day later I got a cold which turned into me being pretty unwell for quite a few days. If I had had the second dose of my vaccine would I and others have assumed that my unwellness was related to the vaccine? Who knows, but it just reminds me how we should not jump to conclusions and make assumptions that one thing causes another. As a DHB member I get regular COVID 19 updates on how Northland is tracking with testing and vaccinations, as

well as information on the rest of New Zealand and relevant overseas data. It is great to see the huge reduction in deaths in the UK for example from their Third Wave of the virus compared to previously, and this is with the deadlier Delta variant. They have so far got to 80% vaccination rate and this is already making a big difference for them. New Zealand can always do better than most countries so I'm hoping we get to over 90% vaccination coverage for our population. We will have to re-open our borders before too long, so COVID 19 will be back. And even at 90% rate of coverage, modelling shows that over the next two years we will still have more cases of COVID 19 than we will be happy with, including some deaths. The deaths are unlikely to be vaccinated people. The only way to minimise that outcome is for everyone to be vaccinated. We know that some vulnerable people cannot be vaccinated

and under 12s are not being vaccinated, so the rest of us getting vaccinated helps to keep others safe. I know I don't want to be continually locked down. Have you done your part for New Zealand?

Keep us all well, Mauri ora,

Libby Jones
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Council Mark says – Stay Safe, Stay Positive; We are all in this together

I see that in a couple of previous columns I have referred to Charles Darwin's observation about the survival of species, not reliant so much on being the strongest or the most intelligent, but rather the most adaptable.

It has just occurred to me that the corona virus itself is an object lesson in such adaptability. We should learn from that - how to adapt to changed circumstances. I have had my two doses, and I encourage others to do the same if you haven't already. I know that statistically Covid 19 probably won't kill me, and quite possibly would not make me seriously ill, but I would hate to be responsible for someone else suffering that fate. Having the job is one way to reduce those odds.

Back in June I provided a brief summary of the action going on in the local government space currently: the 3 Waters reforms which are getting closer to a crunch point; our district plan review underway with urgency so that it can be as up to date as possible before the Resource Management

Act reforms limit that; the Representation Review which is now open to public feedback; the review of the Future for Local Government underway (necessitated by the 3 Waters and RMA proposed changes and out of which I predict amalgamations of smaller councils like ours); and the Kaipara Moana Remediation programme and associated treaty settlement which will have implications for KDC's ratepayers especially rural landowners. Get in touch with me if you want to discuss these things further. They will continue on regardless of lockdown levels, although obviously it has affected the way it is done.

Lastly I'd like to share with you my letter to the Herald regarding the Lynn Mall knife attacks:

Law changes made in haste run the risk of becoming bad law, bad for our democracy. A considered response to the Lynn Mall terrorist attack would first establish whether existing legislation is deficient or whether administration of current laws is defective. The danger of rushed legislation is unintended consequences such as loss of freedoms for law-abiding citizens. Extremist views win if our response is greater authoritarian control.

Mark Vincent
Otamatea Ward Councillor
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Matakohe Kauri Museum

Announcing the Interim General Manager.

The Otamatea Pioneer and Kauri Museum Board are pleased to announce the appointment of Dawn Folkard as Interim General Manager following the departure of Textile conservator and General Manager Dr Tracey Wedge.

The Kauri Museum's search for a new Director of the Museum is underway and the Board believes that Dawn will ensure a smooth transition. Folkard has held senior roles in both the corporate and charity sectors- currently she is the Chairperson of Coeliac New Zealand and the founder of 'Pure Food Kitchen'. Nick Tetzner, Chairman of the Kauri Museum Board says he is delighted that Folkard has agreed to step into the role.

"This is a very busy time for the museum. We have started a series of redevelopment projects as part of a \$3 million Provincial Growth Grant, with the interruption of COVID 19 alert levels, Dawn will help us advance our projects as we recruit a permanent leader for the Museum.

For more information please contact The Kauri Museum Board:
Chairperson: Nick Tetzner 021 025 02305
Deputy Chairperson: Takiri Pumipi 021 269 3121
Marketing: Grant O'Neill 09 431 7417

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Pahi Wharf Upgrade Begins

Works on the Pahi wharf were scheduled to begin earlier in the year, but procurement delayed the construction start. The upgrade is now well under way with local contractors Hubands carrying out the carpentry and repair work. The crew has stripped all the old handrails off and are currently replacing them. Work will then start on replacing the piles.

Bellingham Marine, who constructed the Dargaville pontoon last year, will build the gangway and new pontoon. With the change in Covid levels in Tāmaki Makaurau, they will be able to start the prefabrication of the concrete pontoon and the steel gangway offsite at their shipyard. These will then travel north via boat and will be assembled onsite in Pahi.

The new wharf will be a great asset and cater for a wider range of boats at all tide levels, including passenger

ferries, oyster boats and charter operations, as well as recreational vehicles.

All going to plan the work is expected to take up to twelve weeks and be complete by December 2021 (subject to COVID-19 restrictions). The wharf will remain closed during construction.

The Kaipara Wharves project, which includes a new wharf at Pouto and the Dargaville pontoon as well as the Pahi wharf upgrade, has received \$4.95million in PGF funding from Kānoa - Regional

Economic Development & Investment Unit.

Alongside Kaipara Roads, Kai and Water, Kaipara Wharves is part of the greater Kaipara KickStart programme of works led by Kaipara District Council to grow the district's economy and increase community wellbeing.

KDC



Work underway on the Pahi wharf.



The designers impression of the new wharf and pontoon.

Progressive Paparoa Inc AGM

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New Vintage Tools at Kauri Museum

Last year The Kauri Museum was generously donated part of a vintage tool collection which belonged to the late Chris Norris from Auckland. Chris highly regarded the Museum, and had visited both privately and as a member of the New Zealand Vintage Tool Club.

