



JUNE 2026

Budding gardener

A&P Show Trophy winner, Lillian Borger and her bountiful Paparoa, garden, will be featured in the June issue of the NZ Gardener magazine.

At the 149th annual A&P Show this past February, Lillian was awarded:

- the Jim Cliff Memorial Trophy for most entries in fruit and veggies (28);
- the Maud Redfern Memorial Trophy for most points in the indoor section (this did include entries in the baking section);
- the Doug Withers Memorial Cup for most points in horticulture sections;
- the Battensby Family Trophy for the most points in fruit and veggies;
- the Hector MacKinnon/Grow Paparoa Award for the overall biggest pumpkin, which weighed in at 28kgs.

Some of the winning veggies featured in the photos taken by professional Auckland photographer Sally Tagg.

Lillian's story, her love of gardening, and some of her gardening strategies,

have been written about by Mei Ling Wong assistant Editor, who got to enjoy Lillian's garden on a sunny day in March.

Rebecca



Lillian and Mei Ling surrounded by Lillian's giant pumpkin harvest.

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Customer Review



We can't thank David enough for helping us find our home in Maungaturoto.

From the very beginning he was professional, approachable, and knowledgeable about the local market. Nothing ever felt like too much trouble. He was always quick to answer questions and keep us updated throughout the entire process.

What stood out most was David's honesty and genuine care. Buying a house can be stressful, but his trustworthy advice and clear communication gave us confidence every step of the way.

We would highly recommend David to anyone looking to buy or sell in the area.

★★★★★
5 Star review



David Ayling

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ADVERTISING

Rate Card available by email
Booking & Copy deadline:
15th of month
Publication date 1st Wed of month

HarbourCare natives available for local planting

If you are looking for native plants to get in the ground this planting season, the volunteers of Otamatea HarbourCare Society (OHS) have good stocks available for sale.



Just over 10,000 native plants grown at the Station Road nursery have been sold already this year, but after a bumper growing season there are still plenty available.

Nearly 30,000 plants were

grown this year from locally sourced seed. Manuka, cabbage trees and flax make up the majority, as they are perfect for large scale regenerative planting. Several thousand Karamu and grass-like sedges have also thrived in the nursery. Plants are sold to farmers and lifestyle block owners in the area of the old Otamatea County Council, and via the Kaipara Moana Remediation scheme, which primarily assists landowners with more than 20 hectares of land to develop sediment

reduction projects that improve water quality in the harbour.

Plants are available for planting alongside waterways or erosion-prone land in the Kaipara Harbour catchment whether you have a large farm or a smaller block, (although not to satisfy a resource consent condition). For information on plants, eligibility, and prices, visit the Society's website <https://otamateaharbourcare.org.nz/>

Grant O'Neill

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KM Winter Series Art Exhibition



Closing date for applications: 6 July 2026

Delivery of artworks: 24 July 2026

Exhibition Dates: 7 Aug – 5 Sept

Exhibition opening: Friday 7 Aug 2026

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artworks in all mediums:

Painting, Drawing, Photography, Prints, Sculpture – Ceramic, Wood, Bronze, Pottery & Ceramic, Wood Turning, 2D or 3D Mosaic, Quilting, Jewellery and Mixed Media.

What you need to do:

- Complete an entry form and include an image or drawing of your artwork.
- We will contact you to confirm
- Delivery of artworks to us by 24 July 2026, no later than 4pm
- All artworks in this exhibition must be for sale and of a professional standard

For the entry form or more information, please contact:

Pat George KSM 021 2273095

Email foxhangerstudio@xtra.co.nz or info@kaurimuseum.com

All proceeds of this exhibition will go towards the care of the collections at The Kauri Museum.

At the market

Carolyn Littin is one of the newer stallholders at the Paparoa Farmers' Market, having started just a couple of months ago.

Carolyn grew up in Kaiwaka and Wellsford, so when her husband retired they were keen to move back to the north from the Waikato. They moved from a 25 acre block near Ngaruawahia and were looking for somewhere a bit smaller so they now live at Ararua in the old school, and instead of mowing all of the four acre section they plan to turn most of it into gardens.

At one stage they had about 1000 free range hens and they used to sell some of their eggs at a local market, so when they discovered that Paparoa has its own weekly market they saw it as an opportunity to meet some locals and sell some of their produce.

Carolyn started with herbs

as they are relatively easy to grow, and she now has a good range of herb seedlings ready for planting in your garden. More recently she has started growing a variety of microgreens which are nutrient-dense young vegetable greens typically two - eight cm tall. These are great in a salad or a sandwich and have high levels of vitamins, minerals and antioxidants, so they really are good for you!

Longer term they plan to grow vegetables and flowers too and will have a roadside stall, so watch out for Old School Farm if you're heading out the Ararua road.

In the meantime Carolyn noticed that we have lots of dogs visiting the market every week, so she has come

up with some baked treats for the canines with salmon and tuna flavours. These are not only delicious for the dogs but nutritious too.

Next time you're at the market be sure to say hi to Carolyn and pick up some microgreens or herbs and maybe a tasty treat for your favourite canine!

Pete



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We need all advertising material by the 15th of the previous month and all editorial copy by the 20th. We cannot guarantee the publication of any material received after these dates.

While we always welcome editorial content we reserve the right to decline or hold over any articles outside our regular columns.

Opinions expressed in Paparoa Press are the author's own and not necessarily those of the editor or Progressive Papaora Inc.

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Paparooa School news

Our students dived headfirst into innovation and sustainability this month during the Rethink Workshop. This hands-on experience challenged our tamariki to look at the world around them differently, encouraging critical thinking about waste, resourcefulness, and the environment.

