



## Hi all, from your local Paparoa Volunteer Fire Brigade...

Firstly, if you have time on your hands we could use a few new members. We have, in the last year, effectively lost four of our valuable, experienced crew. Two were appliance drivers and these were crew who were available during the day time. This is a really important factor when many of our volunteers are at work during the day and unfortunately, fire doesn't just come out at night.

Fortunately, with the influx of people to our area recently we have picked up some excellent new recruits, but we still need more. Volunteer, and you will be joining an awesome team of locals, as well as the nationwide brother/sisterhood which is Fire and Emergency New Zealand (FENZ).

Honestly, you get back so much more than you put in! We will delight in giving you full operational training! The skills you gain and the friends you make, will be with you for life, along with the immense satisfaction that is gained when helping people in need.

Secondly, I'd like to take the opportunity to encourage folks to consider how

easily, or not, we can find your house in an emergency. Please bear in mind we are co-responders with St John for medical emergencies, so finding the correct house may be a matter of life and death.

Just last week, for example, while carrying out a training scenario we really struggled to find the correct address. And it wasn't the first time as we have often found street numbers out of sequence. It can be very difficult, especially at night, where there are common driveways.

Some shared driveways may contain up to 20 street numbers with only the highest number most visible.

Then there's the rural urban interface with 'Rapid' numbers and street numbers in the same street, which can be extremely confusing.

Please check that your house number is clearly visible and is in sequential order for your street. If you need to change around numbers with your neighbour, then council will be happy to help. If you live on a common drive then one way to make it easier for us to help you



would be to put up a collective number sign- for example say '124-136'.

**Please make it easy for us to help you.**

Finally, if you do call for an emergency service, if possible, have someone wait at the end of the drive so that they can show us clearly where we are needed.

**Join us:** Come along to training the first and third Monday of every month, from 6.30 at Depot Rd, off Pahi Rd, and see what we do. For more information call Ken Ogilvie on 021 129 4042.



### OTAMATEA ST JOHN AREA COMMITTEE



## TRASH AND TREASURE

TO BE HELD 28 September – 2 October 2020 - CENTENNIAL HALL

You can bring **GOOD QUALITY** items in on Sunday 27th from 12 noon - 4pm or during the week (before Thursday). If you can do this, it would be appreciated. We have limited storage space but if you require items to be collected, prior to or during the event, this can be arranged as transport is available.

Please leave contact details with Eileen – 021 142 0357 or email me at: [b.parsons@xtra.co.nz](mailto:b.parsons@xtra.co.nz)

This is our major fundraiser for the year, so please support us if you can.

(if you are uncertain if an item is acceptable or not, please ring me first)

Baking, produce and plants are also an acceptable addition during the week.

**Thank you in anticipation of your support.**

**Daylight Saving  
starts 2am Sunday  
27th September  
spring forward 1 hour.**

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## Paparooa Press PP

PUBLISHED MONTHLY BY

Progressive Paparooa Inc. (PPI),  
for Paparooa, Pahi, Matakohē,  
Whakapirau and Tinopai.

CIRCULATION 1,050

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- press@paparooa.org.nz
- ph Vicky 021 248 4259
- PPI, PO Box 107, Paparooa 0543
- www.paparooa.org.nz

ADVERTISING

Rate Card available by email  
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15<sup>th</sup> of month  
Publication date 1<sup>st</sup> of month

## Press Office rumblings

Thank you from the Press Office for our August issue. We received many positive comments which was really appreciated. As some of you may know it takes about 30-40hrs of preparation to put The Press together - and that is not including all the hours our marvellous writers take to prepare their articles. We have a team of three (who have other jobs as well), to share this workload which is mainly voluntary.

Now for the grumpy bit. We need to start sticking to our deadlines. So 15<sup>th</sup> of each month is the deadline for adverts and 20<sup>th</sup> of each month is the deadline for articles. We tend to get a lot of requests for changes within the last couple of days before printing and this is not fair on our volunteers to redo their efforts. Please do not be offended if we have to say NO. We try to accommodate people, but can make no guarantees, so please respect our team's effort.

Thank you for your support.

Press Team, Vicky, Margie and Sally PP



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## Do you know what PPI is and what it does??

In his Annual Report for the year ended 30 June, PPI (Paparooa Progressive Incorporated) the Chair Graham Taylor spoke of the ongoing activities and successes of the past year.

Shifting the **Paparooa Press** office to new premises in the centre of town has enabled more people to become involved. Editorship has been transferred to Margie Baker and Vicky Hilton. This will allow Sally Taylor to take a back seat after 6 years at the helm. PPI thanked Sally for her

dedication in keeping up the standard and making the Press a valued part of the Paparooa community. Having a central office means that people can drop in and assist with production.

**Paparooa Print Shop** is managed by Robyn Skelton in her shop and offers printing services to the public.

At the **Farmers' Market** Graham Taylor is again the manager after Ruth Mason stepped down. She and Helen Cairns had managed and improved the market over the previous three years. Apart from the Covid 19 lockdown the market has been open every Saturday with excellent numbers of stalls and customers. A real feature of the village, it is valued not only for its quality produce but as a social gathering place. Pete Hames and Graham Taylor have completed a one day

Traffic Management course to become qualified as Traffic Managers Level 1.

PPI continues to support Paparooa Lions in management of the **Bush Walkway**. PPI provides funds, together with Kaipara Council and Lions, for maintenance work to keep the track open.

**Paparooa website - www.paparooa.org.nz** is managed by Paul Edlin and provides a source of information for all.

**PPI funds the maintenance** of the riverbank and the village gardens.

Graham Marks has taken over managing the **Community Noticeboard** from Graham Murray who has left the district.

**Future projects** include landscaping the Village Green playground to provide for more imaginative play and constructing a new Information kiosk on The Village Green.

**The incoming committee** is Graham Taylor (Chair), Pete Hames (Deputy), Vicky Hilton (Secretary), Ian Miller, Ruth de Man, Cissy Rock. Maurice Kirton is Treasurer outside the PPI committee.

By supporting PPI activities in Paparooa not only does the community benefit from the services provided but funds are raised that support other local activities. If you wish to find out more or to offer ideas or assistance in any way, please contact any of the above committee.

ppi

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all your printing needs

## A Sense of Place

### Paparoa Connections update

One of the groups within the current Paparoa Connections Project is working on how to enhance our wider village area and create a 'sense of place' and identity to connect current residents, newcomers and visitors to the area.

Paparoa has many special attributes and ways that people connect to the land/whenua. The theme we have identified is local landscapes. Landscapes connect us all to our natural environment and could depict images of landscapes and seascapes across the seasons, with different weather and moods. We are going to start with art installations, including murals and sculptures. All will have an inter-connectedness which will work together to build a bigger picture providing intrigue and surprise. We also plan to be inclusive by using cultural aspects and histories.

We do not want to recreate the same as other towns who have taken on such projects. We want to have something unique to Paparoa, using artwork that represents our Maori and European history with a focus on connections and kotahitanga (unity).