An avid vintage tool collector, Chris had a passion for woodworking. He also loved music and folk festivals, and spent long periods of time in Australia volunteering at Queensland's Woodford Folk Festival.

The Kauri Museum was very appreciative to receive this tool collection, some of which is now on display in

the Volunteers Hall. The collection includes over 70 vintage tools including a Mathison Plough Plane. We are honoured that Chris Norris would entrust his precious tool collection to the museum and will ensure that legacy of his vintage tools lives on.

This is only one story of hundreds over the years of people who have generously donated their collections to the Kauri Museum. The Museum is passionate about sharing the stories behind our



A Mathison Plane from the Norris Collection

collections, and staff can assist anyone with an interest in a certain collection or item at the museum.

Grant O'Neill

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**Pahi 2041**

The present wharf is now submerged below a metre of filthy water. A sign with skull and crossbones says "No Swimming, toxic". There is no need of a sign to say "No fishing" because there are no fish. Two children, one Maori, one Pakeha, say to each other, "My grandparents used to fish and swim here - what were they thinking? How did they let this happen? Why didn't they stop it?". Or . . .

Pristine waters, new wharf (and pontoon), a Maori waka fishing alongside a solar powered fishing boat built from recycled plastic and glass, children of mixed races swimming off the boats and rejoicing, saying "kia ora taku tupuna," thank you, thank you our forefathers.

The choice is yours. They are your mokopuna/great grandchildren. What is it to be? Like many I have complacently driven past signs saying "Save the Dome," "Stop the Landfill," and gratefully left it to those younger protesters knowing that the issue was a no brainer, no thinking government or local council could even consider such a thing in the first place. So, like many of us, I was utterly shocked, even gutted, when the Auckland Council was given the go ahead with this heinous project.

So this old pensioner decided to take action and attend a meeting held in the Wellsford Community Centre on Saturday July 10. Arriving early I was disappointed to find a nearly empty car park and hall.

We were entertained while waiting with protest songs reminiscent of the 60s and 70s. Not to worry. By 1pm the place was packed to the rafters

with an eclectic mix of Maori Kaumatua, Pakeha politicians and local councillors, grey bearded hippies, lawyers, experts, students and the general hoi polloi.

Not knowing too much of the details I went to be educated, and I certainly was. The issue is so much bigger folks! It was a brilliant meeting with all issues set before us in a friendly and informative fashion. Generous time was given for questions and comments.

I am no longer complacent and neither should you be. "Evil flourishes when good people do nothing." And this is an evil with subtle, long reaching tentacles.

There are many ways to join the battle. Search "Fight the Tip" on line or email fightthetip.nz@gmail.com and join the nine different groups appealing to the environment court or start your own battle by writing to the Auckland City Council, (the Kaipara District Council is supporting the protest) the Minister for the Environment, your local MP, give-a-little towards legal costs or even just share this article.

The future is in your hands – quite literally.

Ko Ani Bate ahau, ko Ngai Tahu taku iwi.

Anne Bate, Pahi 2021

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Letters from The Old Post Office...

Dear Reader, I was going to write about mans' ever-present greed and rapacity. I will probably do that next time, just to cheer you up. But, then I thought why not write about something that really winds me up? Well, there is quite a list really. However, housework is up there. That constant petty grind of dusting, washing, doing the dishes and feeding the animals. And lock down, of course, simply reinforces the whole dreadful experience. Trapped in the dust bowl of my life I am forced to recognise the dirt beneath my feet. At least when the man in the shed was about one could blame the filth and grime on him. Now it is fearfully apparent that she who lives in a semi glass house should not throw stones. And I would just like to mention that simply because the old shop was in fact a shop and is road frontage it does not mean that we are deaf and blind to those who choose to park directly outside in order to carry out various activities. Some louder than others.

Right, back to filth. I will pull the curtain, both physically and metaphorically.

Now, as we all know I abhor a vacuum. The vacuum cleaner is an instrument of the devil.

1. The lead is always too short. I have finally resorted to an extension lead which of course comes with its own set of devilish stratagems. Either it knots itself into fiendish shapes or it jams under doors, around corners and the dog. The cat has attempted to kill it, the lead that is, fortuitously I found some very pretty daisy patterned tape in the shed. Who knows what the man in the shed was going to do with that!

2. No matter how carefully one notes the make and model

of the machine, no shop has the correct dust bag. Ever.

3. The metal hose is too short or the extension thingy jams

4. The nozzle won't come off the end so it is impossible to get into corners (assuming that you want to and haven't simply given up the will to live)

5. It constantly sucks up everything that you do not want it to, and refuses to suck up things you do. Dead mice, decayed potato etc etc

Other house-whiffly chores also annoy.



Doing the dishes comes a close second to vacuuming, although in winter it is the only time my hands are warm. Cooking is ok, as long as it is only every third day. Crackers, cheese, olives and mayonnaise is so a balanced diet. Cracker in one hand, wine in the other. My children know nothing!

I have tried the mindfulness mantra. You know, the zen of the moment. Taking a breath, focusing on the detail, I really noted Thich Nhat Hanh's recommendation "The time you spend washing dishes and doing all your other everyday tasks is precious. It is a time for being alive. When you practice mindful living, peace

Housework...



will bloom during your daily activities." What I noted was. What a crock.

Unfortunately, I am with Inga Vesper, from The Long Long Afternoon "There is hope in the morning hours, just as there is desperation in the afternoon, which stretches like gum and yet contracts into nothing, once it is filled with laundry

and dusting and dinner."

Therefore, I have decided that as we are instructed to be kind, not only to others but ourselves (as you know that is quite a challenge) I will put all difficult devices to one side and let nature take its course, as she too abhors a vacuum.

R.I.P

Deb

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What's New At Paparooa Farmers Market?

