



## Let's purge possums!

It's our 11<sup>th</sup> annual Possum Purge to raise money for Paparoa School and do our bit for the environment by getting rid of pest possums. Last year we purged 852 possums which is awesome, but can we do better this year?

Hunting starts on Friday September 5<sup>th</sup> at midday and all possums must be checked in at the Paparoa Showgrounds by 11am, Sunday 7<sup>th</sup> in time for the Gala Day to begin.

You must register your team before shooting starts - no late registrations!

We have awesome prizes for our winners to choose from. There is a \$500 voucher sponsored by The Thirsty Tui and four Harbour Bridge climbs worth \$520 from AJ Hackett! Plus there are some fantastic raffle and quickfire prizes too.

Gala Day will see heaps of games and rides, raffles, our local fire brigade and their engine, delicious food and an open bar so bring the family along for heaps of fun and a well earned drink.

Paparoa School 431 7379  
www.paparoa.school.nz  
Facebook - Paparoa Primary School



## Community Planting Day - Sept 3 - 9am



Otamatea HarbourCare

HarbourCare is looking for volunteers at their upcoming community day.

This year, instead of a celebrity guest doing the honours, there will be a whole bunch of stars in the making. The senior kids from Paparoa School will be there to start things off and it would be great to have an adult pair up with each young person and do the planting together.

The planting site is located just up from the Paparoa Store in Franklin Road. It is part of the proposed Twin Streams Lifestyle Village which will eventually become part

of an off-street walkway to the village shops alongside the stream. It's great to be able to support this initiative, and to be able to involve the local school.

Starting at 9am and running until lunchtime, morning tea and lunch will be provided. Allcomers are welcome but please avoid parking in the angle parking area in front of the Paparoa Store. Look for the HarbourCare sign at the driveway entrance where we will be planting.

For catering purposes RSVP to Mark Vincent 431 7353 or 021 0829 8037

## Paparoa's waste water issues

Kaipara District Council will be facilitating a conversation about Private Onsite Wastewater Systems to be held at **Paparoa Sports Pavilion, Tuesday 10 September 6-7.30pm**. All those with an onsite wastewater system are invited to attend.

The purpose is to talk about wastewater systems, about the infrastructure, the regulatory nature of these systems and the responsibilities of land owners to Kaipara District Council and Northland Regional Council. Council's Wastewater Bylaw Team have identified properties within the Paparoa area that have either domestic or commercial waste water issues.

The waste water systems require either repairs or possibly a new system to prevent sewage that is currently causing a nuisance on land (including neighbours' properties) or flowing into waterways causing pollution. In some instances, there is a need to address a change in historical standards (e.g. what used to be sufficient, isn't now), or for repeated breaches of

inadequate disposal of your wastewater. Council will be at the event to start a conversation on how they can work with the Paparoa community to help solve some of these issues, and raise some awareness and knowledge around a topic many would rather not think about at all. General Manager Infrastructure at Kaipara District Council, Jim Sephton says, "It would be great to have a number of people from the community come along to talk about wastewater, and how we're looking to protect the environmental marvel that is the Kaipara Harbour."

For more info. contact: Fiona Poyner  
Regulatory Technical Support Officer  
fpoyner@kaipara.govt.nz or 021 581 383



Tessa Duder, NZ Author

## Don't miss this at the Library in the holidays

Paparoa Community Library announces their exciting programme during the next school holidays.

In the first week we kick off on Monday 30 September with one of NZ's well known authors, **Tessa Duder**. Tessa will talk to the children in the morning, read from her books and run a workshop for newbie young writers. There will be a list of her books that are available for the children to read.

A luncheon will be provided for her in the library and later in the day there will be a family session specifically about her new book 'First Map', with copies for sale.

Turn to page 15 for a brief 'bio' on Tessa.

Please feel free to ask me any questions about the day's programme and you will need you to register. So get in early - this is something you really don't want to miss out on. Parents are welcome to the children's sessions but as observers only.

Closer to the date we will advertise with

flyers through the local schools and of course at the library and advertise on Paparoa Community Library Facebook page and local Facebook pages.

During the second week we will have a **'Margaret Mahy Magical Afternoon of Poems, Stories and General Fun'**, where children can dress up as their favourite character with everyone receiving a prize. The actual date is yet to be finalised, but this event also will be well advertised.

Jas Futter Library Manager

## Paparooa Press

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for Paparooa, Pahi, Matakohē,  
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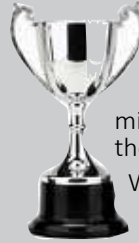
15<sup>th</sup> of month

Publication date 1<sup>st</sup> of month

## Trophy amnesty

### MISSING!

### PAPAROOA SHOW CUPS



There are cups and trophies that have become misplaced over the years.

We are inviting anyone who can find one under the bed, in a box in the garage or anywhere else to anonymously drop them into Skelton's Drapery so we can get them in circulation again.

They are little pieces of history so we would love to see any - no matter what condition or how long they've been gone.



Janine Hames,  
Paparooa  
Show  
Committee

## Know your candidate ... before you vote!

With local body elections looming in October here is a chance to be better informed.

Progressive Paparooa Inc is hosting a **Meet the Candidates** evening **Wednesday 11 September, 7pm at Paparooa Hall.**

All Otamatea Ward, Mayoral and District Health Board candidates have been invited. There will be a strict speaking allocation but plenty of time for questions. Plus, a chance to chat over a cup of tea afterwards.

As the ward boundaries have changed there is a real opportunity to elect candidates who understand our area.

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## Putting ideas into action

As a follow on from the two Paparooa Connections meetings held so far, we are all keen to get on with some actions.

A large map is being drawn up combining the three 'maps' completed at the last meeting. Information is being sought regarding boundaries and terrain, and this will be brought to the next meeting for the project groups to use to plan their next steps.

The project groups are:

- Matakohē to Paparooa cycle link
- Cycle and walk ways through the village - starting with the school track circuit
- Mountain bike track
- Village Green/Landing

- Communications and co-ordination;
- Heritage - including cultural and art.

Thanks to those who have identified their interest in a particular project.

If you haven't done so please email [paparooa.connections@gmail.com](mailto:paparooa.connections@gmail.com) and even if you don't want to be involved in a particular project, make sure you come along on **Saturday 14 September 11am-1pm** at Paparooa Sports Pavilion (note change of time from last meetings).

Libby Jones

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**BRIDGESTONE** 

## Weed control needs help Working bee Sept 7

The next weed group work day will pick up with dealing to the privet where we left off in the lovely reserve off Schoolhouse Lane. Once we have finished that off and also those in Ponsonby's place next door, we'll see if we have any time left to head back up to the Methodist Church gully on Hook Road.