Please let us know your response to this direction by completing our community consultation survey in the following ways:

- \* Email [paparoa.connections@gmail.com](mailto:paparoa.connections@gmail.com) for it to be sent to you, or
- \* go to the survey address [www.surveymonkey.com/r/6QJCNZ](http://www.surveymonkey.com/r/6QJCNZ), or
- \* Look out for surveys at the market and shops around the village.

## Paparoa Walkway

### Work in Progress

Since last month's serious slip on Paparoa's Bush Walkway, the Lions team and contractors have been busy battling against the weather and Covid 19 to make repairs and improvements.

Progress is being made but there is still more work to be completed including work on the boardwalk extension.

Our lovely walkway remains closed at this stage. Updates will be posted in future issues.

A big thank you to all involved in the project.



## Keith the TV Guy

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## Sports Pavilion Silhouettes

Some more sporting silhouettes have appeared on the walls of the Paparoa Sports and Recreation Building recently. Check them out if you are going that way.



Hospice Kaipara invites you to a free community session on

### 'Living Well with Grief'

spread over 4 weeks

- PLACE:** Dargaville Boating club  
**DATE:** October 20th & 27th, November 3rd & 10th  
**TIME:** 5-7pm with light refreshments 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](mailto:office@hospicekaipara.org.nz) or  
 Sharyn at [support@hospicekaipara.org.nz](mailto:support@hospicekaipara.org.nz)

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## Plucky Performance and Poetry

On a dark rainy night, they arrived from near and far to perform and to hear this year's finalists in the adult section of The Kauri Museum's National Poetry Day - Poetry and Song Lyric Awards. The theme, 'The Ebb and Flow of the Kaipara', was chosen to reference the harbour that is so prominent in our lives.

Judges Deb Clapperton and Jed Town, explained their methodology for choosing from the range of entries. Paying homage to bardic tradition this year's winner, Peter Newson, produced a six stanza strong poem, 'The Tree of Pahi'. This refers to the well-known Morton Bay Fig on the foreshore, and tells tales of the pioneering days of woe and delight. Read this poem and some of the other entries on our website NEWS page (<https://www.kaurimuseum.com/blog>).

Jed Town performed a couple of rousing songs and people from the audience, meek and bold rose from their seats to recite. MC Nick Tetzner did a fine job of encouraging participants and directing the evening. He even read a few of his own pieces. Deb generously



recited poems for the entrants who could not make it, a liberty that was permitted in the current Covid-19 climate. A number of excellent poems were performed, with highly recommended awards being given to three individuals. The prolific Mark Vincent for his poems 'Some Thoughts which Come' and 'Each Tide is Unique', Courtney Davis for her reflective poem 'Homestead' and Victoria de la Varis-Woodcock for, 'Oh Says the Kaipara' whose expert delivery was applauded.

Some delicious refreshments were provided by The Kauri Museum, and a superb evening was had by all. The night was rounded off with a rendition of the Pam Ayres poem 'They should have asked my husband' by Margaret Baker which got the last laugh!

The student's section of this competition opened on the 21st August, with entries closing on 10 September. These can be downloaded from the museum website <https://www.kaurimuseum.com/kid-whats-on> or collected from the museum shop which is open 7 days. Thanks to all who made this, a night to remember!

Luciana Orr  
The Kauri Museum

### Oh Says the Kaipara

After all these years  
a sea called Kaipara is  
however  
fond of dalliances with  
little fish  
  
Still drifting  
writing ombudsman letters  
reputation in tatters  
  
You  
Rascal  
unfading sea, pulled from  
great grey sheaves of  
water  
day and night long  
I desire you  
Impatiently, I wait nearby  
I am your ocean  
  
Oh says Kaipara...  
I hear you  
you are always keening for  
me, restive ocean  
when the world becomes  
quiet  
with all I have left  
I will give chase and  
commingle with you  
  
Fear not  
I am Kaipara Moana

**Victoria de la Varis-Woodcock**

### Poetry Competition Results:

**First** - Peter Newson - 'The Tree of Pahi'

**Highly Commended**

Mark Vincent - 'Each Tide is Unique'

Courtney Davis - 'Homestead'

Mark Vincent - 'Some Thoughts Which Come'

Victoria de la Varis-Woodcock - 'Oh Says Kaipara'

*Printed on this page are three of the Highly Commended entries.  
Look for the winner's poem to be published in The Press next month.*

**Shop Local  
Support Local**



### Each Tide is Unique

Each tide is unique  
Just like the one before  
And the ones to follow  
Yet you could set your clock  
by it  
If you had a tide clock

**Mark Vincent**

### Homestead

Something hurts  
when she bends down  
to pick up  
the apples that  
rolled on the ground.  
That rolled under the  
table  
and close to the fridge.  
She gathers them  
in a dirty apron,  
the two bruised ones  
will go to the pigs.  
The fire went cold  
an hour ago.

For years it looked  
like those apple trees  
wouldn't grow.  
And now she has  
too many apples  
and she is all  
on her own.

**Courtney Davis**

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Northland District Health Board Elected member

## Libby Jones - Youth Health & Wellbeing

The Youth19 Rangatahi Survey is the latest in the Youth2000 series of health & wellbeing surveys, which surveyed nearly 8000 young people in 2019, aged 13-18 years in the Auckland, Northland & Waikato regions.

Findings show large declines in drinking and smoking across all ethnic and socio-economic groups over the past 18 years. Less than 3% of high school aged students now smoke weekly or more often, a decline from five percent in 2012.

The overall decline in smoking hides the fact that Māori, Pacific, and low-income communities and small towns continue to bear a disproportionate burden of smoking harm.

Binge drinking has also declined, particularly in younger adolescents, but still remains relatively common overall, with more than one in five students reporting binge drinking in the past month. It was found to be equally common across all school deciles, with students from higher income communities as well as older students more likely to report binge drinking.

Weekly marijuana use amongst students is lower than in 2001 but has not changed significantly since 2012.

Other drug use, including synthetics, methamphetamine (or P) and huffing is very low among secondary school aged students and has not increased.

The findings also highlight a significant decline in emotional wellbeing and increased distress among young people. While more than two-thirds reported good wellbeing, 23% reported depression symptoms - up from a level of 13% in 2012. Symptoms were higher among female students, Māori and Pasifika students, Asian students, those in lower income communities and those from sexual and gender minority groups.

Research shows that important factors are increased social media use exposing them to unrealistic expectations, increased loneliness, the impact of poverty, discrimination or harmful environments (including abuse and family violence), social pressures and the impact of serious future worries from climate to jobs and housing security.

Supporting youth mental health requires a range of strategies, from encouraging youth to have fun and spend more time connecting with family and friends, to big picture issues of addressing poverty, family violence, employment and equity.

Researchers say that these findings show that it is possible to improve health and wellbeing among young people in important ways. While Health Services will be looking at their responses, we all - parents, schools, and communities - have a part to play to improve youth wellbeing.

For more information see [www.youth19.ac.nz](http://www.youth19.ac.nz)

Look out for each other, especially our young people.

Stay well, Libby Jones  
[hames.jones@xtra.co.nz](mailto:hames.jones@xtra.co.nz)  
 021 208 0093

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## Bread, Glorious Bread...