If you've been down to the Farmers Market in Paparooa recently, you'll have noticed a few new faces among the stall holders. Saturday morning, come rain or shine, the market is buzzing with visitors all eager for some fresh produce, sweet treats and a catch-up with friends.

Normie is out there, greeting his customers with a smile - and rightly so. His family grows certified organic, seasonal fruit and vegetables, with their specialty items being watercress and kumara.

Normie's whānau are keen local growers, and as his mum Kathy has huge gardens and a flourishing orchard to harvest on the Tinopai Peninsula.

The market was a must! He says the best thing about Saturday mornings, is meeting people and having a chat.

His shopping tip of the week - the fruit sells out first, so get in early and if you korero to him in te reo Māori, you might get a bit extra!

Just along the line of blue marquees is another trader offering healthy food options.

Many folk say they smell the crisp spring flowers and freshly cut herbs, long before they find the 'Hukatere Harvest' stall. Look for Luciana's bright

red velvet jacket and you'll find fresh chillies to match.

She offers home-grown fresh and dried herbs and spices; seasonal fruits and a few specialty items like kaffir lime leaves and white sage. All produce is carefully grown without sprays or conventional feeds, following organic growing principles.

Luciana also makes 'IncrEdible Garlands' which feature beautiful combinations of rosemary, thyme, rosehips, bay, lavender; native flowers and currently orchids. You can

pre-order these to pick up the following Saturday.

With the uncertainty of Covid lockdown levels in mind she said, "Feel free to contact me via the 'Hukatere Harvest' page on FB. I can fill orders and organize safe local pick-ups." Check in with your local suppliers at the market, they may offer this service too.

It's all so good! Pop down to Paparooa Market one Saturday soon, where the people are fab and the food is fresh!

See you there!

L.O.



OTAMATEA
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SERVICES

October Newsletter

As I write this, we have just come out of a lockdown and we are slowly returning to a new normal. We're

lucky here in Northland, we have the good fortune to now live within level 2 although we have noticed a little difference in the community.

A few weeks ago when we were at level 4, there was a heavy demand for food from those finding things a bit tough. We had some in our community with family who had visited then got stranded in lockdown, as well as families whose children are suddenly at home 24/7, eating much more than usual. We are so grateful that we have the ability to provide for those in need.

We wanted to give a huge thank you to Grow Paparooa, The Rapid Relief Team, Neville from Countdown and all the other generous groups and individuals who have all made it possible for us to provide some help to those in need.

We wish to announce a joint initiative between Otamatea Community Services and Grow Paparooa Whakatipu Paparooa.

We want to join with the garden in helping locals to grow their own food. We'll be launching our Garden Partners scheme shortly and invite anyone interested to come along for a few hours each week to help in the established garden and to learn how to grow your own fruit and vegetables. Grow Paparooa will establish a separate garden for participants and you will take home fresh produce each week.

Ring OCS Reception on 09 431 9080 for details.

Due to the uncertainty of alert levels, we're not able to list details of our October calendar at this time. I do however hope that just before our wonderful local papers go to print, they may let me add items of note that relate to our usual services.

We sadly said goodbye to two of our long-standing members of the team; Ameer Nicholson and Brigitte Fowler, who have moved into new areas in their careers recently - and we welcomed on board new members to the agency who are already looking like they are settling in and are ready to do some great things for our community.

The road is still pretty quiet, however, shops are now open and there is more foot traffic, which is great to see. Keep supporting locals where you can. We hope it's not too much longer before we can get back to regular scheduling, and until then keep safe.

Kia Kaha, From all at OCS

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Medical Society on the lookout

Paparoa Medical Society is holding its annual Meeting on 10 October at 4pm in Paparoa Hall. The society is on the lookout for a new secretary and would love to see some new faces join them.

Being secretary is not an onerous task as the society only meets every 2-3 months and the business is fairly straightforward.

The society's mission is to ensure the continued provision of medical services for the people of Paparoa and as such owns the building that houses the Coast to Coast Healthcare clinic. It also provides premises for Paparoa Community Library. As property owners the society focuses on maintaining the building and surrounds for the tenants and the wider community.

If you have an interest in property or funds management your skills would be welcome. If you would like to lend a hand please come along to the AGM or contact the chair, Graham Taylor 027 4754490.



Pictured: Recently the good women on the Society committee, and their even better friends, spent some hours weeding, laying post peelings and planting the rock wall, in an effort to tidy the patient parking area. Many thanks to Julie, Sally, Deb and Loraine for tartying up the Paparoa Valley Road garden in front of the Medical Centre!

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Maungaturoto and Districts Rotary

The Satellite club in Mangawhai continues to go ahead in leaps and bounds. With the grant from the Wright family foundation the Club was able to purchase and kit out four Optimist boats- a total of seven Optimists and one Starling now available for use. There are also some boats that are being loaned by Otamatea High school. These boats had been used for activities but have been in storage for some time. We are grateful for the support of Nick Tetzner who is helping to prepare them for sailing as they have not been used for some time.



Mangawhai has 15 active members and they are looking at options for fundraising as obviously the sailing project will have ongoing fixed expenses like insurance. While this Club has the Maungaturoto club as its umbrella, they will be working independently of Maungaturoto and can set their own meeting dates and times as well as the format the meeting will take. The most recent meeting had to be run by Zoom due to Covid restrictions.

When a person joins Rotary as an organisation, there is a tremendous amount of training and support that is available for those who wish to avail themselves of it. I recently went onto "My Rotary" and completed some of these on-line modules. This has been followed up by Zoom on-line training which was offered to two Northern Districts, 9910 and 9920. The first one was held last week in which more than 40 Rotarians participated. This was a great way to not only come up-to-date with Rotary projects old and new but also to listen to a variety of viewpoints.