**Time:** 9am-12noon

**Date:** Saturday 7 Sept

**Meeting Place:** Schoolhouse Lane, Paparooa.





Hospice Kaipara invites you to a FREE community session on  
**Living well with grief through holidays and other special times**

**PLACE:** Paparoa Sports Pavillion  
**DATE:** Friday September 27th 2019  
**TIME:** 1-4pm with afternoon tea provided  
**FACILITATOR:** Josie Scott MA, MNZAC  
**RSVP or any enquiries to :**  
Phone Hospice Kaipara (09) 439 3330 ext 6716  
Email: Lisa at office@hospicekaipara.org.nz or Sharyn at support@hospicekaipara.org.nz

## Living well with grief ... at holidays & other special times

Hospice Kaipara invites you to join them for a free community session aimed at supporting people to live well with grief during the holiday season and at other special times.

Grieving the loss of someone you love is a huge and difficult challenge every day. The holiday season and other special times such as birthdays and anniversaries can magnify your sense of loss and mourning. Gatherings with family and seasonal events can be painful reminders of absence.

Our aim is to equip you with some new understandings of grief and discuss a variety of ways to find a more peaceful experience during these challenging times.

*"I really want to enjoy Christmas with my family, but it's like there's a big black cloud that won't let me. We do everything we can to be jolly and yet there's all this unspoken stuff and we miss him so much."*

*"As his birthday approaches I start to feel sick, I can't concentrate and all I want to*

*do is stay in bed. I can't talk to anyone about him."*

*"Mother's day fills me with horror; it's everywhere - shops, newspapers, and social media. All I can think about is - I don't have a mother anymore."*

These are some common experiences of people living with loss - how can we acknowledge the grief and feel the pain and do something different at the same time? Sharing experiences, looking at different ways of celebrating during these hard times and coming together as community are all possibilities.

We hope you will join us for this supportive experience. Sharing each other's stories may be part of this - although you are welcome to simply come and listen; only participating if you choose.

Josie Scott MA, MNZAC  
www.josiescott.org



## Spring Community Dinner

Paparoa Sports and Recreation's next community dinner will be at the Sports Pavilion on Saturday 21 September.

From 6.30pm, BYO drinks.

Cost: \$20 adults - \$17 gold card,  
\$10 children up to 16  
\$50 family (2A+2C)



Please book in early with Libby Jones 021 208 0093 (hames.jones@xtra.co.nz) or Jane Bailey 4316 148.



Paparoa War Memorial Hall

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Saturday 7th September 2019

7.30pm - 11.30pm

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## Libby's Councillor Corner

### PEOPLE'S PANEL

Have you joined the Kaipara District Council's People's Panel yet?

It is an opportunity to have your view heard through short surveys sent to you by email. You can respond to the survey if the topic interests you. It gives Council a sense of community views in a variety of different areas, and can also show what certain age groups or areas think on certain issues. Personal details are not identified in the analysis of the information nor in any survey results. It does not replace formal consultation but can be used to gather preconsultation views to help direct what the formal consultation could look like.

To make the People's Panel work best we need a range of age groups from different locations, including rural areas and small communities, so make sure your voice is heard by signing up on the KDC website. <https://www.kaipara.govt.nz/council/peoples-panel>

### SPATIAL PLANNING MEETINGS

Held recently in Maungaturoto as part of the **District Plan review**, these were a good chance for locals to let Council know what they felt was important and where development could occur in our area. It was great to see the engagement particularly from the business community. The District Plan review is complex so will be a long process. Keep an eye out for the next step.

### KAIPARA DISTRICT COUNCIL CITIZENS AWARDS

These have been presented again this year. It's a great opportunity to acknowledge and say thanks to a small number of people (out of many in Kaipara), who enable us to have great services, pleasant surroundings or a more thriving community. There are always more people nominated than can be awarded, which shows

the extent of great volunteers across our district. Congratulations to you all.



### LOCAL GOVERNMENT AND HEALTH BOARD ELECTIONS

I hope you are enrolled to vote. It is a postal vote, so make sure Electoral Services have your updated address.

<https://vote.nz/elections-and-more/all-events/2019/2019-local-elections/>  
or phone 0800 36 76 56.

Voting papers will be posted out from September 20. Go to the candidates meetings and don't forget to vote, it is important for democracy.

Libby Jones, 021 208 0093  
Councillor Kaipara District  
Council  
Director Northland District  
Health Board

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### 2019 Northland District Health Board Elections

## Libby Jones

While I am not standing again for Kaipara District Council this term I **AM** standing for re-election for the **Northland District Health Board (NDHB)**. I have had 6 years on NDHB where I am the appointed Chair of the Community, Public Health and Disability Advisory Committee. For 30 years I have worked in health and social services in clinical, leadership and funding roles. Currently I'm manager of Jigsaw North Family Services assisting children and families in Whangarei. I have 18 years governance experience across health, education, social services, rural and local government.

While we are seeing positive health improvements, I know it is not enough and we need to keep our focus on prevention of ill health, working together more effectively and timely access to quality health services for all. Living rurally in Paparooa, being a parent, an active community member, and listening to the views of Northlanders, has given me a good understanding of our unique issues that impact on health.

**Vote 1 Libby Jones**, so I can continue working hard for your good health.

Re-elect Libby Jones

**VOTE**  
1

**LIBBY JONES**

Northland District Health Board  
[www.libbyjones.co.nz](http://www.libbyjones.co.nz) f

## At The Kauri Museum

### NATIONAL POETRY DAY AWARDS

By the time this edition of Paparoa Press goes to print, our National Poetry Day Awards will have concluded with the 'Open Mic Night' and prizegiving at the museum on 23 August. The prizewinning entries will be published in the Press starting with this issue. Thank you to all poets who entered. We will hold the competition again next year.

### THE KAURI MUSEUM NORTHLAND PHOTOGRAPHY COMPETITION

Entries have now closed and the judges have chosen their finalists from digital images sent to the museum. The next step is for printed copies to be sent in for final judging, before

the winners are announced at a function on 13 September. Again, thank you to all the photographers out there who made the effort to enter. Photographs and poems will be on display until 18 October.

### SETTLERS DAY

This next event will be Saturday 5th October, starting with a service in the Pioneer Church at 9.30am before moving to the museum from 10am. The theme is **Hearth and Home** with some new activities to match the theme and plenty of the old favourites to revisit.

**CANCELLED ALL HALLOW'S EVE**  
This event will not now happen THIS year.

Our thanks to all those who support The Kauri Museum.  
Mary Stevens

## Poetry & lyric competition

There was a great turnout on the 'Open Mic Night' and prizegiving for The Kauri Museum's Poetry & Song Lyric Competition on National Poetry Day, August 23. The audience thoroughly enjoyed the variety of poetic styles and presentations from both competition entrants and those other poets present who took the opportunity to perform. The 'Sawtooth Bass', made and played by Jed Town, announced.

### The results were:

#### 1ST PLACE

'On the Shores of Gold'  
Liz Clark, Maungaturoto

#### HIGHLY COMMENDED

'Paparoa Ladies Limerick'  
Helen James, Paparoa  
'The Will'  
Maggie Buxton, Onerahi  
'Hands of an Immigrant'  
Christel Jeffs, Pakotai  
'Hope Floats Past the Pahi Regatta'  
Helen James, Paparoa



Competition winner, Liz Clark

(See back page for winning poem 'On the Shores of Gold' by Liz Clark)

## Driver mentors needed



Maungaturoto and Districts Rotary, in conjunction with Te Roroa and Roadsafte Northland are looking for more volunteer driver mentors for learner drivers.