All three classrooms took part, bringing along old T-shirts to upcycle into reusable bags. Students learned about keeping materials out of landfill and finding creative ways to reuse everyday items. This learning also connected beautifully with our

Wearable Art programme, where students are recycling and upcycling materials to create their costumes.

Last week was Support Staff Day, and the Paparooa School community paused to recognise the absolute champions of our school. From our dedicated teacher aides and administration team to our hardworking property staff, support personnel, and volunteers, these individuals are the backbone of our daily operations. Students and teaching staff showered them with well-deserved appreciation, cards, and morning tea. We simply could not do what we do without their endless patience, care, and hard work behind the scenes.

The classrooms have been buzzing with persuasive arguments and captivating storytelling as our senior students began creating and practising their formal speeches. Public speaking can be a daunting task, but our seniors have risen to the challenge beautifully. They have been learning how to structure compelling arguments while practising

their delivery, pacing, and eye contact. We are looking forward to finding out who will earn the opportunity to represent our school at the upcoming annual Paparooa Lions Speech Competition.

Finally, excitement is building as the school officially begins its Wearable Art journey! This month, students started exploring how everyday recycled materials can be turned into creative and eye-catching costumes. Ideas are already beginning to take shape, with students beginning to work on their designs and planning on how to bring their creations to life. The school is buzzing with imagination and creativity, and we cannot wait to see the finished wearable art pieces, ready for our show in Term 3.

By the time the Press is delivered to your letterbox, our Year 5 & 6 students will be on camp down in Hunua. We are crossing fingers this stunning weather sticks around for us, we have some very excited students looking forward to a week of adventure.

Karyn Taylor
Principal
Paparooa School

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OCS June News

Hello everyone - we hope you are keeping warm and dry.

Things are ticking along well here as everyone keeps really busy with new and existing projects, providing our core services and maintaining our open-door policy.

Mike's Dancing Dollars group and more volunteers have been super busy at the Community House, building raised garden beds to grow food so they can make up their own menus using their 'own-grown' produce. For many months they have shared recipes and menus to prove that eating tasty, healthy meals are a possibility on a limited budget. It is exciting to see all that planning move into the building of gardens that are almost ready to plant.

We continue to help the many people coming through the doors seeking one or other of our services. It is so rewarding to be able to help, and we are fortunate and proud to have the training and resources at hand to provide these professional services at no cost.

Our calendar for June is as follows:

Letters from The Old Post Office...

Food, glorious food

As the night draws in and fires are lit my mind tends to dwell on indulgent things. Mainly food, as sex, drugs and rock and roll seem awfully strenuous and may involve not wearing enough clothes and getting chilblains on exposed extremities. Can you get chilblains anywhere except toes and fingers? Food for thought.

Some nights I gather the cookbooks and peruse them for ideas. I can get quite excited about foreign ingredients such as sumac, gold leaf, saffron, woad, toe of frog (can frogs get chilblains?) newt etc. However, as some one or other said "I read recipes the same way I read science fiction. I get to the end and I think, "Well, that's not going to happen". Enthusiasm wanes after reading instructions to strain things through old socks, and puree tubers until they stream like silk ribbons onto plates, and garnish with finely grated fingernail.

Instead, I revert to what the beloved offspring refer to as "Sludge". A wholesome one pot mixture that was a family standby when hungry little piggies gathered at the cold and empty trough. I would

whisk up the white sauce, the odd lump soon disguised by whatever seasoning I could dig out of the fridge. It was very old that fridge and iced up constantly. (The neighbour once came and water-blasted it out.) A bit of dried out onion, an old carrot, perhaps a tin of tuna if we were lucky, all masked with a strong cheese. I would cut off the blue bits for the dog, he always had a wound or two that the penicillin seemed to sort. Anyway, it was cheap, quite filling and no one died or got rickets or scurvy, so a win win really.

Virginia Woolf once wrote that, "One cannot think well, love well, sleep well, if one has not dined well." And I would like to concur, but it is hard to judge the first two points for one-self, although, the last point is easier. Ironically,

it would seem by Virginia's ending that she can not have dined well for some time.

On that note I will remove myself to the kitchen and make some toast or else I too may set about gathering stones.

Bon appetit
Deb



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MCC **Movie Night - Saturday 20th June \$10**
All welcome - Ages 16+ (16-17 year olds must be with an adult)

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Movie starts 6:30pm / Kitchen & Bar from 5:30pm / order meals before 6pm

Free shopping trip to Whangarei in the van: Tuesday 9th and Wednesday 24th. The van leaves the Maungaturoto Retirement Village parking area at 9am and returns after lunch. You can do your shopping, meet friends, have a coffee or just go along for the day out, all with no cost, no parking and no traffic worries.

Every Tuesday Victoria provides **free meals at the Community House**, from 12 noon. All welcome. There is a selection of free clothes for all the family to have a look through too.

Every Wednesday **Mike's Dancing Dollars** meets at the Community House from 11 - 1. All welcome to share your ideas for tasty, economical meals on a low budget. See the new garden beds taking shape.

AA meets on Monday evenings. **500 group** on Wednesday evenings and the **Board Game Club** on Thursday evenings.

For more information about these and anything else about OCS, phone us on 4319080.

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My two cents worth

It is finally crunch time for local authorities - the Government has stopped waiting for district and regional councils to take the hint and bluntly stated that either they all merge into unitary councils (which would include both district and regional council functions) or the Government will do it to them.

This seems to be based on the assumption - not based on evidence by the way - that larger units of government will be more efficient and save costs for ratepayers. The trade-off will likely be a loss of representation at the local level. Apart from local government tragedies like me, I

think most people are more excited by the size of their rates bill than just about anything else related to their local council.