October 24th is Polio Plus day when Rotarians worldwide focus on fundraising for this cause. This project started in 1988 and since that time the number of children affected by wild polio has reduced by 99%. From 350,000 cases in 125 countries to fewer than 200 cases today in just two countries, Afghanistan and Pakistan.

If you have a youngster considering tertiary education of any sort, encourage them to apply for our annual scholarship which sees \$1500 given to a worthy recipient for their studies. See p15 for more.

Eileen Parsons 021 142 0357
Maungaturoto & Districts Rotary Club

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Paparoa Community Engagement Feedback

September 2021

Here's what you said

72.5% The Problem

know the problem is wastewater & sewage contaminating waterways due to old, ineffective or non-compliant systems, causing environmental and health concerns council want resolved to prevent 'cease to use' orders.



Who should solve this problem?

You think... 73% - council should be all or part of a whole community solution
 19% - individual property owners
 6% - other, not defined
 2% - Central Government

"Working in collaboration with community, developing sustainable strategies that can be adopted at an infrastructure (council) and individual community member level"

78% What's Important

think environmental effects, Paparoa's future and community health and wellbeing are all important in this situation because you want to see Paparoa survive and thrive for future generations. **"because I love living in Paparoa and I want it to survive and thrive"**



Paparoa's Future

What's important to you?

- 90% - a healthy safe environment
- 84% = strong connected, active community groups
- 74% - sustainable future & growth opportunities
- 62% economic development & employment opportunities
- 36% - affordable housing
- 30% - population growth

"Paparoa has a sustainable future for the community it serves"

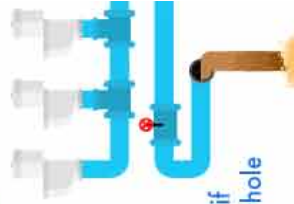
How can it be resolved?

"we are all part of a community and in order to thrive we need infrastructure that allows us to maintain and develop our way of living. Disposal of waste would be a major part of successfully achieving that."



Ideas include **would be a major part of successfully achieving that."**

- Targeted rates, rebates or annual charges
- Wastewater systems treatment plant for Paparoa (and surrounds)
- Case by case individual solutions
- Separate grey water from wastewater to reduce run off
- Composting toilets
- Connect similar groups in the community for holistic solutions



You also expressed concern the council may keep shifting goalposts, or if individuals pay for solutions they may be asked to pay again if a whole district scheme happens in the future and think it could be a whole district solution.

And would like to be presented with options, costs and a feasibility study

"green, long term holistic planning"

94% Working Together

think Paparoa's history of working together to build a strong



Your Vision of Paparoa in 5 Years Time A thriving economically viable town that maintains its rural and community vibe.

"Thriving as Northland's growth begins to show itself here"

You see growth as inevitable. You see a sustainable long term future. Increased services, employment opportunities, a vibrant mixed social/economic mix, a proud and environmentally aware community, supported by local council to plan holistic and long-term solutions for improved infrastructure and a resolved wastewater problem.

"Booming! A strong retail sector with speciality shops, a hospitality sector and active community groups providing a range of services and activities. A destination town on the Twin Coast highway"



You Asked

We Answered

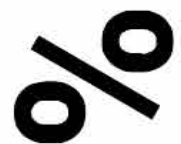
- KDC have committed and hold \$60K in their Long-term plan to support Paparoa find a solution that works for everyone
- No one knows how Three Waters reform may or may not provide solutions in the future
- The town will not be shut down, but individual properties could be given 'cease to use' orders if issues are not resolved.
- Future proofing will benefit those not directly by ensuring the CBD of Paparoa can continue to provide services to the community, and the environment will be cared for.



As part of this process

In August this year, council advised us

- 40 out of 104 residential, commercial or industrially zoned properties that fall under the 2016 Wastewater Bylaw, have been tested to date. Of this, 27.5% had a problem, with inadequate room for modern compliance systems amongst them. Which properties are affected is confidential to council and property owners. Further testing will be carried out in Spring this year.



"a shared approach to resolving issues and building a strong sense of community"

This says you believe you can solve this as a community using the elements of a values shared approach, common purpose forward thinking, working groups and good communication named people, their contribution to others and community, gatherings and events, connectedness, support and care for each other kindness, diversity and individual choices as elements of community value. **"The people, it all comes down to the people and the value they place on and within their community"**

70%

gatherings and events, connectedness, support and care for each other kindness, diversity and individual choices as elements of community value.

What's next?

Using your ideas and information gathered, there are a few things I need you to have further input into. This will decide what you want to present to council as your recommended way forward.

Myself and members of the Progressive Paparoa Wastewater Group will be out in the community testing this before creating a roadmap for the way forward. There will be multiple opportunities for this, so keep an eye out for more information soon.

If you have any questions, comments or ideas, or would like a copy of the full Community Engagement Feedback Report, please call or text Laurel on 027 7135 815 or email on laurelbelworthy@gmail.com

Paparoa, let's do this!

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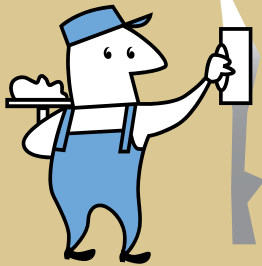
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Spring Exhibition

After a very eventful few months we are now well settled into our new Gallery space at 8 Freyberg Road, Ruawai.

The SPRING EXHIBITION of Kaipara Art opens on 1st October. This exhibition will run until the end of November. Lots of new work created during lockdown will be on display. There are also different craft items coming in every week so pop in and have a look and pick up some great Christmas gifts.