Since the Rotary car was purchased and driving lessons provided for people who have their learner's licence and need to qualify for their restricted licence, the programme has been a great success. Approximately 80% of learners have passed their restricted on the first attempt- the norm is 20%. However, because this is so popular, we now need more driver mentors. The requirements are not huge and the number of clients each mentor has is a matter of personal choice (as is the time that they make available.) Training is given. If you believe you can help in any way, please get in touch.

Eileen 021 142 0357

## VOTE

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## THE KAURI MUSEUM

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- \* 'The Perfect Accessory' -  
Textiles Exhibition to 30 March 2020
- \* The Kauri Museum Northland Photography  
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## Success for Maungaturoto St John Youth

The Otamatea Area Committee would like to congratulate Nyree and her helpers who prepared the Penguin and Green teams to compete at Kamo early in August. Results were:

### PENGUIN

- 1st - in Safety Penguin
- 1st - in Resourceful Penguin
- 3rd - in First Aid Penguin

### Overall Penguin Champions

### GREEN

- 1st - in Drill
- 1st - in Resuscitation
- 2nd - in Caregivers
- 2nd and 3rd - in First Aid

### Runner-up Green Champions



If you have a couple of hours to help Nyree on a Thursday evening, this support would be very much appreciated. If you are interested, please pop in between 4 and 5.30pm to see what awesome activities these youngsters are involved in.

Eileen Parsons



### Maungaturoto and Districts Rotary

## 50 years of Rotary in Mgto

Recently we celebrated the 50th anniversary of our Charter with a large gathering of Rotarians (past and present), our Rotarian families and many other community friends.

We were honoured to have two charter members present, Colin Smith and John Cooper. Guest speaker, Colin (still active in Whangarei Rotary), spoke of those early days.

Early projects undertaken by Rotary included the purchase and development of the children's playground in Hurndall St (now maintained by Council) and the foundation of Maungaturoto's Retirement Village. Initially Rotary built six rental units on site, more were added under Kaipara Council ownership and the village was later on-sold to Maungaturoto Community Trust who added own-your-own units and developed the rest home.

Two natural areas that were developed (and are still maintained by the club) are Nikau Grove and Piroa Falls.

In other news and at another meeting, Samuel Orchard a DOE participant at OHS (financially supported by Rotary) reported on his Outward Bound experience: "As well as early morning warm-ups, runs, swims and cold showers, daily activities included sailing, white water kayaking, high ropes and basic solo camping (no watches or phones). Biggest lesson learnt-how easy life at home is!"

Our 'Community Connexions' meetings (facilitated by KDC) are encouraging collaboration between community groups.

At Rotary, we enjoy many interesting guest speakers, working bees and times of fellowship. If you are interested in joining us, please get in touch with any Rotarian.

Eileen Parsons 021 1420 357

## St John Trash & Treasure



**30 Sept - 4 Oct**

Thank you to those of you who responded to my request for help for this. It is not too late to offer your help. Please note, even two or three hours would be great.

We have a particular need for many hands when setting up on Sunday afternoon Sept 29 and packing up on the Friday afternoon.

We are seeking donations of good second hand items- NO TVs please. We are also seeking donations for our multi-draw raffle.

If you can help in any way, please get in touch.

Eileen Parsons  
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## Learning is fun

This month Paparoa School has been focusing on 'Reducing Waste'. We have had a guest speaker, will attend a community talk on 'zero waste living' and have a person coming in to analyse our carbon footprint and help the school find ways to reduce it. Children have recently made beeswax wraps as an alternative for wrapping their lunch.



Vegetables for Arty Fartie's food bank

Once again our children have donated their vege produce to the Arty Farty food bank. Children take great pride in giving back to the community.



'Thrilling Thursday' with wacky hair and PJ's

Our School Council has been hard at work organising a movie day and more recently a wacky hair and PJ day they named 'Thrilling Thursday'.

The children have loved these events and our School Council are showing leadership skills through organising them.

Paparoa School is currently taking enrolments for 2020. If you are intending to bring your child to our amazing school next year or are interested in exploring us as an option, please come on in and meet our great team and see what we have to offer.

Simon Schuster, Principal Paparoa School

## OCS September calendar

### Wednesday 4

**Seniors' Lunch** 10am -1pm  
St John Hall, Hurndall St, morning tea, lunch with dessert plus a produce and raffle table. Meet new people, catch up with friends.



**Monday 9 - Fun & Games Morning** 10am-12noon  
Footprints Room, Anglican Church, Hurndall St.

**Tuesday 10 - Free bus to Whangarei.** 9am-4pm  
Shopping, doctor or dentist etc, lunch or window shopping.

**Wednesday 18 - Chocolate bingo** 10am-12noon  
Anglican Church Footprints Room, Hurndall St.

**Wednesday 25 - Free bus to Whangarei.**  
Another day in town for shopping etc.

**Sunday 29 – DAYLIGHT SAVING STARTS**

**Thursday 3 October - OCS AGM** - 3pm, all welcome.

Phone for more information on any of the above. Times are approximate.

Call in or phone us to ask about counselling, parenting, addictions, finances, also if you are keen to volunteer or to become a Board Member.

Best wishes, from YOUR Community House  
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## Jel Davenport - Zest Art & Espresso

The name Zest feels light and bright and full of enthusiasm, much like Jel herself.

Jel has lived in Paparoa for over 6 years, but she might be new to you, due to her propensity for wandering. However, "not all those that wander are lost", and Jel has journeyed every-



where, doing all manner of work, taxi driving, care-giving, and hospitality to name a few. Luckily the latter was under the watchful tutelage of Mike McKenzie (of Folk fame) when he was also working at Tulip in Maungaturoto. Last year she lived in Wellington for a few months, then went back to Great Barrier for the summer where she has spent a lot of her adult life. (Two adult sons and two beautiful granddaughters live there also).

It was sheer divine timing that the space of 'Empire' became available, and Jel decided to challenge herself, to commit "in my last few working years" and take the plunge into the Paparoa CBD to begin Zest!

everything just flowed to come together."

She loves that Zest is a space of diverse art and craft, supporting many artists, and this side of the business will be a great learning experience for her. "I feel so grateful and so supported, I am looking forward to becoming a real part of this community."

You can meet Jel at Zest on Fridays, Saturdays and Sundays from 9-3pm. She would also like to use the space on other days for club meetings, or perhaps a birthday tea party for older people (not suitable for children, sorry). She can host and bake for a minimum of 10 people - but- call in and have a chat!

PP



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## More exciting village news!

There are some new and exciting things going on at Skin Image.

Firstly, an amazing achievement for Nina Quan, owner of Skin Image, Paparoa and Waipu. She has just been named Junior Corneotherapist\* of the Year and winner of the 'Best Before and After Results' for her work on changing skin at the NZ annual Dermaviduals Clinic Awards in Wellington.