My starting point is that government should serve the people, not the other way round, and that the principle of subsidiarity should guide the reform process. Surely that was what the National Party was referring to when it used the term: "localism" in its last election campaign. This means making decisions closest to the people most affected by, and responsible for them as long as they are competent to do so.

Funding of local government activities should be a key issue; it does not appear to be addressed as part of the reform package. You might ask your local MP why this is so. While you're at it you could ask them if the Government would be prepared to promise not to add responsibilities to local government without providing the funds to implement them. This would address an existing problem. This principle should be applied to funding of the Government's current reforms such as RMA and Local Waters Done Well (although I believe some assistance has been provided for the LWDW programme).

In my presentation to the Kaipara District Council at its February meeting I proposed a simple solution for a new structure for Northland which would give a single strong voice for this region as well as the opportunity

for local voices to be heard on local issues. That is, the four Northland councils are replaced by a Northland District Council (or Northland Council for short).

The new council could have local boards based on regional council ward boundaries, and as local boards they will have clearly defined functions and budgets to support those functions. The new Northland district councillors will be members of the local boards, and act as the conduit between regional and local functions. The division of functions between the council and local boards would be by allowing decisions to be made by the people closest to, and most affected by, and responsible for them as long as that is within the scope of their competency.

I have since had a further thought: What about instead focussing on unifying council "back office" functions in a central secretariat, and leave the "front of house" largely intact so that the current levels of representation could be retained, in principle at least.

The three month period of grace for councils to come up with a solution does not give much opportunity for your council to have a discussion with its citizenry about options it may be pursuing, and to find out people's preferences. This is something which you might like to talk to your local councilors about. I dare you.

Mark Vincent
Whakapirau



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Maungaturoto and Districts Rotary

May was dedicated to Youth in Rotary and our Club was involved in a number of activities that provided an advantage to the youth in our area.

On a continuing basis, we are offering Driver Mentoring to those who have their Learners Licence and want to sit their Restricted. We are providing approximately 12 free lessons to these people to ensure they are well prepared for sitting their licence. I am grateful to the two mentors we have, and if you believe you might be able to help us out in this way, please get in touch with me as we always have students waiting to have lessons.

As mentioned last month, the Interact group from the Otamatea High School visited Riverview Resthome where they were able to play Bingo with some of the residents. This interaction benefits both parties as it helps to break down the generational gap. There have only been positive comments from the students after these visits.

I was able to attend the Interact Conference at Macleans College in Auckland.

Unfortunately, because of other commitments our students couldn't attend. Ten schools were represented by their Interact groups and I was able to learn more about what type of activities they undertook, which will be shared with our group. The short afternoon session required each school group to come up with a problem they could solve and the method of doing this. As an aside, Macleans has 3,000 students, covers a large campus and has a fantastic view out onto the Harbour. The Principal is Steven Hargreaves (son of Tony and Lindsey).

We also supported a large group of Year 12 students from Otamatea attending a RYDA course (Rotary Youth Driving Awareness). This course provides six interactive sessions where the students have to think about goals, plans and strategies when they are driving.

We have heard from Penny, our sponsored student who is in Argentina. She and a fellow exchangee from Slovakia, were interviewed by the Opinion Newspaper. It would seem that all aspects of Penny's stay in that part of the world have been very positive.

We are fortunate to have so many options offered by Rotary that positively impact our young people.

At the moment, we are meeting fortnightly, but not always at the hall, so if you are interested in joining us, please get in touch with me on 021 142 0357.

Eileen



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Mary Poppins Junior

This will be performed at **Otamatea Repertory Theatre** in Maungaturoto from the **10th to 19th July**- please check the website at **www.ort.org.nz** for full details.

We presented Chitty Chitty Bang Bang Junior last year which was not only a huge success (sold out for each performance), but was also a fun-filled way to showcase the talent for performing that the children of this area possess in bucketfuls!

Rehearsals for Mary Poppins Junior are well underway and with the tireless efforts of Peter and Maura Flower, Alex Harris, Caragh Holtzhausen, Ron Bouwhuis, Stephen Seager and Britt Bray (adults giving up their time), Mary Poppins Junior promises to be another show not to be missed!

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White Rock Gallery

We are delighted to introduce four new 'Gallery Friends' who've recently joined our supportive circle: Daphne Ilton, Lynda Cooper, Marie Wimmers, and Ali Crabb. Their support is invaluable to us, and we are truly grateful to have them on board.



Jewellery Artists and Visual Artists Wanted

White Rock Gallery is actively seeking new artists to join our creative family, with a special invitation extended to jewellery artists and painters. If you are passionate about showcasing your work and engaging with a community that appreciates artistic endeavour, we would love to hear from you.

Our Autumn Exhibition launched April 1st and the gallery is brimming with excitement and a fresh look. In addition to paintings and crafts, we also stock a great selection of amazing alpaca wool and knitted products from Valerie Bushell of Silverhill Alpacas.

As the weather cools, this is an excellent time to visit the Gallery - combine it with a visit to the Gumdigger's Café for great coffee and excellent food.

We are located at 5 Church Road, Matakohē, in the Post and Telegraph Office, next to the Kauri Museum and we're open 7 days 10am-4pm.

There's something for everyone.



Need something to do on a cold wet evening?

Solution: Go on a mission to find any old Paparoa show photos.

The older the better so raid your parents', aunts' and neighbours' photo albums to find any photos from the show.

Labels of who and when would be good if possible because we are hoping to display them at our next show.

We haven't quite sorted the best way to get them to us yet but I'll figure that out by the next edition and let you know!