New members are very welcome and there are many advantages in belonging to a group of supportive artists. Our hardworking committee oversee the efficient running of the Gallery which includes keeping the finances in order, advertising, welcoming new members and giving training, liaising with other groups to keep our name out there, and curating the spaces to show work to the best advantage. We are also promoting and marketing on Facebook and Instagram which enables members work to be viewed nationally and internationally. We have had some good sales through this medium and great feedback which also maintains the profile of White Rock Gallery and its artists. The committee also organises the roster to keep the Gallery open and thanks must go to the members and 'Friends' of White Rock, who host the Gallery and keep it open 7 days a week. 10.00am to 4.00pm

If you would like to discuss becoming a member or a 'Friend' contact Lorraine 021 250 8613 or whiterockgallerynz@gmail.com

White Rock Gallery Committee

Maungaturoto Op Shop

Opening Hours

Monday 10-1pm Wednesday and Friday 10-3pm

Saturdays twice a month 10-1 pm (check Facebook or ask in the shop for next date)

If you're lucky you might still be able to bag yourself some winter clothes for half price so get in quick!

People are amazed at the treasures and bargains they find on our shelves

and racks. Our Op Shop is the best starting place for your shopping. Before you head off to buy something brand new, pop in for a visit.

For those of you who like retro furnishings we currently have some lovely crocheted blankets and candlewick bedspreads

We welcome lovely, clean and saleable small items and quality clothing and are continuously supporting local causes and people in need in the community, from the sales of these donated goods. Our Community Op shop benefits everyone!

For furniture, tools, building materials, and pretty much anything, check out 'The Den' on Bickerstaffe Road - another great community recycler.

On Behalf of our Team
Andrea



NKAA News

The North Kaipara Agricultural Association held its AGM on Thursday 29th July with three life memberships being presented by our patron Trevor Brjlivich.

Kerry Bonham was rather belatedly given membership for many years of helping to

prepare the grounds for show day, and running the post show dances. He told us a delightful story of how problems were solved in the good old days before political correctness overwhelmed us.



Jeanette Caudwell (Pictured with Janine Hames and Trevor Brjlivich) was awarded life membership for many years of service to running the equestrian section of the show. She has also attended many Royal Agricultural Society meetings on behalf of the NKAA and will continue to do so.

Ken Chambers was awarded membership for many years of helping the NKAA with setting up the grounds for show day and packing up afterward. Many of you will know he spends hours on the gates on show day in his Lions capacity collecting entry fees. He is still currently involved in constructing the walking track around the show grounds.

Many thanks to our outgoing secretary Rosemary Webb for her many hours spent on keeping the show paper work on track and we welcome our new secretary Kathryn Armstrong.

Thank you to the committee and all who attended the evening.

Janine Hames

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Kaipara Hunting & Fishing

Yee ha - back into it!

October shoot

Sunday 10th October 2021

Club grounds: Hames Road Maungaturoto
10:00 am start

Entry: \$40.00 per person Juniors: 16 and under \$20.00
Ammo: \$14.00 per box (25)

No Dogs please on course. Can be tied up at your vehicle.
All new members welcome so bring your shooting friends.
Normal 80 target course with great prizes to be won.
See you all there.

Club Contacts:

President Cam Shanks 09 4316229
Treasurer Andy Thompson 021 1294 378
Secretary Annette Pull 027 2862 329

New Membership: Email, Andy, awthompson@outlook.co.nz
or send to- P.O. Box 12, Ruawai 0549

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St John Trash & Treasure



This was to have been held early October but we have had to postpone as we are concerned about the implications of Delta and the ongoing safety of this community.

However, you can be assured that as soon as we feel we can safely run some type of event to sell the donated goods we have already received, we will do so.

Thank you to all who have already donated items. Notice will be given of an alternative option as soon as we are able to.



Has it been wet?

If you think it's been a wet winter you are only partially correct. Rainfall figures recorded by the NRC at Ariel Farm, Paparooa, have August at 170mm.

Since recording began at this site in 2008 the wettest year (2018) recorded 79mm for August and the driest year (2015) 111mm. But this last June and July were only just above the driest year and almost half the wettest.

Those years recorded totals of 1599 mm and 875mm for the year. To 19 Sept this year we have had 825mm so its not really been a wet year to date. More significantly has been the number of wet days.

In the period 21 Aug to 19 Sept there were only eight days without rain and eight days with between one and 10mm. Six days with more than 10mm and one day with 26mm.

Many days with rain have kept the soil wet on top but perhaps not good for the long term soil moisture levels.

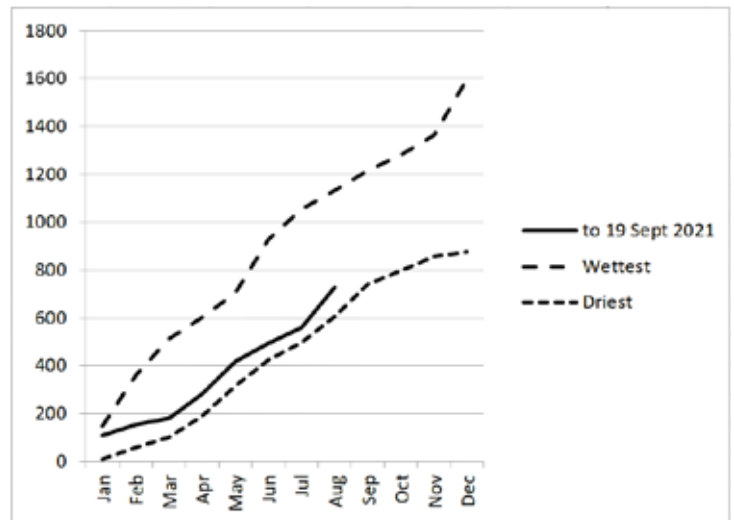
For the raw data look on line at NRC rainfall data Paparooa at Taylors. This report collated by Don Hargrave, resident of Matakohe.

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2021 compared to wettest (2018) and driest (2015)



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THE HERBALIST Mustard Brassica alba Brassica juncea



There is archaeological evidence that one related species was used as a spice more than 6,000 years ago Ancient Romans are credited with creating the first recipes that resembled the prepared mustard condiments that we are familiar with today.