Bread lovers of Paparoa will be very pleased to know that the Whangarei based Handsome Frog Cafe & Shop are now supplying their Artisan Sourdough breads and other goodies through Zest Art & Espresso in Paparoa on Saturdays.



Handsome Frog create a variety of tinned sourdough loaves (white, wholemeal, sunflower, multigrain, rye & German rye), boule, ciabatta, focaccia, baguette, croissant, crumpets and much more.

The selection may change from week to week and you can place your order through Jel at Zest (txt 021 0165 6226) to be sure you don't miss out.

Bon appetite.



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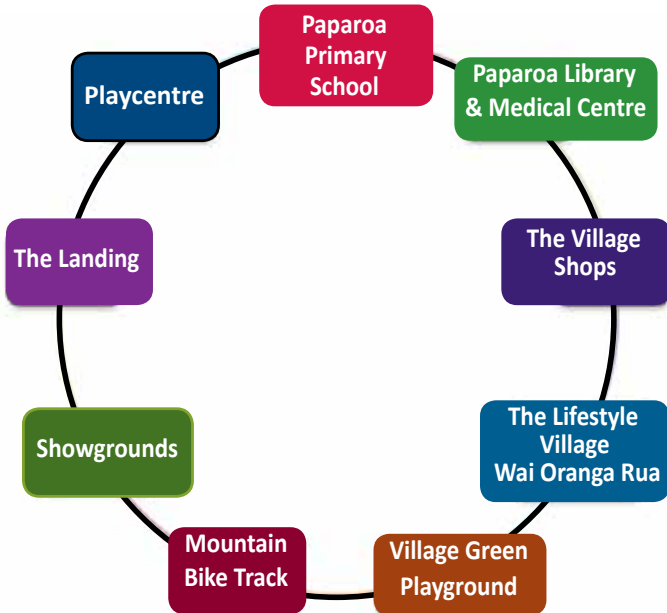
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## Paparooa Connections

Another follow-up Workshop to develop a Paparooa Connections Plan which will link all of the following (see the diagram below), is on the 11 October. The **FOCUS** will be on the 'Ongoing Project Actions'.



Everyone is welcome. Come to the Paparooa Sports Pavilion on Sunday 11 October from 5-8pm (followed by a pot luck dinner). For further information contact Libby at paparooa.connections@gmail.com



## Paparooa School 2021 Enrolments - open now

The year is racing to an end and the school's attention is beginning to shift to thinking about 2021. In order to assist us with our planning it is extremely important we know who to expect at our school throughout 2021.

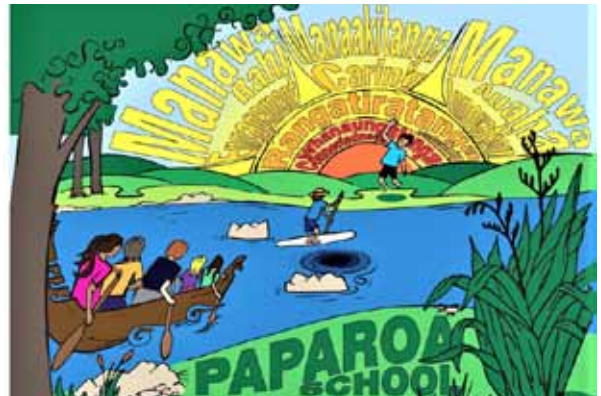
If you have children at home that will be starting at Paparooa School at any point throughout 2021, please contact the school office asap, but by Friday 4th September would be extremely helpful. Ph 09 431 7379, admin@paparooa.school.nz or message through Facebook - Paparooa School, and we will send home an enrolment pack for you to fill in and return to the office.

If you know of anyone moving into the area, or parents shifting children to our vibrant rural school, please let them know to contact us at their earliest opportunity.

Paparooa School offers an excellent After School Care service, running 2.25pm to 5.30pm 3-5 days a week (depending on need). Please contact the office if you would like to make use of this service in 2021.

The school has a vision and focus. We would love to have you come along to have a coffee, chat and look around. Please contact us if you would like to meet our Principal Simon or our Junior teacher Sonia. We are proud of the direction we are heading.

Warm regards,  
Simon Schuster, Principal



### PAPAROOA SCHOOL'S EDUCATIONAL PHILOSOPHY AND VISION

#### MOTTO

Success through Effort  
Na to mahi kaha whiwhi ai

#### SCHOOL VALUES

Respect- Manawarao  
Resilience- Whakaute  
Responsibility- Haepapa

VISION - CREATED IN 2020  
Vibrant Active Learners For An  
Ever Changing World

GRADUATE PROFILE  
(What we want our Year 6  
students to leave with)  
Engagement- Manawa Rahi  
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## Council Mark says ... Sorry if it's boring, but it's important!

By the time you read this your council will have decided whether or not to sign up to a share of the \$761M being offered to help with works programmes related to 'The 3 Waters', that is water supplies, sewerage and stormwater.

Over the next three years Central government proposes, to aggregate these operations into four or five agencies nationwide. The initial amount of the inducement for KDC is about \$2.35M, which will help, but not go very far.

There are a lot of '3 Waters' networks around the country which are getting old to the point that maintenance will be an increasing cost unless proper upgrades are undertaken. In my view the problem is chronic underfunding of renewals/provision for depreciation.

I don't think rates are an adequate way of dealing with this problem, but I have concerns about the way these changes are being proposed. If the result is better service with greater efficiency and reduced cost to consumer, then I am all for it.

The bit that sticks in my

craw is the irony that local government has been given about a month to sign up for this initiative. At the same time we (at KDC) are consulting with our communities about the review of our 'Significance and Engagement' policy, which sets out the circumstances under which we will consult with our citizens about proposals which affect them before making a decision. We are required by law to have a 'Significance and Engagement' policy, but apparently it doesn't apply to a decision which could lead to the end of local government as we know it.

So, assume KDC will not have responsibility for 'The 3 Waters' any more. Bear in mind also that the head of the panel which recently reviewed the Resource Management Act commented on the need to rationalise local government along regional lines, ie no district councils.

The question remains, is

there anything left for local government to do? My answer for now is contained in two words: community resilience. This is not something which can be given to people or communities; it has to be grown from within.

There is a role for a local entity which will support and assist building the capacity and capability of local communities

to fulfil their needs, to achieve citizenship in the highest sense. We have a couple of excellent staff operating in this space already; they may well be the face of local government in the future.

### Song for the day:

For What It's Worth,  
by Buffalo Springfield 1967.

Just saying...

# HOMEKILLS



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## Open as usual...

We would love to see you in the gallery - we are open following MOH guidelines, seven days a week from 11am to 3pm.

A new Art Exhibition opened recently and is well worth a visit and there's new craft work arriving all the time. Betty Cairns is making face masks and they are selling as fast as she can make them.

We have original cards for that special occasion or just to place in a frame. Check out Nan's awesome cushions, Barbara's lovely bags, wallets and native bird cushions, Lynn's original decoupage - all selling well. There's jewellery by Esther Thomas and Jackie Strickland, Pat George and Matthew Smith, as well as Lorraine's crochet beanies, Peter's stunning wooden pieces, and Geraldine's flax work. Various mosaic pieces are on display from our mosaic artists Karen Brierley, Jan Mcleod, Pat George and Jackie Strickland. We also have beautiful stainless steel roses by Mark Hampton. All well worth checking out.