Janine



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BOOKS AND BOOKCLUBS

Talking Books. Not talking about books, but listening to "Talking" Books. I first tried listening to one, some years ago and didn't enjoy it. Whether it was the reader's voice or that I wasn't really into the story I couldn't say, but I didn't bother again until a few months ago when I needed to rest my eyes from too much reading, knitting and close work. This time the book itself, the second in "The Bookshop Detectives" series, "Tea and Cake and Death" by Gareth and Louise Ward, really captured my attention. You may remember that the authors own a real Bookshop in Havelock North and their stories are based on their own life plus an added murder or two... or three! In the novels the husband and wife are ex-British Police Officers, hiding away in New Zealand from a psychopathic killer. While dealing with the daily dramas and deadlines involved with running their bookshop, they are caught up in solving local murders. The chapters are written alternately by the husband then the wife, and the narrators of the audio book are also male and female. The thing with just listening is that one is inclined to fall asleep, great for a bedtime story, and I soon learned to download a section at a time so that it wasn't too tedious trying to find the place where I first dozed off. The pronunciation of Maori words and place names was hilarious, but apart from that, I enjoyed the experience enough to try it again.

This time "Where the Crawdads Sing" by Delia Owens. I expect that most of you avid readers and Bookclub members will have read it when it was first published, as it was a huge hit, but I put it on my "To Do" list and only caught up with it when it appeared in the audio section on my phone app. It is definitely a "highly recommended" in any form. Anyone I have mentioned it to absolutely loved it, the movie version as well. Basically, it is the life story of a girl who grew up alone in the swamps of North Carolina, uneducated except by nature and experience, so it is a tale of solitude and hardship. It is also a love story, a murder mystery, a collection of poems, a scientific/botanical revelation of the flora and fauna found in estuary marshlands and breathtakingly beautiful descriptions of sun, sea and sky. The narrator this time had a Southern Drawl, which went perfectly with the setting. I am a very fast reader, and became a little impatient with the time it took to get through it, but I was entranced nevertheless. I will read the written version sometime and compare my reading style with the one I listened to. I intend to find the movie too and complete the set.




Another one most Bookclubs will already know is "The Little Paris Bookshop," by Nina George. The "shop" is actually a barge moored on the River Seine owned and run by a "Literary Apothecary". A middle-aged man who can prescribe the exact book that you need to read right now to cure whatever it is that ails you. He is not so good at sorting himself out, and after twenty years of non-life, he ups anchor and sets off cruising the canals of the south of France,

collecting an interesting group of writers and literary people along the way. It made me want to cruise with him and enjoy the beauty and peace of the countryside. It is not so much a love story as a story about love. All the love we carry inside us but are too afraid to look at. When did you last consciously think about how the air feels on your face? Or savor the scent of sand dunes? Or gaze in wonder at the stars? This novel puts you in touch with your soul again.

Anne Bate




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Paparoa nurse working with medical missions

My name is Jenny MacDonald, I am a British trained nurse specialising in Surgical Nursing, primarily as a Scrub Nurse and Surgical Assistant. I worked in Saudi Arabia during the Gulf war for the military and that gave me the opportunity to work with Medical Missionary Teams. These medical missions require you to achieve the best outcomes with limited resources and under challenging working conditions.

Operation Restore Hope and Operation Smile

I have worked with these two charities as a medical missionary, carrying out surgical procedures for underprivileged children in the Philippines and Vietnam for the last eight years. Both charities provide great

service in these countries and use international teams to carry out surgical procedures in challenging working conditions. Most of these children are born to mothers who don't have access to good food with the vitamins and minerals necessary for the healthy intra utero development of their babies.

Operation Restore Hope

A not-for-profit, non-governmental, non-sectarian charity that surgically repairs cleft lips and palates for underprivileged children in the Philippines.

The charity was conceived by renowned Cosmetic Surgeon Dr. Darryl Hodgkinson in 1992. ORH's purpose is to correct cleft lips and palates, facial disfigurement and other deformities for those who, without the donation

of services, would remain untreated and permanently disadvantaged.

Our Mission

We currently send a team to the Philippines each year and much of the operating room equipment we use during our time in the Philippines is brought with us from home and/or donated.

The team I work with are international, headed in New Zealand by Dr Tristan De Chalain, a plastic surgeon. We travel with a group of plastic surgeons, anaesthetists, anaesthetic techs, theatre and recovery nurses, admin staff and other volunteers.

The team meets once a year at our chosen location with fellow medical and nursing staff travelling from Australia, England, Germany, United Arab Emirates and America. We aim to complete 80 surgeries during our week of operating.

The local medical team and volunteers go out to the provinces before we arrive, letting patients know free surgeries will be available. We provide transportation and accommodation for the patient and one family member, as well as post op



medication and follow up care from the local team of doctors.

ORH is well established and has provided over 20 years of medical missions.

Operation Smile

An international medical charity that has provided hundreds of thousands of free surgeries for children and young adults in developing countries who are born with cleft lip, cleft palate, or other facial deformities. It is one of the oldest and largest volunteer-based organisations dedicated to improving the health and lives of children worldwide through surgical care.

OS came to Vietnam as part of the normalisation process between Vietnam and America. Since its inception in 1989, OS has provided more than 75,000 free screenings and medical treatments to Vietnamese children and families,



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bringing them new lives, hopes, and dignity. The organisation also helps to train thousands of in-country medical professionals for future self-sufficiency.

My experience of OS was slightly different to my experience with ORH. When working with ORH we focus on cleft palate repairs, but no patient is turned away if we have the resources to help.

What I found in Vietnam were patients presenting with the effects of agent orange, such as congenital birth defects, extra digits, or lack of digits such as bird feet. We treated all the patients as best we could with positive outcomes.