There are two type of mustard Alba which are white or yellow mild mustard, or brown juncea mustard which is sharper.

Most think of mustard on ham or a hotdog but it has many medical qualities.

Mustard seeds and oil support heart health, possibly due to high omega 3 fatty acids which helps reduce oxidative stress.

Using a mustard seed poultice directly over the lungs has been practised for many years to help congested lungs and bronchitis.

It can be used for pain related to arthritis, especially arthritis that gets worse with cold weather.

Vicky

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The Doing Trap

If like many of us you've caught yourself focused on the to do list and have been more concerned about what you're getting done than whether you have had enough to eat or drink... or perhaps you know some one who does this; keep reading because I'm about to share how you can recognise the cycle before it gets to the point of overwhelm and burn out.

It matters that we know when we are caught in the doing trap because it allows us to get out of our heads and off the hamster wheel, which leaves us feeling depleted with little to show for the effort. As Tony Robbins says – "If you're in your head, you're dead." And that's exactly where we spend our time when we are caught in doing vs being.

So what happens as a result of Doing? We experience slow progress, lack of results, we break self trust as we can't meet our unrealistic expectations, we reduce our self worth to what we achieve and sabotage getting the results we are capable of.

The alternative is to "BE", when we switch to a state of presence/ being, we are able to experience steady progress which moves us to our results, builds self trust, increases feelings of self worth as we realise we are so much more than what we do and builds resilience to keep taking action towards our desires. We are able to do this because we are able to get out of the doing trap and choose other options which replenish our energy before we burn out and have to stop.

What is the doing trap? The doing trap has seven parts.

- 1) DO – the actions on the to do list, put out fires,
- 2) ENERGY DEPLETION – prioritising the task over and above self care.
- 3) REACT – if you've ever been hangry, like me, you'll know how not meeting your needs can make you grouchy and react to any little thing;
- 4) OVERWHELM – when the little things seem like big things and it all seems too much.

5) JUDGEMENT – of self or others – you may find yourself thinking: why do i feel this way? why can't I do anything right? why will no one help me?

6) BURNOUT – your body eventually says "no" and forces you to stop, it can look like injury, depression or exhaustion or something else that means that you can't function.

7) REST & RESTORE – then get back to the "To Do List" and start over...

If this is sounding all too familiar, I hear you, and you're not alone, most of us experience this, and if you haven't that's awesome! It takes time to build the muscle to get out of it... the good news is that it is possible...

Getting out of the Doing Trap...

STEP 1) Become AWARE that you are in the doing trap! It doesn't matter where you become aware in the doing trap, what matters is that you become aware of that you are in it.

STEP 2) ACKNOWLEDGE with compassion and let yourself know that it's ok to feel what you feel.

STEP 3) ALLOW yourself to take a moment with yourself right now and tune into what you need.

STEP 4) Look at your situation OBJECTIVELY. Run through some options as to how you can meet your needs – do you need to eat, drink, rest, ask for help? Or something else?

STEP 5) Keep doing steps 1-4 whenever you find yourself in the Doing Trap to build resilience and keep you moving toward the results you want to have in your life.

In bliss,
Carrie

Rotary President's Scholarship

Applications for this Scholarship for \$1500 are now being sought.

Any young person wanting to undertake further education at a tertiary level is eligible to apply.

Should you require a form, ask any Rotarian or call Eileen on 021 142 0357. Applications will close on Tuesday 26 October 2021.

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Science Corner



Clever Bumblebees



These insects hibernate in cold climates and wake up in spring, but sometimes they get it a bit wrong and wake up a bit early before the flowers have arrived.

To solve this problem the bees use their mouth pieces to pierce small holes in the leaves of the plants they want to flower, to make their pollen food. This leaf damage makes tomato and mustard plants flower about 30 days earlier. But if growers try this trick of punching small holes in the leaves it doesn't make any difference. There must be something in bee spit that induces the flowering. This ability may help the bees survive unpredictable

spring weather which seems to be becoming more common with the changing climate.

Clever Cows

It seems that cows can be toilet trained. This is being hailed as a way to prevent nitrogen from their urine going into waterways causing pollution. A cow toilet can be installed so that the urine is collected into a tank. This may be great in theory



with a small herd of under 20 cows, but I'm not sure how our large milking herds could adapt to this. I can't see long lines of cows queuing with their legs crossed awaiting their turn to use the toilet (like you see ladies before the start of a road race queuing for the toilet while the men line up along the trees).

Stella

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Pets in the Valley



Covid has changed things a lot for us but it is also having an impact on animals. I have been particularly concerned about how lockdown has affected socialisation of dogs. Dogs have quite a narrow "socialisation window" which is the time in which they need to have lots of positive experiences so they can grow into well-adjusted adults. This needs to happen before they are 4 months old which is not very long.



Over lockdown periods lots of people got puppies but they couldn't take them to puppy preschools or go visiting friends and parks and other different places. Sometimes the puppies hadn't been vaccinated which also places extra risk on going to meet other dogs and dog frequented places.

During the last lockdown I saw young puppies who were terrified coming into the clinic because they hadn't met enough different people – sadly this can make them nervous and/or aggressive dogs for life. So if you are getting a new puppy don't forget about how you are going to let it see the world and the multitude of different experience it will need to be a safe and happy dog.

Enjoy the longer evenings. Janine

October Gardening Notes

October is a busy time on the home gardening calendar. The days are drawing out and ground temperatures are rising. Good moisture content in the soil spells for ideal conditions for sowing directly and planting out summer producing vege and flower gardens. The winter green crops of mustard and lupins dug into the ground six weeks ago have broken down nicely and together with a good dressing of general purpose fertiliser enriches and adds good soil structure.