Relating to the workshops we spoke about in the last issue, they have filled up really fast, and we have a 'waiting list'. With quite a few beginner artists having a go we are looking forward to them.

It's thanks to Creative Communities for funding these workshops. There will be some future Kaipara artists in the making!!!

Stay safe everyone  
White Rock Gallery



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## I've been thinking about ... Regional lockdowns

It is the present strategy in the 'covid war' .... And, basically, I am happy with the concept. With sufficiently efficient tracing and testing the strategy should provide both safety for people and a little wriggle room for economic matters to proceed.

However there is one aspect of August's lockdown which has really proved a disappointment.

This is the number of Aucklanders who heard the announcement of imminent lockdown on Tuesday evening, promptly loaded up their cars, bought extra provisions, toys or work equipment and decamped to their holiday homes in Kaipara before the roadblocks began on Wednesday.

What were they thinking? (Rhetorical question: not thinking/thinking themselves smart/thinking only of themselves)

Lockdowns aim to contain the virus and that means containing the movement of people who are potential carriers. Those city folk who arrived here on Wednesday morning were all potential carriers and they were potentially endangering us as well as sabotaging the efforts of the health authorities.

Apart from the health peril they are an added strain

on our infrastructure and supplies. Do they understand this? Do they care? When the whole country was in the same boat, so to speak, I felt folk had a right to choose where to lockdown.

This is different.

Sadly the virus appears to be most rampant in the poorer communities of Auckland and one could understand their desire to run.

However the present band of escapees are obviously the people who can afford two homes, and afford to leave work or work from home. Presumably they have enough education to understand the lockdown concept and sufficient resources to weather the inconvenience with minimum unpleasantness in their own homes. However they must also have either enough arrogance to believe lockdown does not apply to them or the naughty child 'up

you' attitude.

I consider their actions even less excusable than those of the folk who absconded the quarantine facilities set up for overseas arrivals, many of whom had worries about family or mental problems exacerbated by isolation.

The escapees are/were in a community near you.

Shame on them.

*Having finished that rant, I really need to acknowledge that Auckland will inevitably continue to be on the front line in this Covid War, what with the port and the international airport, which could be stressful for many.*

*This makes escapees' actions understandable but, unfortunately, not condonable.*

RS



## Seniors' Lunch and more!

Wednesday 5 August was a special day with our first **Senior's Lunch** at the St John Hall since lockdown!

Although home-delivery service was very well received in early July, the general feeling was, 'we can't wait to come back to see all our friends again.' So it was a happy day for all, with a chance to catch up and enjoy a tasty lunch. Seeing the many smiling faces was a treat for the hardworking volunteers who enjoy putting this event together. Make sure you don't miss out. The next senior's lunch is Wednesday 2nd September, St John Hall, Maungaturoto.

The regular **'Fun and Games'** and **'Chocolate Bingo'** are also up and running. It's plain to see the happy participants who had been waiting for them to begin. Unfortunately, the virus kept us shut in for a long time but it was totally necessary just so we can stay well.

### SHOPPING TRIPS

The community van had to go to the panel beater so the fourth Wednesday shopping trip was cancelled. However, we will be going twice this month as usual, so phone the Community House to put your name down (4319 080). This is a nice day out whether you need to shop or not and if you want to stop anywhere in Whangarei you only need to ask our driver.

### DONATIONS AND FUNDING

We thank our generous donors who give bedding, children's clothing, fresh produce and eggs. This is just wonderful and so gratefully received. Thanks also to the financial groups who help supplement the contributory funds received from Government. We could not do what we do without you all.

### OUR SERVICES

Our services include counselling, parenting, budgeting, senior support, addiction support, social work, food bank. For information on any of these please call us on 4319 080 and we will be happy to help.

As I write we have been advised that from mid-day we will be in Level 2 while Auckland is in Level 3 and will continue until 26 August.

Be kind to each other and stay safe.

From all at OCS,  
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## Society in good hands

At the recent Annual General Meeting, Paparoa Medical Society (PMS) Chair, Graham Taylor reported on the steady progress of activities of the past year.



Pete Hames and Loraine Rowlands at a recent working bee on the property's effluent field

He thought that it was a relatively calm 12 months following the hectic years before when the society was busy purchasing and refurbishing the former Council Building to create a new Medical Centre. He expressed satisfaction that Coast to Coast Healthcare and Paparoa Community Library had the benefit of modern convenient premises. He noted that Coast to Coast are now providing doctor's services two full days per week which must be of benefit to local patients. There were no major issues with the condition of either premises. The society plans to paint the clinic roof soon.

Pete Hames was thanked for mowing the grounds, and this is now the responsibility of one of the residential tenants. The 'Cottage' has had full

underfloor and ceiling insulation done and a new water tank installed. A new kitchen has been put into the upper residential flat. Overall, the buildings are in sound repair with some minor issues to be attended to.

The AGM ratified a new set of Rules to replace the somewhat dated Constitution.

Financially the society is in a good position and is slowly building up a maintenance reserve. The whole complex is worth close to one million dollars and is a wonderful asset for Paparoa.

The incoming committee comprises Graham Taylor (Chair), Libby Jones (Deputy), Loraine Rowlands (Secretary), Robyn Skelton (Treasurer), Don Hargrave, Sue Plunkett, Julie Holcroft.

PMS

## THE HERBALIST

### Marigold, Calendula

#### *Calendula officinalis*

Marigold petals are edible. They are often used to add colour to salads or added to dishes as a garnish and in lieu of saffron. The leaves are edible but are often not palatable.

Flowers were used in Greek, Roman and Indian cultures as a medicinal herb, as well as a dye for fabrics, foods, and cosmetics. Many of these uses persist today. They are also used to make oil that protects the skin.



Marigold leaves can also be made into a poultice that is believed to help scratches and shallow cuts to heal faster, and to help prevent infection.

Compresses applied to bruises, sprains and strains will reduce the swelling and pain. A crushed flower can be rubbed on to insect bites, wasp and bee stings.

*The marigold goes to bed with the Sun  
And with him rises, weeping.*

William Wordsworth (1564-1616)

Vicky

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# Rotary fellowship, support & community projects

Well, 2020 continues to be a crazy year. For this reason I am glad that I have the chance to be involved with organisations like Rotary that provide not only certainty but also fellowship, support and a chance to complete projects in the community.

We have many opportunities to hear from some great speakers, one of whom in this past month was Kerry Underwood who spoke on her 'Walk with Cancer'. Anyone who knows Kerry will be aware of her inspirational attitude, but I had not thought about the genetic effect that her type of cancer would have on her children. This was a

very thought-provoking and informative presentation. Thank you Kerry.

Six of us met in Orewa with about 30 other Rotarians from clubs to the south, to hear what plans our District Governor, Elaine, had for her year. A special moment was the presentation of a well deserved Paul Harris Fellow medal, with sapphire to our

Treasurer Bronwyn Ellison, who also undertakes a great deal of work for our District.