Secondly, Nina has re-shuffled her clinic times, working at Skin Image Paparoa every Tuesday only. On the other days of the week the clinic spaces will be leased out to other professionals.

Starting in September, Nicky Reid, **Connections Real Estate** will be working out of the Skin Image building. Connections Real Estate Ltd is Nicky's own boutique agency. Currently working from her Ruawai office, she specialises in selling residential, farms and lifestyle properties. Nicky enjoys designing customised marketing plans tailored to

suit each individual property and its owners. In a previous life, Nicky was a veterinarian in Wellsford and Kaipara. A community-minded person, she enjoys anything to do with cycling and is a trustee of Bike the Kaipara Trust.

**Osaka Silenzio, acupuncturist** also works out of Skin Image and is available Mondays and Wednesdays.

With the Medical Centre up and running Nina would like to see her building become a 'Natural Health Centre' with health professionals such as physiotherapist, osteopath, naturopath, homeopaths, nutritionist and massage therapists working from there.

Anyone looking for a professional space to practice out of, please give Nina a call 022 394 1184.

\*A corneotherapist treats the skin by repairing and maintaining the health of the stratum corneum, the outermost layer of the skin





## Gallery news

White Rock Gallery, Matakoho, has been ticking along nicely through the winter months. After a quiet July, August has been getting

busier with good visitor numbers and sales.

A painting and craft refresh of work has been completed and the Gallery is looking awesome. Pop in and say hello sometime. Our dedicated volunteer artists and friends of the Gallery are there to man the desk seven days a week, 10am to 4pm. A lay-by service is available - so if you see that special piece and want to lay-by it for Christmas, you can!

We have some art workshops planned for later in the year so

keep an eye out for information about these in the near future.

A winter get together was held recently for members to give them an opportunity to get to know each other. It was lovely to put faces to names and meet our newer members.

White Rock looks forward to a busy and productive spring and welcoming lots of visitors to the Gallery. See you soon.

Sue Taylor

## Dogs' Day Out Oct 20th

Is your paw-baby giving you puppy eyes or doing circles of excitement in front of you? If so, it will be because they know the second annual Dogs' Day Out at Paparoa is on again soon.



Our day will be filled with competitions for you to enter your much loved waggy tail family member. There will be an obstacle course to challenge both dogs and owners, plus some demonstrations of agility and dog obedience. Lots of prizes will be given out on the day, and every dog registered for the day will receive a tasty treat to take home.



So, mark the date on your calendar, plan the funky outfit for your adorable four legged friend and join the organisers in a fun-filled family day. Bring a water bottle for your dog and please bring doggy poo-bags for unwanted deposits.



Refreshments will be available from the Lions' caravan and the coffee truck to keep your energy levels up.

Dogs' Day Out will be at the Paparoa Showgrounds, behind the Paparoa Hall, Sunday 20th October. Registrations from 9.30am (\$10 per dog) and events begin at 10am.

Megan Stoneham, Hall Committee

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**Inspired to garden this winter!**

Coming back after a hot summer's month in the UK to the cold, wet and muddy conditions in NZ was certainly a wake-up call for us. In between persisting showers I'm endeavouring to catch up on garden tasks I normally would have completed by now.

Today I started on my green mustard crop sown in April, and long overdue for digging in. The plus is that the soil underneath is nice and friable and is practically weed free.

In order to have a crop of potatoes for Christmas, purchase your favourite variety, spread them on a tray in a sunny position for a month or so until sprouts are 2-4cm long. Plant rows in well drained cultivated soil with a generous application of compost and potato fertiliser. Hoe a mound of dirt over the potato, and continue to do so as the plant grows, to allow potatoes to grow out from the stem and to stop them



going green and inedible.

Strawberries can be planted out now, the earlier the better, in well composted and fertilised ground either in rows or in pots for an early crop. Use pea straw to mulch around plants, deter pests, to keep the berries off the ground and it will provide valuable humus

to the soil.

Broad beans sown last March have started flowering, there's a good number of bumble bees around, and I've just started picking some pods.

Watch for sooty mould, mites, aphids and whitefly infesting fruit and citrus trees. Spray with Bug Oil Spray or Enspray Oil (low toxic options) to smother these pests and their eggs.

If there's moss growing in shady and poorly drained



lawns it can be eradicated by raking the area thoroughly and applying a solution of sulphate of iron (10gm per square metre). Follow up later in spring with light cultivation, manure and grass seed.

Consider perennials for summer - petunias, geraniums, sprouting dahlia tubers, federation daisies, impatiens (after risk of frost) and gladioli corms. Prepare pots and hanging baskets and plant for summer colour - scatter pots in open spots around the garden.

On our trip we were impressed with the stunning summer displays of petunias, nasturtiums, lobelias, geraniums, verbena growing in hanging baskets and in troughs lining the streets of villages and towns, as well as in all the well set-out park gardens.

Certainly an inspiration to me!  
Jan R

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**Pets in the Valley**



With three cats and a foxie in the house you would think rodent control would be taken care of. But no!

The other day I came into the house and found one of the cats staring at the curtains in the corner of the room. I thought that maybe she had caught a bird, let it go and it was behind the curtain. I pulled back the curtain only to discover a rat under the pelmet - not what I was prepared for.

A quick think what to do ... grab the dog and see if he can sort it for me. Unfortunately, Gumdrop is getting a bit old and blind and stupid, so me holding him up to the curtains confused him greatly, while the rat ran across to the other corner. Now the dog finally figured out what was going on. So grab another chair and take dog to rat - rat runs down curtain and hides behind fruit bowl - cat jumps on bench and looks at rat.

Cat officially designated useless at this point. Rat runs across bench behind toaster then back up curtain. By now I'm thinking "do I just live with a rat in the kitchen"? NO! One more go, rat runs down curtain across floor and hides in next curtain - but this time low down. Finally old dog triumphs and kills rat - getting blood all over carpet.

Next time I think I just won't look!

Here's hoping summer's on the way and the rodents can go back to living outside.



Happy spring, Janine

## African drumming therapy!

There were up to 20 participants every Thursday afternoon at the West African drumming sessions held at Paparoa during August under Josie Scott's skilled instruction.

We had all heard that drumming is fun, relaxing, therapeutic, that anyone can try it and that it's an opportunity to connect into your own natural rhythms.



With drums ready and waiting in a circle, all we had to do was select a seat, sit down, hold the drum at the correct angle with our legs and have arms ready to drum out the beat. A flat palm of the hand makes the big bass sound



in the middle and fingers on the edge create the higher sound.

Follow the instructor, master the beat and you are away! A few 'tricky' patterns made concentration vital but eventually the whole group got into the rhythm, and the ensuing ensemble sounded terrific. Add in some other percussion such as shakers and bells and the results spoke for themselves. Everyone, (young and older) went away from the hall with big smiles on their faces.

Josie plans to return for another course in November as many of the newbies were keen to come back for more.