OS is American led, so they provide equipment, instrumentation and consumables. This can be beneficial as there is less prep required than with ORH, where our preparation begins in December. There's the collecting consumables, sutures, drugs, instruments,

additional equipment, and contacting staff from previous missions to see if they're available.

All the medical/nursing professionals and volunteers give freely of their time and expertise. They give up two weeks of their vacation time to improve the quality of an underprivileged child's life forever, which is incredibly rewarding.

Children with cleft palates fail to thrive as they are unable to suckle, need to be spoon or droplet fed, tend to be underweight for their age, and are also more susceptible to illness and disease. They may also be ostracised as they grow up due to speech impediments, and suffer from ear and nose infections which holds back their education and future employment opportunities.

Tristan De Chalain is a great advocate for giving what you can to help your fellow man. He is the driving force behind ORH New Zealand. Tristan is the one at midnight who,



Jenny (left) and her team

when we have all scrubbed and operated from 7am in very hot temperatures with no air conditioning, says we can squeeze in one more operation. He really wants to give all he can and I have huge respect for his contribution over the last 27 years, apart from 2020 - 2023 when there were no missions due to covid.

Our next mission is already being planned and will be in Vietnam.

To make a donation to Operation Restore Hope:

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If you would like a donation tax receipt, please e-mail Lauren.dechalain@xtra.co.nz, with the amount and date of the donation.

Jenny MacDonald

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From our family to yours

'Tis theatre time again



We have had children involved with the Otamatea Repertory Theatre for over ten years now, in youth theatre, junior productions, one act plays, singing lessons and full productions. I have nothing but good things to say. It's been fantastic for our kids confidence, and as a great hobby. What an amazing asset the Repertory is for this community!

So when Mr 15 declared this would be his final season (coming up in July, you can spot him as George Banks in Mary Poppins Jnr) I thought it could be all over... 'til Mr seven started asking when he was able to join! We could still be there in ten more years - quite easily if Miss two and the next nearly born one get involved.



And me, yes I heard you (NOT) asking, have I been seen on stage? As a closet extrovert I've managed to tread on the boards a few times, and I wouldn't hesitate to do it again. It is quite an addictive experience, not that I rate my skill in singing or acting as particularly high, but I enjoy it nonetheless.

What am I saying? Get involved. Get out of your comfort zone. Get off your couch and get tickets for Mary Poppins. That is all.

Have a wonderful June.

Jenny

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Bowel Cancer in New Zealand

Common but treatable
Bowel cancer is one of the most common cancers in New Zealand, yet when found early, it's highly treatable.

Can affect anyone
Anyone can get bowel cancer, at any age. It's important to know the symptoms and get to the bottom of anything you're experiencing.

Bowel cancer isn't always genetic
Many people diagnosed with bowel cancer have no family history of the disease.

Bowel cancer is one of the most common cancers in New Zealand.
But when found early, more than 90% of bowel cancer cases are treatable.

Learning the symptoms and what to look for can help save lives.

COMMON SYMPTOMS CAN INCLUDE:

- Changes in bowel habits
- Blood in your poo
- Ongoing tummy pain or discomfort
- Unexplained weight loss
- Unusual or ongoing fatigue

If something doesn't feel right, don't ignore it.
Talk to your GP. It could be nothing serious, but it's important you get to the bottom of it.

Use the online symptom checker!
Learn more about bowel cancer symptoms and when to seek medical advice.
Scan here or visit bowelcancer.org.nz/symptom-checker

Wilding pines - the threat is real

More than a quarter of Aotearoa New Zealand is at risk of being smothered by wilding pines - including ancient native landscapes, unique biodiversity and productive soils for high value sustainable land use.

Wilding pines refers to the self-seeding of several species of conifer - including firs, larches and pines - that spread widely and grow faster than natives. The worst is *Pinus contorta*, an unwanted organism in New Zealand.

In the right place, planted and well-managed conifers offer shelter and opportunities for recreation and income. Wildings are a pest infesting farmland, native ecosystems and sensitive water catchments. Unlike well-managed plantation forests, wilding pine infestations are rarely a usable resource. They increase the intensity and hazard of wildfires, smother native undergrowth, and reduce available ground water. Wilding pines are trees which have self-seeded and are growing where they are not supposed to be - they are the wrong tree in the wrong place.

Unlike commercial forests, wilding pines are weeds. In fact, wilding pines are the plants which pose the biggest threat to New Zealand's unique environment. They are as much of a menace to our environment as stoats, rats and possums.

Wilding pines overwhelm our native landscapes, killing native plants and forcing out native animals.

They grow very densely - taking the sun, water and nutrients other plants need and then quickly become the dominant species. Unlike native New Zealand bush - where a wide variety of species exist together - wilding pines produce forests which largely support only other wilding pines.

Once wilding pines start to produce cones, the seeds are quickly and effectively spread by the wind, leading to a rapid increase in the number of trees. This increase means more seeds and so the area of land infested by wilding pines increases very rapidly. Wildings have rapidly infested

New Zealand since the 1970s and grow so fast, they rapidly overwhelm native and productive species. The loss of native plant species means that native animals, like kereru, which feed on these native plants, are also forced out. We must act now and remove wilding pines to protect New Zealand's unique natural environments and regional economy.

There is a large body of research into wilding pines which helped in developing the national wilding conifer management strategy.

We can control the spread of wilding pines and the National Wilding Conifer Control Programme brings New Zealanders together to tackle this significant national problem. This includes central and local government, local communities, researchers, industry, and private landowners. The programme has already carried out control operations on 3 million hectares, or just over 11% of New Zealand's most vulnerable land, and protected more land from being invaded.

Research predicts we could lose up to 7.5 million hectares of New Zealand to wilding pine invasion. This could have an economic cost of \$4.6 billion, due to the negative impact of wilding pines on primary production, biodiversity, hydroelectrical power generation and irrigation.