This year Rotary will have been operating in NZ for 100years so we have been asked to focus on several areas:

- **'Give every child a future'** - a plan to immunise all children in nine Pacific countries against several diseases that can impact them such as measles.
- **'RotaryPeace, Remembrance and Community Forests Trust'** - a tree planting project
- To take part in some form of **Centennial Project** in our communities.
- **'Mana Tangata'** a written and photographic history of Rotary in NZ during the past 100 years.

### TWO OTHER ITEMS OF NOTE

- If you are looking at tertiary education of any type, the **President's Scholarship**, worth \$1500, is being offered again this year.
- We are looking to support

a candidate for the **Rotary Youth Leadership Award** at Muriwai from 2-8 May 2021 – open to 20 to 28 year olds. Past participants have spoken of the impact it has had on their lives, often helping them define their future direction.

See any Rotarian for application forms for either of the above or drop a note to Maungaturoto Rotary Club, P O Box 65, Maungaturoto 0547. Although Covid 19 caused a hiccup in our 'Driver Mentoring', we're still looking for people to help others in the community progress from Learner's licence to Restricted. If you could support us in this area, please get in touch with Alex Tetzner (4316 434). This is a very rewarding programme as no driving licence can restrict people attempting to obtain employment.

Eileen Parsons  
021 1420 357  
Maungaturoto & Districts  
Rotary Club

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## Paparooa Library

Tuesday..... 11am-4pm  
Thursday..... 11am-4pm  
Saturday ..... 10am-1pm

Book returns ... Skelton's Drapery



COVID level 2 restrictions remain in place for the time being and we will review the requirements as we see appropriate. At this stage Paparooa Library will stay open normal hours.

**Our AGM will be held Monday 14 Sept, 4pm** at the library.

**I ask that you follow the rules below please:**

- \* DONT COME TO LIBRARY IF UNWELL
- \* Hand sanitising will recommence on entering the library
- \* Please either Scan the QR Code on the front door or get the librarian to fill in the contact tracing register- this is very, very important.
- \* Three people in the library at any one time
- \* Practice your social distancing
- \* And ABOVE ALL BE NICE TO EACH OTHER

A HUGE VOTE OF THANKS GOES OUT TO: Penny, Erin, Lynne, Dianne, Angela and Lucy. I really can't thank you enough for looking after the library while I'm back in lockdown - I really appreciate your commitment. I'm managing the library remotely but I miss being in the library and all the interactions with our lovely library visitors.

Hopefully I'll be back soon.

Jas Futter  
Library Manager, in lockdown in Silverdale 022 678 1474

*Letters from The Old Post Office*

# A little of what you fancy ...

Addictive behaviour, dear reader, is all around us in one form or another. The looming referendum may be perhaps high-lighting just one aspect at the moment.



However, many experts believe that all entities which are stimulating to the mind and body can be addictive and that addiction occurs in many ways. And, it is this aspect that has been of concern for me post-Covid. (Actually, just post birth if one is truthful, which one often isn't).



I have made a list of all things that are stimulating to my mind and body. Well, only some for reasons of privacy! The list is a work in progress (WIP: a never-ending process and as long as this acronym appears next to the item we may rest easy that it is in fact being worked on, or not. But, I diverge).

Food, dear reader, possibly tops my list at the moment. Now, it is not food of any great nutritional value I admit. Having read a typical ingredient list it may be found that this particularly delicious concoction boasts dehydrated potatoes, corn flour, rice flour and wheat starch. Possibly MSG, dextrose and more flavour enhancers in the form of disodium guanylate and disodium inosinate and it is here that I realise my liking falls into the addiction category.

It is best, I have discovered, teamed with another dangerous substance, namely Spanish cava. Typical addictive behaviour. The result is obvious.

Trails of old crisp crumbs litter my path and dribbles of drink permanently quiver on the slightly whiskery chin.

Tea, in a less obvious way, is also highly addictive and may lead to a permanent track being worn as its diuretic tendencies prove themselves. (No need for guests to ask "Which way to the bathroom?" Just follow the path). I have learnt to

vary my tread so that the floor boards do not wear thin in one particular spot.

And then, dear reader, there is FB and everything can be summed up with that famous line by the Eagles "And she said We are all just prisoners here, of our own device... We are programmed to receive."

It is high time action is taken and to this end I have written on the bathroom mirror in alcohol-soaked salt (think dehydrated margarita - to be licked in an absolute emergency) the words "Passion creates, addiction consumes." (Gabor Maté)

I will control my unhealthy addictions and replace them with items that have positive consequences. I am still trying to concoct my list, it remains a WIP. It may be completed by next Tuesday.

Deb

## Paparoa Community Library

### AGM

Monday 14 Sept 4pm  
Paparoa Library  
behind the Medical Centre  
All Welcome.

Enquires to Jas Futter  
Library Manager  
022 678 1474

## The Glass Guy



Phone Colin  
09 431 6595

The negative consequences are directly caused by the continued, chronic engagement in this particular behaviour (see previous definition).

## Lemons & Limes

Have you got them coming out your ears at the moment? One of the best hints anyone ever gave me was to just throw them in the freezer whole - they're really good for filling all those little nooks & crannies. Then, when you need juice or zest for a recipe, you always have them on hand.



Just grate off what you need from the frozen fruit and pop the rest back in the freezer. If you want the whole lemon for juice just defrost it on the bench overnight. No more mouldy half lemons and no more waste!

MB

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## How to change moments that shaped you...

Can you think of a time where you had an experience that changed the way you viewed yourself or the world forever?

Perhaps it was a joyful moment of holding a newborn baby or maybe it was a more traumatic event that you would rather forget and leave in the past that never-the-less keeps haunting you.

Most people have 5-8 such moments; moments that often happened in childhood where we didn't know any better than to feel hurt by the people we cared about and that they must be right because they were bigger, older, stronger, wiser... They are often moments rarely thought about... and yet shape our lives today.



For example, I had a client who was blind from birth, when teachers saw her 'disability' before her abilities, she told herself that she would have to do her work to perfection to prove to others that she was capable and smart; this meant that she placed her self-worth in what she did and not on who she was, and even though she was top in her class it led to feelings of low self worth and low self-esteem, as a result she told herself "I'm not enough".

Going through the process of discovering the moment where she told herself that she would have to prove people wrong, led to a profound shift in my client's perspectives about her beliefs, thoughts and behaviours which helped her to make powerful new choices in her life.

Now you know what a defining moment is, the type of effect it can have on your life and the power of re-defining it, You might like to download the pdf workbook to go through the process of re-defining

your world yourself: <https://www.selfnurture.org/go/redefine-your-world>

Or, to make it easier for you, I would love to assist you in this journey, where we can go even deeper and create more profound change; the session is worth \$297, but, to help our local Kaipara Marchers team go to the nationals in 2021, I'm offering sessions for as little as \$50 until 30/9/20, here's how to claim:

- 1) Donate \$50+ to Kaipara Marchers Givealittle page: [givealittle.co.nz/cause/kaipara-marchers](http://givealittle.co.nz/cause/kaipara-marchers)
- 2) Send the receipt to [Carrie@SelfNurture.org](mailto:Carrie@SelfNurture.org) and request a Redefine Your World Discovery Session.
- 3) Book your preferred time, show up and Redefine Your World!