PP

## 2019 Northland District Health Board Elections Debbie Evans

Debbie Evans is currently serving her third term on the Board and wants to utilise her experience and to continue serving Northland. Initially as a government appointee who was then publicly elected, she is an active member whose contributions are valued at the Board table. A logical, critical thinker, able to analyse and challenge management, she doesn't shy away from the hard questions. Known as a 'voice for the community', Debbie is CEO of Kaipara Community Health Trust and has significant governance training through NZ Institute of Directors. Raised in Ruawai, married to Maungakarama dairy Farmer Rex Buisman, Debbie is committed to Northland and focused on a quality health system that will service the needs of Northlanders. Her mission: to ensure locals have access to the best healthcare as close to home as possible.

Vote Debbie Evans 'Number 1', it's a sound investment.

Authorised by: Debbie Evans, Purvis Road, RD8 Whangarei 0178, 027 558 6272

## Adventures in Ghana?

Are you an intrepid traveller who would be interested in joining Josie Scott and Graeme Ramsay in the Volta region of Ghana, West Africa during September, 2020.

Graeme and Josie spent a year there in 2017-18 and will return for three months in 2020. This is NOT a profit making venture for them, it is an opportunity to share their passion for this beautiful area and to help the NGO Dream Big Ghana continue the work they do in this community. Join them for two weeks at the 'Meet me there African Home Lodge' (MMT) for an unforgettable experience. Be involved in a composting toilet build project and become involved in village culture including drumming and dance, local crafts, seeing the sights, learning some history and visiting a school and farm etc.

For further info, check out [www.ghanameetmethere.com](http://www.ghanameetmethere.com)  
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# Debbie Evans

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## Pandiculate your way to health

Generally defined as the act of stretching and yawning upon awakening in the morning, pandiculation is actually a fundamental part of our neuromuscular functioning. It's our nervous system's natural way of waking up our sensory motor system and preparing us for movement.

Humans, along with all vertebrate animals, tend to automatically pandiculate on waking up or after being sedentary for a while. If you've ever seen a dog or cat arch their back after a nap, or watched a baby stretch their arms and legs upon waking, then you've witnessed the pandicular response.

When we stop pandiculating, our muscles become tight; we experience pain, poor posture, and limited movement; and over time, the structure of our body breaks down. If you sit at a computer all day long, your muscles learn to stay contracted in your 'computer sitting posture', ready to hold that same position again the next day. A tight muscle is being held tightly by the brain and sensory motor system.

The general intention of **static stretching** is to pull a muscle into a specific length or state of relaxation. We all know the feeling of pulling a muscle

further than is comfortable. Some of us even stay in the stretch for a while, breathe and hope for the best. But, the reason this doesn't work (resulting in over-stretching injuries such as herniated disks, muscle trauma, and muscle dysfunction), is because the brain is not engaged in the action. In order to change what muscles are doing the brain must be fully and consciously engaged in the process.

Pandiculation is so fundamental to maintaining our health that it is equal to exercising and eating a balanced diet. If we want to prevent musculo-skeletal pain, poor posture, limited movement, and structural breakdown as we

age, we must pandiculate our muscles every day. The human nervous system is plastic - its function changes based on the input we give it. How can we do this, beyond an unconscious stretch/yawn in the morning?

**There are three elements to a pandiculation:**

- 1. A voluntary contraction** into the tension of your muscles (it doesn't have to be vigorous!)
- 2. Followed by a slow, controlled lengthening ...**
- 3. And a complete relaxation.**

This gives your brain time to integrate the new feedback you just gave it. For another simple explanation go to [gravitywerks.com/pandiculate-your-way-to-health](http://gravitywerks.com/pandiculate-your-way-to-health) Jenny

## 'Feel the fear and do it anyway'

This was the theme at a public speaking group I recently attended.

Whenever we do something for the first time, putting us into a feeling of discomfort, we can feel like holding back, not moving, or freezing up.

That's our wonderful inbuilt protection mechanism kicking in! However it's that same protection mechanism that stops us from living life fully. Yes, we don't want to be hurt. But take a good look at the situation. What's the worst that could happen to you, really? And what's the best thing? If you're not sure it's worth the leap; it's okay to step out of your comfort zone but stay in your safety zone. If you'll be safe, even though uncomfortable, it's most likely worth the risk.

This week I'd like to invite you to go beyond at least one fear and see how it feels. Perhaps you are afraid of starting something new? Or afraid of how you'll be perceived if you speak your truth? Perhaps you have to speak in front of people? Or is it asking for help? Whatever it is, I invite you to step beyond it, to "feel the fear and do it anyway".

If you'd like more inspiration, check out the book of the same name, 'Feel the Fear and Do it Anyway', by Susan Jeffers. And if you're interested in joining a public speaking group, they meet fortnightly around Kaiwaka area, please contact Wayne 022 406 8095.

In bliss, Carrie Marie

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# HEY, KIDS ... TALK LIKE A PIRATE



## Shiver Me Timbers!

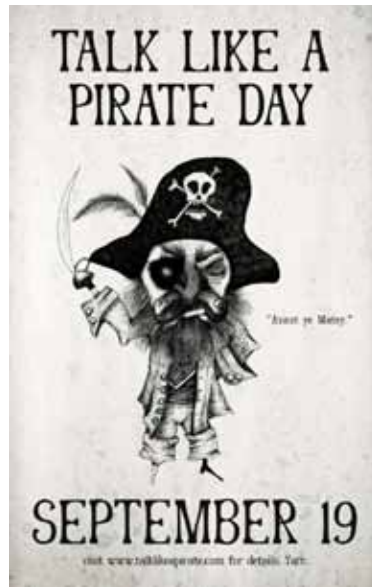
Yar, 19th September, is THE big day on the calendar - the international 'Talk like a Pirate Day'! Arrrr!

Started in 1995, the day was an inside joke between two friends of Oregon, USA, but has now reached viral status as an internationally celebrated day to speak and dress as pirates.



So, here's a few choice phrases yer can run up the mainsail and impress your friends with :

- ☠ Yo ho ho!
- ☠ Yar be shark bait, ye son of a biscuit eater!
- ☠ Avast, me hearties!
- ☠ Batten down the hatches!
- ☠ Walk the plank!



The origins of pirate speak are not quite as old as most people think, and to trace the roots of talking like a pirate you have to go back to the days of Long John Silver and Treasure Island, and the Hollywood film of 1950.

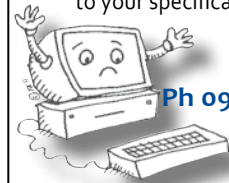
Treasure Island was a fictional work written by Robert Louis Stevenson in 1880 and is the source of just about everything we associate with pirates, including talking like a pirate. Long John Silver hailed from Bristol, so he spoke in the manner of a Bristol seaman, and a real rascal he was too. When the movie came out, it starred Robert Newton, from Dorset in South West England with a strong accent.

And if ye ever feel like visitin' the West Country ye'll feel at 'ome cause every day be 'Talk like a Pirate Day'!