The Government has just pledged an extra \$79 million for the National Wilding Conifer Control Programme over the next three years, after cutting funding in the 2023/24 financial year from \$25M to \$10M per year.

Time to finish the job.





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What are chokos and what do you do with them

Chokos are an edible plant belonging to the gourd family, like watermelon, squash and pumpkin. They grow on vines and are native to Central America but now grow well in warm climates around the world, including here in New Zealand.

Chokos are green and pear-shaped with a slightly wrinkled skin. They are low in calories and a good source of vitamin C, vitamin B6, folate, potassium, and dietary fibre. They are also very low in carbs, so great for diabetics.

People sometimes describe the taste as a mix between



and chopped (to taste)
2 tablespoon oil
2 cups vegetable stock
½ teaspoon salt
½ teaspoon black pepper

Instructions

In a medium saucepan, heat the oil and add the onion, garlic and chillis.

Cook on a medium heat for 3-5 minutes until soft.

Peel and chop the chokos into small pieces along with the carrot and celery.

Add the chopped vegetables to the saucepan and cook for another 5 minutes, stirring occasionally.

Add the vegetable stock, season with the salt and pepper, then bring to the boil and cover with a lid. Simmer for 15-20 minutes until the chokos are soft.

Remove from the heat and allow to cool slightly before blending, with either a hand blender or upright blender, until smooth.

Return to the saucepan and adjust for seasoning. Reheat and serve.

Garnish with chopped spring onions or parsley.

a cucumber and a zucchini. The texture is somewhat starchy when raw but is tender when cooked.

Chokos sometimes get a bad rap, but there are plenty of recipes to convert the biggest choko sceptic into a choko lover. They can be added to almost anything and are great for bulking out dishes. Curries, casseroles, stews, soups, au gratin - even a fruit crumble. There are hundred of recipes and ideas online.

They can be boiled, steamed, roasted and fried as an accompaniment or even eaten raw, finely sliced into a salad.

They have very little flavour of their own so will take on the flavour of whatever you add them to.

Spicy Choko Soup Ingredients

2 chokos
1 carrot
1 stick celery
1 large onion chopped
2 cloves garlic minced
2 chilli peppers deseeded



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(Behind the Medical Centre)

Opening hours:

Monday & Wednesday 2pm - 4.30pm

Tuesday 10am - 1pm

Thursday 10am - 4pm

Friday 11am - 1.30pm

Saturday 10am - 12midday

Out of hours books can be returned to the returns box inside the door to the right at Skelton's Drapery.
Library Manager 09 431 7555 (During library hours)

A load of rubbish

Most of you do a good job and don't need reminding, but for some the simple task of putting out the rubbish is just too much to get your head around.

Collection days for the blue rubbish bags:

Tuesday - Pahi, Tinopai, Matakohe, Ararua, to and including Petley Road.

Wednesday - Paparoa, Paparoa Oakleigh Rd to Swamp Rd, Whakapirau.

Please note: all bags are to be on the kerbside by 8am on collection day. Do not put your bags out if the truck has been.

Some of you think it's ok for your rubbish to sit on the road for a week where it attracts rodents and birds. The hard workers collecting the rubbish do not need to have to scrape up your filth week after week. It's hardly rocket science and not difficult to show some consideration for others.

If you're not sure what your rubbish day is or where your nearest pick-up point is - ring the council and find out.

Collection days for the yellow recycling bags:

Tuesday - Pahi, Tinopai.

Wednesday - Paparoa, Whakapirau, Maungaturoto, townships.

What can be recycled?

You can put the following into the yellow bags:

- **Plastics** - recycling symbols 1, 2 & 5 only, please rinse milk bottles, remove lids
- **Paper** - magazines, newspapers, office paper, etc



- **Cardboard** - beer boxes, packaging, cereal boxes, etc (flattened)

- **Aluminium cans**

- **Steel & tin cans** - rinsed

- **Glass** - jars & bottles (remove lids) - **not** windows, lightbulbs, cookware, pyrex, drinking glasses.

If in doubt check on their website: www.kaipararefuse.co.nz

PP





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Science Corner**The small fungi world!**

No, not the fungi on cheese or stale bread or the nasty fungi on the courgette old leaves, but the cool interesting fungi growing in the bush (too many to count) or on a cow pat (Pilobolus).

There are only 150,000 species named and described as yet, but plenty more waiting for someone to find. It's estimated that there are over 3.5 million different fungi varieties in the world. If you are interested there is a new book just out "The secret Life of Fungi" by Jay Lichter - exploring NZ's micro marvels.

Fungi come in a huge variety of colours, sizes and shapes - blue, yellow, purple, red etc. Unlike plants they cannot produce their own food but absorb dissolved organic molecules using digestive enzymes into their environment. Their only movement is by growing bigger - except for their spores - some of which have whip like tails (flagella) which enable them to swim or fly. Fungi are decomposers ensuring nutrients are broken down for reuse - so are incredibly important in cleaning up the world. Fungi are more closely related to animals than plants!



Over 90% of plants are dependent on mycorrhizal symbiosis between plants and fungi, and this process improves photosynthesis in plants, which in turn increases carbon uptake, helping the planet! Apart from the use by humans as food mushrooms, truffles and drink, they have been used in the production of antibiotics since 1940s.



They are currently used in detergents and even in the control of weeds, pests and plant diseases. Fungi can breakdown building materials and even oil.

Fungi also have a down side causing food spoilage, plant diseases, animal and human diseases.

A few facts about fungi

The largest organism in the world is a fungus that covers 965 hectares. Armillaria ostoyae is estimated to be 2,400 years old and kills conifers in many parts of the US and Canada.