If using your own seeds they need be put under running water for 30 minutes before sowing them to remove a coating. Commercial seeds have already been through this process.

Both honey and bumble bees play a vital part in the garden especially over early spring/summer seasons by pollinating fruit tree blossoms, vege flowers etc.

Attracting these essential workers into your garden can



include plantings of borage and nasturtium. I've planted borage plants under fruit trees which are now both flowering and attracting good numbers of honey and bumble bees. Borage and nasturtium plants have also been planted around the outskirts of the vege gardens. Nasturtium will grow in almost any spot including areas of poor soil. They are a great companion plant in the garden attracting bees, butterflies and beneficial predatory insects, as well as acting as a decoy drawing pests away from your food plants. Both have edible leaves (and

flowers) which are high in vitamin C and resemble watercress in flavour.

Potatoes can be planted in rows of shallow trenches in the garden or, if short of room, in containers. To ensure continuous crops throughout the growing season there are early, mid and late season varieties.

To get potatoes off to a great start it's advisable to force or 'chit' the potatoes first for a bigger and quicker harvest. Chitting is sprouting the tuber by putting most 'eyes' in an upright position on trays or egg cartons in a light cool place, eg. porch, conservatory or garage. Remove all but 3-4 of the strongest growing eyes to sprout. When sprouts are 1-2 cm long they are ready to plant out in shallow trenches in the garden with the sprouts facing up, add some potato fertiliser and cover. As the plant grows continue hoeing soil up around the plant and stem.

Container growing seed potatoes can be grown in small quantities. Place a small amount of potting mix in the bottom of container, bucket, or special potato bags available at garden centres (a 25 litre bag will grow 3 potato tubers) and add 1 tablespoon of potato fertiliser. Lay sprouted seed potatoes on top with sprouts pointing up. Cover with a few centimetres more of potting mix and water well. As sprouts pop up through the potting mix continue to cover stem with more potting mix, layering until you reach the top of the container adding another tablespoon of fertiliser at regular intervals. Place in sheltered sunny spot and water regularly to prevent drying out.

At harvesting time tip the pot/bag out onto a tarpaulin to gather your crop, Kids love finding the potatoes.

JR

What's Hot



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What's Not

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OUT & ABOUT AROUND TOWN

Paparooa's Farmers' market happens every Saturday morning, 9am- 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, olive oil, fish, preserves, live music and so much more. A great place to catch up with friends or make new ones.

Flax Weaving At Shop & Brew on Sundays. Bring some flax and learn under Naadi's tuition. Feel free to come in and try it out.

On a recent Friday, Jayden Sheppard of Pahi fronted the Weather on TV1 Breakfast! Broadcasting from the staff room at Otamatea High he evidently conducted himself very confidently and impressed the regular presenters. Maybe we have a budding broadcaster here?



Please remember to scan in when visiting local businesses. The

past year has proven how important it is to know where you've been. You can also track your own movements by logging into Google Maps, tapping on your personal icon at the top, then tap on "Your Timeline". You can then tap the arrow next to "Today" to select a date.

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Paparooa Show Committee Secretary Needed

Can you help us? Our current secretary is more than happy to commit to spending plenty of time with a new person to help pass the role over, so if you can help us please email secretary@paparooashow.org.nz As always if you'd like to help with the show in any way big or small we are always on the lookout for extra hands.

Paparooa War Memorial Hall Committee

The A.G.M. was held recently and we were fortunate to have all but one member stand for re-election.

To the delight of members, Stephen Findlay offered his services and completes this excellent group of people- most of whom have donated their time and labour for many years. The committee comprises President Peter Risbridge, Vice President Kate Battensby, Secretary Loraine Rowlands, Treasurer Robyn Skelton and committee members Pete Hames, Ken Chambers and Stephen Findlay.

Many thanks are due to all these people who maintain and manage the Hall for the benefit of our local community.

We are hoping someone will step up to help with keeping the grounds tidy. Robyn Skelton is our contact person.

L. Rowlands, Secretary



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Paparooa Press

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Would like blue drums.
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Weight Loss Class

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**Fresh homegrown
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Paul Fluhler 021 431 645

Storage Available

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



Hospice Kaipara invites you to a free
community session on

'Grief Talks'

Spread over 6 weeks

PLACE: Northern Wairoa RSA
DATE: Comencing Wed October 20th
TIME: 4.30-6.30pm

FACILITATOR: Josie Scott MA, MNZAC

RSVP or any enquiries to : Sharyn by 11th Oct

Phone Hospice Kaipara (09) 439 3330 ext 6716

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

Sharyn at support@hospicekaipara.org.nz

WHAT'S ON - OCTOBER 2021

The Kauri Museum open 7 days, 9am-5pm
No charge for kids during the holidays!
 Children under 15 are free with a paying adult during the October School Holidays.
 October 2 – 17

Kaipara Hunting & Fishing - October shoot, Sun Oct 10, 10am. See p13 for details.
Paparoa Medical Society AGM - Sun October 10, 4pm, Paparoa Sports Pavillion.
Grow Paparoa AGM - Wed October 20, 5pm, Paparoa Hall.
Paparoa Progressive AGM Wed October 20, Paparoa Hall