Love your life!  
Carrie Marie

## \* Fruity Coconut Cake

Gluten, grain, dairy & refined sugar free

Ingredients:

- 2 c ground almonds
- 3/4 c desicated coconut
- 1 tsp baking soda
- 1/8 tsp salt

1 c fruit pulp \*

- 4 eggs, lightly beaten
- 4 tbsp melted honey
- 1 tsp vanilla
- Slivered almonds for topping

1. Preheat oven to 160°C
2. Line and oil a 20cm round cake tin
3. Combine dry ingredients in a bowl, then mix in wet ingredients.
4. Pour into tin and scatter top with slivered almonds.
5. Bake for 40 minutes until golden and lightly spongy to the touch.
6. Cool in the tin before turning out.
7. Great on its own or with ice cream as a dessert.

\* Works well with feijoas, crushed pineapple or any of your favourite fruits.



# Workshop, working bee & more

**A composting and seed raising workshop** is to be held at the Gardens on October 4th. The workshop will cover starting a compost from scratch, starting a worm farm and raising vegetables from seed. To register and for more details, please contact Jan Dallas 021 431 724 or email janmareedallas@gmail.com



**A spring working bee** is to be held at the Paparoa Community Gardens on September 19th, 2020 at 1pm. This is an opportunity to be involved in our community garden and spend an enjoyable afternoon with others. With some digging to do, a few beds to be reinforced, a tiny bit of building resurrection and painting to be done it will be a busy few hours with many hands making light work.

It is continuing to be a productive season in the Paparoa Community Gardens, water has certainly not been a problem. The produce picked from the gardens during the

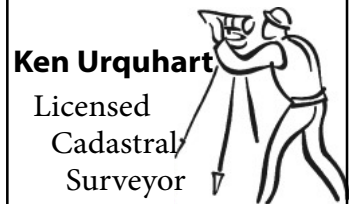
weekly harvest, as well as the donated lemons, have been much appreciated by those utilising the two local food banks. The foods grown in the Gardens are the only fresh vegetables and fruit that the food banks receive each week, such an important contribution to the well being of our community.

The committee would like to mention the sad loss of Graham Carney to his family and friends and to those whose lives he touched through his work in the gardens. Our volunteers very much enjoyed working with Graham, he was a character and so knowledgeable about all things in the garden.

## Arty Farties Community Gardens

The Garage Sale that used to be run out the front of the gardens is NOT currently operating. We are not collecting items. Please do not leave any donations of goods out the front of the gardens. If you have quality things to donate, please take them to the various Opportunity Shops in our district. We will advertise when we are ready to open once again, hopefully before summer.  
Laura Kateley-Cullen

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## An Uncommon Sense Quiz

- It's rubbish day. You get to the rural pick up point with your bags and there are no other bags there - which is odd because there was a pile of them yesterday. Do you?
  - Leave it anyway. Who cares if animals get into it?
  - Take your bags home as you're obviously too late.
- You're driving and have just finished that coffee, drink or sandwich you bought in town. Do you?
  - Chuck the cup/bottle/can or plastic out the window.
  - Take your rubbish home to bin or recycle.
- You're walking through Paparoa and see a plastic bag on the ground, blowing along, towards the river. Do you?
  - Ignore it. It's not your job to pick it up.
  - Chase it, grab it and dispose of it appropriately.

If you answered 'b' to all of these you are blessed with a good dose of the all too uncommon Common Sense.

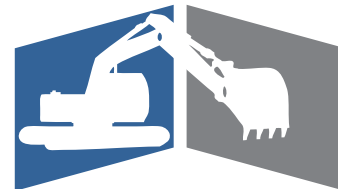
If you answered 'a' to any then it would seem that you have short episodes where your Common Sense abandons you.

If you answered 'a' to all of them you are obviously living in a parallel universe and Common Sense has completely passed you by. You drift through life expecting others to clean up after you and set a terrible example to the next generation.

The sides of our roads, walkways, parks, riverbanks and beaches are littered with takeaway food wrappers, bottles, household rubbish and all manner of plastic waste. This, for the most part, does not 'go away'. It ends up in our waterways and in marine mammals, fish and birds.

So please, take a moment to think before you leave those bags, open the car window or walk past that litter. Respect our fragile environment and do your bit to help protect it for your children and grandchildren. It's the only one we've got.

MB



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## Welcome Back - Community Pataka Kai!

We have had a great start to Term 3 with weekly hockey lessons from Jenna (Northland Hockey), and we continue to develop our Bal-A-Vis-X skills with Mrs. Menzies.

Our Years 3 and 4 students are looking forward to participating in a Rippa Rugby tournament in Kaiwaka on September 22nd and have been learning the skills and rules with Sam from Sport Northland.

We have all been improving our writing skills through learning about sentence types, and using the 'Sentence Train', with Paula from 'Write that Essay'. We have some very talented writers at our school for sure.

Our topic focus for the term is 'Forces' and Years 4-6 students have been working in pairs/small groups on experiments that will be displayed later in the term.

The community Pataka Kai has been reestablished and is now permanently available at the front of the school - thanks to George Reid for



We are holding our Fun Run fundraiser again this year with all sponsorship going towards our bike track, and coding and robotics equipment. Our bike track project is particularly exciting as it will also be able to be utilised by community members.

We would like to thank everyone for their generous support of our students.

Julie Harper



rebuilding it, and Northland painter Carol Peters for the stunning kereru that adorns the back of it. The pataka kai is a valuable resource for our community to share excess produce as well as contribute homemade preserves, and some pantry staples, that help support others who are less fortunate. We welcome all our community members to make use of this facility.



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# Home Educating Whanau Group

Residents of Pahi may well have noticed that every second Monday the sound level of the area increases, from a lively informal group who have been meeting at the Pahi Hall.

They are made up of home educating families drawing widely from across the Kaipara, out to Bream Bay in the East. They meet to connect, socialise and learn about different fun topics - the week in the pictures was 'Exploring Sound.'

Every other Monday they meet at a different location, previously it has been as varied as an alpaca farm, a honey bee operation, and a pottery class. If



you home educate kids of any age and are interested in joining, it is very casual and koha based. You can find information on Facebook, in the group 'Homeschool Curious'.

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## Spring into gardening

To date, with the drier than normal start to spring, the soil is showing signs of drying up and warming a bit.

Cultivate vege and flower garden, apply manure and mulch ready for sowing and planting early producing veges and flowers. Mulch (placed in and around plants, shrubs and trees) resembles a multivitamin which feeds the soil to promote more vitality in plant and tree growth, conserves water, cools plant roots and helps to smother weeds over the coming summer months.

Get an early start to beans, sweetcorn, pumpkins etc by putting seeds between wet paper towelling in the hot water cupboard to sprout before planting in pots ready to plant out. Flower seeds can be directly sown into pots to be ready to plant out as and when conditions are suitable.

Any perennials not autumn pruned can be done as soon as new growth appears to keep the plant in its seasonal cycle. Also prune plants that bud on new growth - cutting the dead stems off will also bring them out of their dormant stage.