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## Junior chefs win

Young chefs Cory Whitehead (age 9yrs) and his cooking mate Tai Marris from Ruakaka School won the Northern Regional finals of the 'Rabobank Root to Tip' cooking competition contested between Northland Primary Schools. Cory is the grandson of Bill and Margaret Poyner (ex-Ararua residents) and also of Jean Whitehead (Pahi).



Tai Marris & Cory Whitehead competing at Northtec

The 'Garden to Table' project encourages children to grow their own produce then learn to cook the goodies grown. Each team submitted their portfolio of recipes with an explanation of how these applied to them. From 500 entries, just 11 teams were chosen for the Northern finals.

After intense competition, keen youngsters Tai and Cory were the winners with their vegetable curry, cauliflower rice and Nana Poyner's apple dumpling recipe. National finals are to be held in Wellington, August 23. We wish them well.

So all you mums and grandmas out there, have patience in the kitchen when the youngsters are keen to help you bake, as they may go on to great achievements!!

Joy Bonham

*Update: although unplaced at the NZ finals, Cory and Tai had an amazing experience mixing with top chefs - including Al Brown who passed on most favourable comments.*

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## Science Corner

### Carbon - what is it?

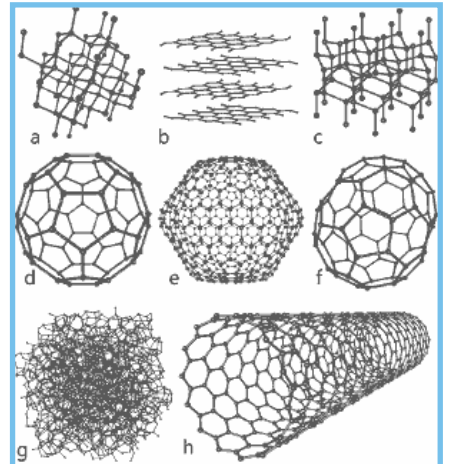
We hear a lot about carbon these days

- o too much carbon dioxide in our atmosphere from burning fossil fuels causing climate change
- o too much carbon dioxide dissolving in the sea water making it acidic and killing coral
- o planting trees for 'carbon sinks' (removing carbon from the atmosphere) etc.



#### SOME CARBON FACTS

- We are made up of a lot of carbon (about 20% of living animals is carbon).
- Plants use carbon (dioxide) to make food and oxygen (without which we would die).
- Carbon has the highest melting point and is both the hardest (**lonsdaleite**) and one of the softest (**graphite**) minerals known. Lonsdaleite is an extremely rare form of carbon produced when meteors containing graphite hit the earth and the heat and pressure change the carbon into lonsdaleite which is 58% harder than diamonds.
- Carbon is the 4th most common element in the universe- produced by stars burning helium.
- Diamonds have the highest thermal conductivity of all the elements. If you touch a diamond it always feels cold as it conducts the heat away from your skin very quickly.



Different forms of carbon

- a.- Diamond
- b. - Graphite
- c. - Lonsdaleite
- d,e,f - Types of fullerite
- g. - Carbon (like coal)
- h. - Single walled nanotube of carbon

#### CARBON USES

**Carbon fuels** - as in coal and oil from decayed plants etc.

**Graphite** - for electrodes, pencil tips, dry cells, lubricants.

**Carbon black** - for printing.

**Diamonds** -for jewellery and for cutting, drilling, grinding, and polishing.

**Carbon alloys** - in carbon steel.

**14 C** - for carbon dating in archaeological work.

**Carbon nanotubes** have the highest strength to weight capacity of any known material. They are used to build lightweight spacecraft. They are also being used in batteries instead of platinum and they give lithium batteries a much higher capacity with faster charging.

#### ENVIRONMENTAL CARE:

**Boron** added to nanotubes makes them magnetic and also makes a type of sponge that can clean up oil spills, waste which is then easily collected.

**In reverse osmosis** - for desalination plants and to make cheap water purifiers for poorer countries.

**Electronics**- many applications for transistors and electrical circuits. **Even more** - adding carbon nanotubes to the mix prevents cracks in concrete pours!

#### HEALTH CARE USES:

Dental implants, artificial muscles, and helping in the fight against cancer.

While it's such a useful element, we know that too much carbon as carbon dioxide in the atmosphere is causing our world problems. Stella

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## Tessa Duder coming to Paparoa

Tessa Duder will be at Paparoa Library's school holiday programme on 30 September - check the front page again for details if you need to.

Tessa Duder trained as a journalist and has published more than forty works of fiction and non-fiction for both children and adults, plays and anthologies. Her best-known work Alex(1987) was adapted for a 1993 movie, and recent books include biographies of Margaret Mahy, Sir Peter Blake and Auckland's 'First Lady' Sarah Mathew. Her latest is about the charting of New Zealand by James Cook. A new edition of her four Alex books is also being reissued (2019).



Her awards include a number of children's fiction prizes, the Storylines Margaret Mahy Medal (1996), the Katherine Mansfield Fellowship to Menton (2003), an Artists to Antarctica award (2007), the OBE (1994) and an honorary doctorate from the University of Waikato (2008). She serves on the boards of the Storylines Children's Literature Trust and the Spirit of Adventure Trust.

## Comics - not just for kids!



### Some great graphic novels to look for:

This review is for those who think comics are just for kids. The joy of discovering that your comic book reading didn't end when you were a child is hard to quantify.

Some of the first graphic novels I read in my twenties were TANK GIRL and MARTHA WASHINGTON SAVES THE WORLD. While not high literature, these opened my eyes to a completely new source of books. (More books to read is always an exciting prospect for a book lover). Graphic novels have become more diverse and are no longer just the domain of geeky teen boys (although there are plenty that are great for them too).

Most libraries have a good range of graphics and some of my favourite reads from the Kaipara Libraries have been:

#### THE COMPLETE MAUS

A classic, the story of survival during WW2.

#### THE RABBI'S CAT

A funny, quirky and philosophical read that gives some insight into Judaism, and cats.

#### MANSFIELD AND ME

A memoir about the author, writer Sarah Laing, and a biography about Katherine Mansfield.

#### NAILBITER

If you like horror, this is a perfectly creepy and gory story about a small town that keeps spawning serial killers.

#### PAPER GIRLS

Another favourite, set in the 80s, pure time travel delight.

And MY latest favourites are:

#### SCALES AND SCOUNDRELS

This is a little younger and appropriate for younger teen readers; all about a feisty and fierce girl who is hiding a secret. No spoilers here but the title may give something away.

#### SWEET TOOTH

Last but not least, it's about a young boy with the features of a deer, trying to survive in post-apocalyptic America.

*Kaipara Libraries have all the above listed titles:  
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Simie Simpson



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## From our family to yours Scratchings in the Night ...



I often refer to my children - lovingly- as rats. Well cared for pet rats, mind you, not those plague ridden rats from the sewers ... And one of my favourite clichés is that their rooms are like rat nests, and I've been warning them for months that if they don't clean up, real rats will move in.