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

Anglican Church St Marks 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
Ararua Church 10.30am every Sunday. All welcome Ph 431 6622
Art Studio, Ruawai Wed 10-12noon ph Frances 439 2554
Badminton Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 021 056 7163
Exercise to Music Tue 10.30am Paparoa Hall \$5 Ph Rose 431 7418
Farmers' Market Every Saturday 9-Noon, Village Green, Graham 027 475 4490
Grey Power Last Wed in month, 1pm, Anglican Church Hall, Maungatūroto
Grow Paparoa Thur/Fri/Sun 10am to 2pm at the Community Gardens
Holy Trinity Anglican Church, Maungatūroto, 1st & 3rd Sundays, 10am;
 2nd & 4th Sundays, 4pm. All welcome
Kaipara Marching Team Weds 4-5.30pm, M'gto, Ph Rose Plunkett 431 7418
Line Dancing Thurs 10am-noon Paparoa Hall Ph Rose 431 7418
Mainly Music Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520
Matakohe Garden Circle 1st Weds each month, 1pm, J Mackinnon 431 6689.
Maungatūroto 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 Maungatūroto Green Ph Tony 431 6026 or Brian 431 6884
Pahi Hall available for hire Ph Tina 431 7411
Paparoa Community Church Sundays 10.30am, 4 Hook Road, 431 6795 or 431 7520
Paparoa Garden Circle 2nd Wed of month. Contact Raylee Over 431 6880
Paparoa Hall Functions venue Ph Robyn 431 7306 or a/h Loraine 431 7290
Paparoa Library Tues & Thurs 11am - 4pm, Saturday 10am - 1pm
 Manager Jas Futter 022 678 1474. Returns Box at Skeltons
Paparoa Lions Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
Paparoa Playcentre Tuesday and Thursday 10am-1pm Visitors Welcome
 Ph Kirstin 431 7373 txt 021 525 425 or Jane 431 6148 paparoa@playcentre.org.nz
Paparoa Primary School Term 2 May 3 - July 9, Term 3 July 26 - Oct 1. 4317379
Paparoa Toy Library Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
Paparoa Volunteer Rural Fire Force (VRFF) 1st and 3rd Monday of the month
 6.30pm Depot Rd ph Ken Ogilvie 021 129 4042
Plunket Ready Steady Wriggle Mon 10am Sports Pav. Tina Ball 021 033 5128
Selwyn Centre Thurs 9.45am for over 65's, St Marks, Hook Rd, Ph Sue 431 6224
Sports Pavilion Functions Venue Bookings ph Jane Bailey 431 6148
St Mary's Catholic Church Maungatūroto 10am Wed, 4pm Sunday
Table Tennis Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
Tennis Mondays 9.30am, 6pm Tuesdays Ph Sue 431 6224, or Pete 021 056 7163
Yoga Monday 6pm Maungatūroto Hall, Tuesday 9.30am Chair Yoga Paparoa Sports
 Pavillion, Tuesday 4.15-5.15pm, and 5.30pm Matakohe Hall. Ph 021 114 3370

THE KAURI MUSEUM

Guardians of the kauri story
 Past, present, future

No charge for kids during the holidays!

Children under 15 are free with a paying adult during the October School Holidays.

Buy your Annual Pass today

5 Church Road, Matakohe ph 09 4317 417 www.kaurimuseum.com

Shop Local Support Local

LOCAL TIDES for October 2021

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	13.29	7.27	17th	15.39	9.51
2nd	14.39	8.39	18th	16.25	10.38
3rd	15.33	9.36	19th	17.05	11.18
4th	16.17	10.24	20th	17.42	11.54
5th	16.58	11.05	21st	18.16	12.26
6th	17.38	11.46	22nd	6.34	12.58
7th	18.18	12.26	23rd	7.06	13.29
8th	6.42	13.07	24th	7.38	14.01
9th	7.26	13.49	25th	8.11	14.35
10th	8.11	14.35	26th	8.48	15.12
11th	8.59	15.25	27th	9.30	16.01
12th	9.53	16.22	28th	10.22	17.02
13th	10.55	17.33	29th	11.27	18.15
14th	12.09	18.55	30th	12.41	6.46
15th	13.30	7.37	31st	13.52	7.55
16th	14.42	8.52			

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

Maungatūroto 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, Maungatūroto.09 431 8969

LIONS CLUB PAPAROA President Jim Rowlands..... 09 431 7290

MAUNGATUROTO PHARMACY 09 431 8045

MAUNGATUROTO REST HOME 09 431 8696

NKT RECYCLING Huarau Road 10am - 2pm Tues-Sat..... 09 431 8304

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

PAPAROA LIBRARY Free Membership. ContactJas 022 678 1474
 Tuesday and Thursday 11am-4pm
 Saturday 10am - 1pm

PAPAROA PLAYCENTRE paparoa@playcentre.org.nz

PAPAROA PLUNKET .Plunket Nurse Louise 027 2823987 or 09 438 2508

PLUNKET Helpline 0800 933 922

PAPAROA PRIMARY SCHOOL 09 431 7379

PROGRESSIVE PAPAROA INC (PPI)Graham Taylor... 09 431 7209

PARENT PORT Inc. free help for families Linda09 425 9357

YOUTH & WHANAU FOCUS South Kaipara, Rose09 431 7418

WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!



GIVE – ĀWHINA

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!



GET MOVING – KIA KORI

Regular movement and exercise helps release tension and stress and gives you an energy boost!



TAKE NOTICE – ME ARO TONU

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.



CONNECT – TŪHONO

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



STAY CURIOUS – ME WHAI WHAKAARO

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.



STICK TO A ROUTINE – WHAI MAHERE

It will help you get through each day and adjust to regular life when it goes back to normal.



RELAX – MAURI TAU

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation
mauri tu, mauri ora

Paparooa People Are The Mostest... And our Lions Club as well...

When Paparooa Hall funds were looking unhealthy, the Lions Club members on the committee decided to split over 2 cubic metres of dry macracarpa firewood for us to raffle.

With 100 tickets in the offering, sales were finished before the Farmers Market was halfway through.



Pictured is the last ticket buyer, Mark, along with Stephen Findlay from Lions.

Congratulations to **Brian Plunkett** who was the lucky winner! And we raised \$500 for the Paparooa Hall's coffers.

Very many thanks to everyone for their generous participation!



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021 505 712



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022 046 4790



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09 439 7295



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09 431 1016



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