If you remove all the fungi from a forest it will die.

Some species of fungi can lift 400kg of asphalt.

Some Lichens (which are fungi) can fix nitrogen from the air in poor soil.

90% of all plants have fungal partners.

There are fewer fungi growing on the roadside next to high-speed motorways than on quieter roads. The emissions kill them.

Fungi can be very specific in their choice of hosts - one species only lives on the antennae of certain species of cockroach!

Fungi are a vital lynchpin in nearly all ecosystems.

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Maungaturoto Edible Village Project June date

Kia ora e te whanau, here are the MEVP happenings for June. We have a Pruning Workshop and a Figgy Bee- both will be at the Maungaturoto Centennial Hall.

If you're unsure about how to prune your fruit trees and don't know where to start, join the pruning workshop on June 21st, 2-4.30pm. Judy Keats is an expert gardener, permaculture designer and consultant. For bookings contact judy@greensister.nz.



If you have been watching the MEVP unfold and would like to get involved then please join them planting fig trees and flowering shrubs on June 27th, 10am. They also need heaps of cardboard for the Figgy Bee

so start stockpiling it now in readiness for the 27th!

There are also more workshops coming up including leathercraft, wassailing (including a concert and pot luck), and compost, so look up

the Maungaturoto Edible Village Project posts on the Maungaturoto Official Public Group or Proudly Paparoa Latest Version Facebook pages.

Every Monday morning from 9.30-11.30am MEVP has free Grow & Grow sessions where parents and children can plant, sow, weed and grow together.



There are also monthly Meet-Up-Plan & Plant sessions on the 4th Sunday each month, 4-6pm.

All at the Maungaturoto Centennial Hall.

Contact josiegritten@gmail.com, or 021 234 0519 for more details on any of these.

PP

Pets in the Valley



I have always found collective nouns fascinating. These are the words we use to describe groups of animals (and people). Some of them make sense like a stand of flamingos or a prickle of porcupines, and some of them are used so commonly they are part of everyday life - a herd of cows, a flock of sheep, or a litter of kittens. But there are a whole lot of interesting and bizarre terms for different species - think a gaggle of geese or a knot of frogs. And some animals have different collective nouns for different occasions - ants can be an army, a colony, a nest or a swarm. Apparently there are over 300 different phrases and I feel sorry for anyone for whom English is a second language trying to make sense of it all!

A lost racing pigeon was handed into the Ruawai clinic this week so naturally I looked up the collective noun for pigeons. Boringly it was a flock, but a group of racing pigeons about to be released for flying is called a kit. This bird was apparently supposed to be flying from Auckland to Napier but got a little off course. It is now making its way home again by car this time. (Collective nouns for cars - fleet, line-up, park, convoy or collection.)



An ooze of amoebas is one of my favourites, as is an opera of canaries, or a charm of finches...

Keep cosy, Janine



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4316847

Karen Weber, Matakohe
431 7087 or 027 272 6676
By appointment.

WHAT'S ON - JUNE 2026

The Kauri Museum - open 7 days, 9am-5pm.

White Rock Gallery - 5 Church Rd Matakohe (Kauri Museum) Open 7 days 10 - 4.

Paparoa Sports & Recreation Association Dinner - Sat June 20. Tickets essential. See back page for more info.

Maungaturoto Movies - Joyride. Sat June 20, 6.30pm. \$10. See ad p5

Pruning Workshop - Maungaturoto Edible Village Project. Sun 21st, 2-4.30pm. Maungaturoto Centennial Hall. See page 17 for booking info.

Coming up in July:

Mary Poppins Junior - Otamatea Repertory Theatre, Maungaturoto, July 10th-19th - please check the website at www.ort.org.nz for full details. See p7.

Matakohe Community Potluck Dinner - Sat July 18, 5.30pm. Matakohe Hall. See below for details.

OUT & ABOUT AROUND TOWN

Paparoa's Farmers Market Happens every Saturday morning, 9am - 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, fish, eggs, assorted crafts, live music and so much more. A great place to catch up with friends or make new ones.

Grow Whakatipu Paparoa Community Garden Drop in for a chat, hands on experience, or a cuppa. Every Thursday & Friday 9am-12pm. Op Shop open Sat 9-1. Next to the showgrounds.

Paparoa Golf Course The course is open for casual play - \$10 for 9 holes and \$20 for 18. Children under 18 free. Contact 0226781474 for all enquiries. 91 Golf Course Rd, Maungaturoto (off Golden Stairs Rd).

Ballroom Classes Over the school term on Tuesday evenings from 6.30- 7.30pm, \$12 per person, at the Paparoa War Memorial Hall. Contact Lisa (by text or leave a message) on 021 828-531.

Music Group Paparoa Sports Pavilion every second Thursday, 6pm. Ph Lynn 0274 583 691.

Paparoa Beats 88.3fm Community radio based right here in Paparoa. A "Beautiful Resistance" to the mainstream. Also available online at paparoabeats.radio12345.com. If you would like to get involved and play your own tunes you can contact them on paparoabeats@gmail.com.

Tea & Talk Come and enjoy good food and some activities on the 4th Saturday of each Month at the Footprints Room behind the Anglican Church, 132 Hurndall St East, Maungaturoto, 3-4:30pm. Cost \$8. Contact Kirsten to book a place on 021 1807 321.