Surprise! One night Master 8 awakens to see a mouse - unrestrained, wild and free and thankfully, smaller than a rat, running along his bedroom floor. I told him, this was the moment I had warned of.

A few weeks later, he wakes

in the night to an odd tickling feeling on his legs. After peeling back the blanket, here is his new mouse brother climbing his legs. Needless to say, the ensuing ruckus was loud and he decided his bed was not safe to re-enter (the child, not the mouse, who might have been very warm and comfortable until it was thrown across a bedroom).

Never mind that our house is small and mice are obviously roaming in it, making every bed 'not safe', but one has to sleep somewhere, eventually.

The mouse, looking decidedly different each time it is seen (leading us to suspect that perhaps there is more than one), is now biding its time, waiting for the traps to come out. But of course being the hippy tree-huggers we are, these are non-killing traps.

And the mouse will be moved outside, back to its family of thousands, waiting for our sliding door to open so it can simply walk back in again.

It can be disconcerting to hear the scratching in the night of our new friends living in the ceiling, let alone waking to have one crawling on you - but who can blame the mouse for wanting to be inside a dry, warm house? Why else would we leave cracker crumbs all over our floors, the mice might say, if we didn't want mice to move in?

As Master 8 suggests, one answer to the problem is that we build a new house as apparently due to the lack of a staircase, this isn't a good house anyway. But ... my big rats would move with us, and the cycle would begin all over again!  
Jenny



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## Netball caters for Lions



The Otamatea High School #1 Team and their coach Nikola Kemp (pictured below) catered for the Paparooa Lions Club's August dinner meeting. The team was fundraising to compete in the UNISS (Upper North Island Secondary Schools) netball tournament being held in Auckland during September. Good luck!

The speaker for the evening was Robyn Bruce who travelled to the Everest Base Camp, Nepal earlier this year. Her trip was made possible after funds were raised by the Otamatea High School Duke of Edinburgh Awards participants in appreciation of all the work she has put into students on the programme over many years. It was wonderful to hear of Robyn's experience there.





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

We all love trees. Unfortunately we don't all love the same trees and that may cause angst. Trees spoil views, block sunlight, block drains, send roots to ruin pavings, drop leaves and branches to cause grievous untidiness and inconvenience, or even just occupy a space which could be used differently.

Think of flowering cherry trees. The folk who planted those alongside the road in Paparoa did a lot of research before choosing that variety. Experts assured them that the trees were sterile and suitable for the purpose. And they grew to be a delight each August, both for tui and for locals who could enjoy the blossoms and the sight of the cavorting birds.



However, when it became apparent that the trees were lusty, prolific and super-fertile they had to undergo the chop as an environmental protection measure.

In the early 1960s there was an oak tree at the show grounds entrance. It was quite a large tree, probably planted about the same time as the 'Jubilee Oak' (Queen Victoria's jubilee: the oak which died on the landing reserve). Deemed out of place, this tree was cut down to allow the building of the Centennial Gates now gracing the show grounds entrance. Please admire the gates as you pass, and maybe spare a thought for the tree which gave its all for them.

Which, of course, brings us to the present controversies about the Moreton Bay Fig and the Norfolk Island pines

which are such an integral part of the Pahi landscape. When trees attain the status of being 'significant' their fate is no longer controlled by their owners, so we locals can only observe.

We can remember that climbing the pines was practically a rite of passage for Pahi youngsters. That fun ended some time after

Dale Brodrick decapitated one, and when the lower branches of both were cut to prevent any more such jungle gym activity. They have never looked the same since, losing the rampant healthy balance and no longer sporting the crowning Christian cross so beloved of the early missionaries.

I wonder what the 'allotted life span' of Norfolk Island pines is? If the trees are dying it would surely be better to cut them down than watch their gradual demise.

We cannot expect trees to live forever. And there are no guarantees for their futures. (I bet Mrs Page had no idea that the fruit she shoved in the ground at Pahi would grow into such a fig of 'significance'.) They may thrive. They may not. However it is pleasing that people continue to plant in hope.



We note that pohutukawa at Pahi are beginning to make a visual impact as are the natives now gracing the old Pahi Road dump site. Kowhai replacing the cherry trees seem to be a qualified success but will soon be big enough to delight another generation of tui. And how magnificent would be a grove of kauri at the Matakohe turnoff from SH12. Unfortunately the perceived wisdom is that kauri do not like being specimen trees and you must first establish a forest for them to thrive. Whether the grasses, shrubs and mulch will do that remains to be seen, but we wish them to be a success.

Let's focus on the positive. Trees are beautiful. They provide shade or shelter, homes for many creatures, food for others and are a source of joy for many.

My thanks to the people who are planting and tending trees to enhance our public spaces.

RS

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## OUT & ABOUT AROUND TOWN

**Our sincere condolences** to Deb Clapperton at the Old Post Office Guest House on the sudden death of Kevin Cotterill (owner of Kevin's Shed and a.k.a. the-man-in-the-shed). He will be sadly missed by family and all those who knew him.

**Our Paparoa good sort of this month** is our delivery man **Graham Roberts** who has retired from his voluntary job he has been doing unannounced for many years. Thanks to him, Paparoa Press has been transported after printing at Skelton's to the store for postal deliveries. He has also delivered to various businesses in Paparoa and in Maungaturoto. If anyone feels they could do this on a voluntary basis, please call The Press 09 4317 209.

**The price for notices on Paparoa's Changeable Word Sign** (opposite Paparoa Store on The Landing) has been increased. \$10 per notice or \$25 annual subscription. Contact Graham Murray 431 6324.

**Dogs' Day Out is happening** Sunday 20 October. Note it in your calendar! (See pg 9)

**There's bread at the Paparoa market** - did you know?? Artisan bakery from Maungaturoto (formerly selling at Maungaturoto's market) now comes weekly to Paparoa - there's a big selection of fresh breads. Go check it out!

**Pick up your copy of 'Kauridale - the life and times of Una Marion Lindqvist'** for \$30 from Skelton's Drapery. It is the autobiography of Una Ball (nee Lindqvist), a slice of local family history.

**Soft plastic recycling** is possible but you need to save all your plastic bags, gladwrap pieces etc that pass the crunch test (i.e. doesn't bounce back when squashed) and then drop it into the recycle bins in Albany at The Warehouse or Countdown Takapuna or Glenfield. The website recyclingkiwi.nz has lots of information if you care to research more on how to reduce and recycle waste.

## HOOK, LINE & SINKER

**Due to the terrible weather, not many people have been going out, and fishing has not been very good in any case.**

**While mainly kahawai have been caught, there's been the odd big snapper.**

**We can but hope that next month the weather will improve and the fish will be back in the harbour.**

**Good luck with fishing!**



## Dahlia day ... learn from the experts!

Representatives from Dahlia Haven (who s p o n s o r some of the Indoor Section prizes in our Paparoa Show) are coming to talk all about growing and showing dahlias. They will have dahlia tubers for sale.