Give garden tools a face lift by removing any 'caked on' dirt and scrub (a 'scotch brite' pad works well) to remove any rust. Then apply a light coating of oil on the metal parts and sharpen before storing in a bucket of sand until required.

Companion plantings (see below) that are intermittently spaced amongst and around the garden edges of vege seedlings attract beneficial insects including bees, beetles, lacewings, dragonflies, hover flies and 'braconid wasps' which eat many of the garden pests.

A few varieties of these plants include:

**PYRETHRUM** - yellow-centred flowers contain pyrethrum which acts directly on the nervous system of insects such as aphids and mites.

**CALENDULA** - good companion plants for brassicas which attract beneficial insects.

**MARIGOLD** - attract hoverflies and parasitic wasps which help to repel nematodes in the soil (plant in a solid block and at flowering chop and turn under the entire crop)

**BORAGE** - grow this herb in orchards and around strawberry plants to attract bees.

Jan R



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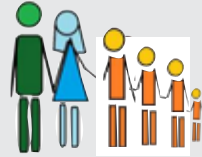
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From our family to yours  
And now for something  
completely unrelated...



\* A friend of mine tried to annoy me with bird puns, but I soon realized that toucan play at that game:

\* I can't believe I got fired from the calendar factory. All I did was take a day off. I used to be a banker, but then I lost interest. Most people are shocked when they find out how incompetent I am as an electrician. Cleaning mirrors is a job I could really see myself doing.

\* I bought some shoes from a drug dealer. I don't know what he laced them with, but I've been tripping all day. I was addicted to the hokey pokey... but thankfully, I turned myself around. I also used to be addicted to soap, but I'm clean now.

\* I'm reading a book about anti-gravity. It's impossible to put down. To the mathematicians who thought of the idea of zero, thanks for nothing!

\* When I get naked in the bathroom, the shower usually gets turned on. If 4 out of 5 people SUFFER from diarrhoea... does that mean that one enjoys it?

Find some joy this September, and remember to smile!

Jenny



**LIGHTS ON**  
in fog or rain



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## HEY, KIDS ...

### Spring into September!

September 23rd is the **Spring Equinox**, the point of the year where the days and nights are nearly equal in length. This day celebrates the return of the sun as we move towards Summer in the Southern hemisphere, a day celebrated as a turn towards Winter in the North. Perhaps because we are "down-under" the world we are a bit upside-down celebrating Easter in March?

The Spring Equinox is a time of new life - hence eggs and baby animals - and to celebrate this we've got some great ideas for the whole month!!



**Spring Clean!** Impress your family by tidying up - anything you no longer play with, or wear, could be donated to other people who really need it.

**Plant new life!** Preparing for the A&P Show, now is a good time to plant your giant pumpkin seeds for the competition, or any other vegetables. For now, best to keep plants under cover or even inside at night to protect them from the last of the cold weather.

**Get outdoors!** Longer hours of sunshine mean more time to play outside!

**Project!** Think ahead to the coming warmer months, and plan a project that you would like to accomplish before the Autumn Equinox (March) - perhaps building a hut, learning a new skill, instrument or language!

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## Science Corner



# Aluminium

**Why we should recycle drink cans and not throw them on the roadside, or even in the bin!**

### WHAT IS ALUMINIUM?

- \* An extremely versatile, strong, lightweight, flexible, corrosion resistant and non-magnetic metal.
- \* It is the most common metal in the earth's crust but is never found as a pure metal but always as a compound with other elements.
- \* It is found most commonly in igneous rocks or broken down further in clay. The ore bauxite from which alumina is refined. It takes 4 tonnes of bauxite to make 2 tonnes of alumina. This then has around 425 kgs of carbon added and is heated in a smelter to 960°C. This process uses about 14,500 DCKWh of electricity to make 1 tonne of aluminium.
- \* An aluminium can takes 500 years to break down in landfill.



- \* Making cans from recycled aluminium uses 95 percent less energy and creates 95% less CO2 emissions than making new ones.
  - \* Tiwai Point aluminium smelter in Bluff uses 13% of NZ's electricity and the amount of energy saved by recycling one can would run a TV for 3 hours!
- That doesn't take into account the amount of energy- not just electricity, but fuel for machinery- used in mining and transporting the raw materials used to produce aluminium.
- \* Only about half the aluminium cans used every year are recycled, even though they can be recycled indefinitely. BMW & Jaguar are even making electric cars from recycled aluminium!
- When we drive around the country we see hundreds of cans (and other things) on the side of the road. Is this a waste? Should we be recycling these items so we don't use so many of the earth's precious resources?
- If we don't want a new landfill in the Dome Valley, should we make less "rubbish" and recycle more?

Something for you to think about.

Stella

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**OUT & ABOUT AROUND TOWN**

**Our condolences** to the family and friend of Graham Carney who passed away recently (see Arty farties article pg 13).

**Keep a note** on your calendar not to miss St John's annual 'Trash & Treasure' sale in the school holidays week Sept 28-Oct 2 at Maungaturoto Hall (see notice on front page).

**The next Paparooa Connections** group meeting on Sunday 11 October, 5pm, Paparooa Sports Pavilion will be followed by a pot luck dinner. Bring some dinner and desert to share. Any queries contact paparooa.connections@gmail.com

**The Community Dinner** planned for August was postponed. However, it will be happening - once we get back into Alert Level 1- and hopefully near the end of September. Watch the changeable sign and Facebook Proudly Paparooa for the new date.

**Paparooa Farmers' Market rocks** when there is live music. Do you know anyone who would like to spend an occasional or regular paid Saturday morning making

music? For more details call Graham 027 475 4490.

**Two AGMs coming up - both on 14 September!** Paparooa Community Library at 4pm. (details pg 11). Hall Committee at 6.30pm (see below).

**Hospice Kaipara** are holding more 'Living well with Grief' support sessions (see the notice page 3 for more details)

**Arty Farties** would love to see you at their **Spring working bee** on Saturday Sept 19 from 1 pm. Come along and support these hardworking volunteers

**A Compost and Seed Raising** workshop is on Oct 4th at Arty Farties gardens. Open to all interested gardeners (or want-to-be gardeners). See pg 13.

**HOOK, LINE & SINKER**

Fishing has been quite mediocre lately.



The tides have been very high, with only a few kahawai and snapper being caught close to Pahi and there have been no sign of any gurnard for a while now.

Here's hoping for better fishing on your next trip!

Happy Fishing

**Paparooa War Memorial Society Annual General Meeting**

**Monday 14 September 2020, 6.30pm**

Everyone is welcome to come along  
This is a good opportunity for new community members to join our enthusiastic and friendly group.

**New Zealand Native Bees**

No they don't produce honey, but are important pollinators for many plants. If you like to wander your garden admiring the spring flowers coming out you may have noticed these little tiny bees on the flowers on your daisy bushes or calendulas. There are 100s on my flowers. These little insects are nonaggressive and rarely sting but can/will, if under duress, so be careful.