Anglican Parish of Paparoa

June	7th	St Marks, Hook Rd, Paparoa Communion, 10am
	14th	Holy Trinity, Maungaturoto, Café, 10am
	21st	St Albans, Whakapirau Morning Prayer, 10am
	28th	St Marks, Hook Rd, Paparoa Morning Prayer, 10am

Parish Office: at Holy Trinity, Maungaturoto
PO Box 8, Maungaturoto
Phone: (09) 431-8193
Email: maungaturotoholyltrinity@gmail.com

Change of Dates for High Tea:

TEA & TALK

NOW 4th Saturday each Month

Next one: June 27th, 3 – 4:30pm

134 Hurndall St. Bookings 021 180 7321



REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Aladdin's Cave Op Shop** At Grow Paparoa Community Garden open Sat 9am-1pm
- Anglican Church St Marks** Hook Road, ph 431 8193 for services info
- Ararua Church** 10.30am every Sunday. All welcome Ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 021 056 7163
- Farmers' Market** Every Saturday 8.30-Noon, Village Green. Stall info Stephen Findlay 022 480 1066 or 09 4316 148.
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Maungaturoto
- Grow Paparoa** Thur/Fri 9am to 12pm at the Community Gardens
- Holy Trinity Anglican Church**, Maungaturoto, All welcome. Ph 431 8193 for services information.
- Kaipara Marching Team** Weds 4-5.30pm, M'gto, Ph Lyn Hutchings 022 070 8674
- Line Dancing** Thurs 10am-noon Paparoa Hall Ph Jackie Comes 027 368 7298
- 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, Tues, Wed, Fri 10-3, Thurs 10.30-3. Alternate Sat mornings 10am-1pm. Check FB on Sat.
- 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 0210335128
- Paparoa Community Church** Sundays 10.30am, 4 Hook Road, 431 6795 or Dave Porteous 0274 180 676
- Paparoa Box Fit** Every Wednesday 6-7pm, Stretching/Cardio/Boxing \$10, Paparoa Hall, Stacey Watson 09 283 9931
- Paparoa Exercise to Music** Every Tuesday 10:30-11:30, Stretching/Balance/Resistance/ Bands/Zumba, \$5, Paparoa Hall, Stacey Watson 09 283 9931
- Paparoa Community Gym** To join email Libby at hames.jones@xtra.co.nz
- Paparoa Hall** Functions venue. For bookings ph Robyn 431 7306
- Paparoa Library** Mon, Wed 2-4.30, Tues 10-1, Thurs 10-4, Fri 11-1.30, Sat 10-12. Library Manager 09 431 7555 during library hours. Returns Box at Skeltons
- Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Mah Jong Group** 1st & 3rd Tues, Paparoa Hall 10-noon, Sara 021 0774947
- Paparoa Playcentre** Tuesday and Thursday 10am-1pm. Franklin Rd. Visitors welcome. paparoa@playcentre.org.nz
- Paparoa Primary School** 2025 - Term 3 - 14 July - 19 Sept, Term 4 - 6 Oct - 16 Dec Ph 431 7379
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Community Church, 4 Hook Rd
- 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. At playcentre. Tina Ball 021 033 5128
- Selwyn Centre** Thurs 9.45am for over 65's, St Marks, Hook Rd, Sue 027 417 4626
- Sports Pavilion** Functions Venue Bookings ph Jane Bailey 431 6148
- St Mary's Catholic Church** Maungaturoto 10am Wed, 4pm Saturday
- Table Tennis** Tues 7.30pm, Sports Pavilion. \$2 Pete 021 056 7163
- Tennis** Tues Jnr 3.30 & 4.30pm, adult 5.30. Juliet 021 143 2560, Pete 021 056 7163
- Yoga For Everyone** Tues and Fri, 9.30am, Sports Pavilion. Hatha yoga & more. \$15. Equipment provided. Beginners welcome. Ph Luciana for more info 0221896496

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LOCAL TIDES for JUNE 2026

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	17.32	11.36	17th	06.13	12.40
2nd	18.09	12.14	18th	07.06	13.34
3rd	06.32	12.53	19th	07.59	14.27
4th	07.11	13.34	20th	08.52	15.19
5th	07.53	14.16	21st	09.45	16.13
6th	08.37	15.01	22nd	10.39	17.02
7th	09.25	15.50	23rd	11.34	18.05
8th	10.16	16.43	24th	12.30	06.30
9th	11.10	17.39	25th	13.27	07.26
10th	12.06	06.02	26th	14.21	08.20
11th	13.04	06.59	27th	15.11	09.10
12th	14.03	07.57	28th	15.56	09.57
13th	15.00	08.54	29th	16.37	10.41
14th	15.57	09.51	30th	17.55	11.22
15th	16.51	10.48			
16th	17.43	11.45			

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
- LINKING HANDS** Health Shuttle Service, Maungaturoto..09 431 8969
- LIONS CLUB PAPAROA** President Ken Chambers 09 431 7443
- MAUNGATUROTO PHARMACY** 09 431 8045
- RIVERVIEW REST HOME** 09 431 8696

- OTAMATEA COMMUNITY SERVICES** Community House 09 431 9080
- PAPAROA LIBRARY** Free Membership. Ph 09 431 7555 (Bus hours) Mon, Wed 2-4.30, Tues 10-1, Thurs 10-4 Fri 11-1.30, Sat 10-12
- PAPAROA PLAYCENTRE** paparoa@playcentre.org.nz
- PAPAROA PLUNKET**Appointments/enquiries 0800 184 803
- PLUNKET Helpline 0800 933 922
- PAPAROA PRIMARY SCHOOL** Principal Karyn Taylor.....09 431 7379
- PHYSIOTHERAPIST**At Paparoa Medical Centre, Mondays. Book on 431 9062 or email admin@maungaturotophysio.co.nz
- PROGRESSIVE PAPAROA INC (PPI)**.....Pete Hames 021 0567163
- PARENT PORT Inc**free help for families 425 9357 or 027 280 5093



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