Trevor Brljevich, our greatest local dahlia supporter and champion bloom grower will also be in attendance to give some of his champion tips and dahlia knowledge.

Don't miss out, join us Thursday September 19th at the Paparoa Sports Pavilion from 1-3pm, gold coin entry with afternoon tea.

Paparoa Show Committee



## My Wandering Mind

*Just a line to say I'm living,  
That I'm not among those  
dead,  
Though I'm getting forgetful  
And mixed up in my head.*

*I've got used to my arthritis,  
To my dentures I'm resigned,  
I can focus on my bi-focals  
But oh, my wandering mind.*

*Sometimes I can't remember  
When I'm standing by the  
stair,  
If I'm going up for something  
Or I've just come down from  
there.*

*Then before the fridge so often,  
my mind is full of doubt,  
Now did I put some food  
away,  
Or shall I take some out.*

*Sometimes when it is  
night-time  
With my cap upon my head  
I don't know if I'm getting in  
or getting out of bed.*

*If it's not my turn to write  
dear,  
I hope you won't be sore.  
I think I may have written,  
and I don't want to be a bore.*

*Just remember that I love you,  
And wish that you lived near.  
So now it's time to mail this,  
I'll wish you goodbye my dear.*

*Now I stand beside the  
postbox,  
And my face is turning red.  
Because instead of mailing  
this to you,  
I've opened it instead!*

*from Susan  
(Peg Trembaths's sister)*

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**WHAT'S ON - SEPTEMBER 2019**

**The Kauri Museum** open 7 days, annual passes available for Otamatea residents  
**Exhibitions:** 'Creating with Kauri' to Sept 30  
 Textiles: 'The Perfect Accessory'  
 The Kauri Museum Northland Photography Awards: 13 Sept-16 Oct  
**Retro Dance** September 7, Paparoa Hall (see advert page 3)  
**Private Onsite Waste Water KDC meeting for Paparoa** Sept 10 6-7.30pm Sports Pav  
**Otamatea Ward 'Meet the Candidates'** 11 Sept Paparoa Hall 7pm (see pg 2)  
**'All about dahlias'** Show committee Sports Pavillion 1-3pm learn from the experts.  
**Community Dinner** 21 Sept, Sports Pavillion (see pg 3)  
**Hospice Kaipara 'Living with Grief'** 27 Sept, 1-4pm, with Josie Scott (see pg 3)

**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, M'gto  
**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, Carolyn Poyner 4316008  
**Mahjong** twice monthly on a Tuesday. Call Marian Harkness 431 6332.  
**Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm  
**Maungaturoto and Districts Rotary Club** Maungaturoto 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 Sheryl 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  
**Qi gong** Anamana Studio, Pahi Road. John 021 135 3222  
**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** Winter play Friday mornings 9.30am: ph Sue 431 6224  
**White Rock Gallery** Open at The Kauri Museum 7 days ph 021 0267 8241  
**Yoga** Chair Yoga - Tuesdays & Fridays, 9.30am Paparoa Sports Pavilion \$7/class  
 Monday: 6pm M'gto Centennial Hall: ph Jenny 021 114 3370

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

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**LOCAL TIDES for September 2019**

SEPTEMBER TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	6.15pm	12.22pm	17th	6.30am	12.52pm
2nd	6.43am	1.08pm	18th	7.03am	1.24pm
3rd	7.29am	1.54pm	19th	7.37am	1.58pm
4th	8.17am	2.42pm	20th	8.15am	2.37pm
5th	9.06am	3.33pm	21st	9.00am	3.26pm
6th	10.00am	4.30pm	22nd	9.56am	4.30pm
7th	11.01am	5.39pm	23rd	11.05am	5.48pm
8th	12.13pm	6.57pm	24th	12.23pm	7.07pm
9th	1.26pm	7.29am	25th	1.37pm	7.34am
10th	2.28pm	8.34am	26th	2.40pm	8.40am
11th	3.17pm	9.26am	27th	3.33pm	9.37am
12th	3.58pm	10.09am	28th	4.22pm	10.28am
13th	4.35pm	10.45am	29th	5.08pm	11.15am
14th	5.08pm	11.19am	30th	5.53pm	12.00pm
15th	5.40pm	11.51am			
16th	6.11pm	12.22pm			

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 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  
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**KAIPARA DISTRICT COUNCIL** Helpline ..... 0800 727 059  
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## ON THE SHORES OF GOLD

*Tell me again of tales of old, acted out on the shores of gold*

*There was a time when kauri giants lined the bays  
Axe and saw took them all away  
Land left bare and waters plundered  
Tangata whenua were torn asunder*

*Memories lost and buried under the shores of gold.  
Settlers came and settlers went  
Names of places changed and meanings forgotten  
Some we know and some we don't  
History wrote of men seeking gum, of saw millers and farmers  
Living life's dramas*

*Taming the land on the shores of gold  
Fish factories appeared and took all the mullet  
No kai left for the gullet  
Bones were ground in Colbeck's mill and the soil did they till  
Cattle and pigs ran wild in the ever-shrinking bush  
Man's wrath made sure payment was a lead pill*

*Masefield's three children were lost and drowned by the shores of gold.  
Spade and hoe dug the drains in the hope to tame the rains  
Tokatoka swamp vast and wide  
Sliced up into a green divide  
Grazed by Jersey and Friesian cattle beast*

*Said to be better than a bog at least on the shores of gold.  
Now I stand on Whakapirau Beach looking out to beyond eye reach  
Gulls cry an unspoken tale of journeys taken - some nevermore  
Baches line the shore and kids lean out a door  
I take my leave and turn away  
I'll be back another day on the shores of gold.*

Liz Clark, Maungaturoto

Winner of The Kauri Museum Poetry & Song Lyric Competition

## Event all razzle and dazzle!

Another winning event was held in early August at Otamatea Repertory Theatre in Maungaturoto. Patrons were totally dazzled with the parade of costumes and song performances.

It was a slice of a wearable arts show in our local theatre. Designer Corinne Te Whata's creative costumes, modelled by local talent, made for a great afternoon. Inventive, beautifully sewn and designed and made from the most surprising materials, the outfits led to gasps of amazement from the audience.

Young local singers, Peter and Maura Flower's music students, made up the programme between costume sections. These young people gave a delightful performance which was enjoyed by all.



We are so lucky in our small area to have such incredible talent with a great venue.



## Pat's 90th birthday celebration



Pat and daughter Adrienne

Pat Sutton shared her 90th birthday in June with a gathering of friends and family at the Thirsty Tui, Paparoa. Originally from Whakatane and later on, Auckland, Pat and her late husband Tom purchased land at Pahi in the early 70s and moved a house onto it. They moved up to reside permanently at Pahi in the mid-80s. Many years followed with much community involvement by both of them. Tom and Pat were the first editors of the Paparoa Press which was initially published every three months.

Pat celebrated with friends and family, including her son who came from Taipei, daughter Adrienne and family from Auckland and grandson from Sydney. Pat now resides at the retirement village in Maungaturoto.



Pat and friend Dorothy Boyd



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