**FACTS**

- ✿ NZ has 28 different species mainly grouped into 3 families of native bees
- ✿ 27 of these only occur in NZ (endemic)
- ✿ They generally nest in a cluster of small holes in undisturbed ground. One family per hole.
- ✿ Each female lays 3-10 eggs then dies. The eggs hatch and the females go on to build their own nests.
- ✿ They are not affected by varroa mite.
- ✿ Their range from the nest is only up to 100m.
- ✿ They forage for pollen on native trees but have adapted to feed on kiwifruit as well as many other species.



✿ Many of our native bees are under threat from intensive farming practices, competition from introduced honey bees, loss of habitat and natural cycles.

Have a look in your garden and see if you have them or plant some bee-friendly native plants to attract and help preserve them.

If you want to learn more go to:  
[www.fortheloveofbees.co.nz](http://www.fortheloveofbees.co.nz)



Stella

**WHAT'S ON - SEPTEMBER 2020**

**The Kauri Museum** open 7 days, annual passes available for Otamatea residents  
**Ngā Taonga, Te Hononga Tāngata** - The treasures that bring our people together  
**Creating with Kauri Exhibition** - Jewellery - 12 Jun-30 Sept  
**Photography & National Poetry Day Competitions** - school students' performance 25 September

**Paparoa Library AGM** 14 Sept 4pm Paparoa Library  
**Paparoa war Memorial Hall AGM** 14 Sept 6.30  
**Paparoa Community Dinner** August was postponed - September date tba  
**St John Trash & Treasure** 28 Sept- 2 Oct Maungaturoto Centennial 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  
**Arty Farties** Thur/Fri/Sun at the Community Gardens Sundays 10am to 2pm;  
**Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 431 6822  
**Exercise to Music** Tue 10.30am Paparoa Hall \$5 Ph Rose 431 7418  
**Farmers' Market** Every Saturday 9-Noon, Village Green, Graham 027 475 4490  
**Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Mgto  
**Kaipara Marching Team** Weds 4-5.30pm, Mgto, Ph Rose Plunkett 431 7418  
**Line Dancing** Thurs 10am-noon Paparoa Hall Ph Rose 431 7418  
**Mainly Music** Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520  
**Matakohe Garden Circle** 1st Weds each month, 1pm, J Mackinnon 431 6689.  
**Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm  
**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 Tina 431 7411  
**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** 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 1 Jan 28 - Apr 9, Term 2 Apr 27- Jul 4. 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** 10am Wed, 4pm Sunday, Maungaturoto  
**Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822  
**Tennis** Mid week - Wed 9.30am Ph Sue 431 6224, Pete 431 6822  
**White Rock Gallery** Open at The Kauri Museum 7 days 11-3pm ph 021 0267 8241  
**Yoga Chair Yoga** - Tuesday 10am Paparoa Sports Pavilion  
 Monday: 6pm Mgto Centennial Hall; Tuesday 5pm Matakohe Hall  
 Thurs 10am Mgto 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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 5893 or 09 4316880

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**LOCAL TIDES for September 2020**

SEPTEMBER TIDES - CALCULATED for PAHI-WHAKAPIRAU					
DATE	LOW	HIGH	DATE	LOW	HIGH
1st	16.28	10.39	17th	16.40	10.46
2nd	17.05	11.17	18th	17.24	11.31
3rd	17.40	11.52	19th	18.08	12.15
4th	18.13	12.24	20th	5.50	13.00
5th	6.34	12.58	21st	6.35	13.45
6th	7.07	13.27	22nd	7.21	14.34
7th	7.39	14.01	23rd	8.09	15.28
8th	8.14	14.37	24th	9.00	16.32
9th	8.54	15.19	25th	9.58	17.50
10th	9.41	16.13	26th	11.07	19.13
11th	10.41	17.23	27th	14.40	8.48
12th	11.53	18.41	28th	15.39	9.50
13th	13.09	7.05	29th	16.26	10.38
14th	14.14	8.12	30th	17.05	11.18
15th	15.08	9.10			
16th	15.55	10.00			

**Community Directory**

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

**COAST TO COAST HEALTH CARE**

Maungaturoto Medical Centre: 8am-5pm Mon-Fri .... 09 431 8576  
 Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222  
 For urgent after hours medical service (Wellsford)..... 09 423 8086  
**DISTRICT NURSE** Dargaville Hospital ..... 09 439 3330  
 Healthline - 24 hour service..... 0800 611 116  
**HOSPICE KAIPARA** Dargaville Hospital ..... 09 439 3330  
**KAIPARA DISTRICT COUNCIL** Helpline ..... 0800 727 059  
 Mangawhai Office..... 0800 100 388  
**KAIPARA PHYSIOTHERAPY** Lyndsay Bargh/Lynne Rhodes... 09 4391656  
**LINKING HANDS** Health Shuttle Service, Maungaturoto. 09 431 8969  
**LIONS CLUB PAPAROA** Secretary Mark Pilkington ..... 09 431 7369  
**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. Contact .....Jas 022 678 1474  
 Tuesday and Thursday 10am-4pm  
 Saturday 9.30am-12midday  
**PAPAROA PLAYCENTRE** ..... paparoa@playcentre.org.nz  
**PAPAROA PLUNKET** .Plunket Nurse Louise 027 2823987 or 09 438 2508  
**PLUNKET** Helpline ..... 0800 933 922  
**PAPAROA PRIMARY SCHOOL** ..... 09 431 7379  
**PROGRESSIVE PAPAROA INC (PPI)** .....Graham Taylor.... 09 431 7209  
**PARENT PORT Inc.** free help for families Linda ..... 09 425 9357  
**PODIATRIST / FOOTCARE** Jayne Short ..... 022 542 0477  
**YOUTH & WHANAU FOCUS** South Kaipara, Rose ..... 09 431 7418

At the market ...

## Willow Valley Soaps



Ann and Ian Hunt of Maungaturoto have recently started bringing an amazing array of goats milk soaps, shampoo bars and goats milk moisturisers in the name of Willow Valley Soaps to the market. Patterned with all colours from the use of organic powders, and the products look good enough to eat.

The Hunts have their own little goat herd milking the goats and Anne is kept busy keeping up with production. Of note there is a selection of gift ideas- especially designed for Father's Day. There's still time - see her this coming Saturday for that gift idea for your favourite Dad!



Remember the market is on every Saturday rain or shine. It's a great place to purchase quality local produce whilst enjoying a catch up with friends.

## Wood Pigeon at the Market!

This beautiful bird stopped many market goers in their tracks as he/she feasted on the new shoots of the kowhai trees in the garden border by the car park. The pigeon seemed unfazed by all the activity going on around it and there were many photographs taken!



## 5 Q's for local artist Laura Worrall

**Where are you from?** *Raetihi, though originally Auckland.*

**When did you become an artist?** *I always have been, but I have taken it seriously in the last few years.*

**When is your exhibition?** *4-10 sept to 23 sept, at Mangawhai Artists Gallery, 45 Moir Street.*

**What is your exhibition about?** *'Unearthed' is a duo exhibition with my partner Mike Hooton. It explores our connection to our natural surroundings and its beneficial influences. It will have a combo of oil paintings, watercolours, and sculptural ceramics.*

**What else do you like doing in your spare time?** *I like gardening, sewing and I'm also a crazy plant lady!*



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