

Paparoa Press

DECEMBER 2015

The Twelve Days of Christmas

On the 1st day of Christmas my true love sent to me
a Pigeon in a Paparoa Tree.

On the 2nd day of Christmas my true love sent to me
Two One-way Bridges, and a pigeon in a Paparoa tree.

On the 3rd day of Christmas my true love sent to me
Three Cream Buns, two one-way bridges, and a
pigeon in a Paparoa tree.

On the 4th day of Christmas my true love sent to me
Four Flowering Flaxes, three cream buns, two one-
way bridges, and a pigeon in a Paparoa tree.

On the 5th day of Christmas my true love sent to me
Five Highway Signs, four flowering flaxes, three
cream buns, two one-way bridges, and a pigeon in a
Paparoa tree.

On the 6th day of Christmas my true love sent to me
Six Letter Boxes, five highway signs, four flowering
flaxes, three cream buns, two one-way bridges, and a
pigeon in a Paparoa tree.

On the 7th day of Christmas my true love sent to me
Seven Figs a-Fruiting, six letter boxes, five highway
signs, four flowering flaxes, three cream buns, two one-
way bridges, and a pigeon in a Paparoa tree.

On the 8th day of Christmas my true love sent to me
Eight Ducks a-Swimming, seven figs a-fruiting, six
letter boxes, five highway signs, four flowering flaxes,
three cream buns, two one-way bridges, and a pigeon in
a Paparoa tree.

On the 9th day of Christmas my true love sent to me
Nine Piggies Posing, eight ducks a-swimming, seven
figs a-fruiting, six letter boxes, five highway signs,
four flowering flaxes, three cream buns, two one-way
bridges, and a pigeon in a Paparoa tree.

On the 10th day of Christmas my true love sent to me
Ten Tasty Tomatoes, nine piggies posing, eight ducks
a-swimming, seven figs a-fruiting, six letter boxes, five
highway signs, four flowering flaxes, three cream buns,
two one-way bridges, and a pigeon in a Paparoa tree.

On the 11th day of Christmas my true love sent to me
Eleven Divine Delights, ten tasty tomatoes, nine piggies
posing, eight ducks a-swimming, seven figs a-fruiting,
six letter boxes, five highway signs, four flowering
flaxes, three cream buns, two one-way bridges, and a
pigeon in a Paparoa tree.

On the 12th day of Christmas my true love sent to me
Twelve Children Chilling, eleven divine delights, ten
tasty tomatoes, nine piggies posing, eight ducks a-
swimming, seven figs a-fruiting, six letter boxes, five
highway signs, four flowering flaxes, three cream buns,
two one-way bridges, and a pigeon in a Paparoa tree.

12 Days of Christmas ...



Paparooa Press

PUBLISHED MONTHLY BY

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

CIRCULATION 1,000

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▪ www.paparooa.org.nz

ADVERTISING

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Booking & Copy deadline:

15th of monthPublication date 1st of month

Community Groups could raise funds at market

Paparooa's long running Farmers' Market is opening up a space for community groups to run a fundraiser stall at the regular Saturday market and for Christmas, there is a hamper to be won.

Part of the atmosphere of a market is the ability to get a sausage, hamburger or other fast food on the go. Bacon sandwiches have been a feature of the market since it began and, with other groups now able to offer a variety of simple ready to eat food, the travelling public will have plenty of choice.

Already a number of groups

have expressed interest in this opportunity to raise funds. First off the blocks on 5 December is the Brethren Church who are raising money to support Paparooa Rural Fire Force. Supporting their stall will definitely help a good cause.

Community groups who are interested in running a food stall on an occasional basis

should call Graham (431 7209) to discuss the criteria and book a space.

There is a Christmas hamper to be won. In the three weeks up to Christmas, each \$10 spent at any stall gets you a ticket to enter the draw for a prize made up of market stall products, valued at over \$100, plus there will be other prizes. See you there. PP

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School raises funds for cancer

This year the staff, students and families of Paparooa school have been affected by cancer in many ways. The school has decided to support the ongoing work of the Cancer Society Auckland-Northland by organising various fundraising events over the next month: on Saturday 5 December a group of parents will hold a fundraising **BBQ at the White Rock Gallery Summer Fair**; and on 11 December teachers Julie Harper and Helen Taua will shave their heads at the end of year assembly.

If you would like to support these fundraising efforts please visit our **Everyday Hero** page to make an online donation, or call in to school where we have collection buckets. <https://cancersocietyauckland.everydayhero.com/nz/paparooa>



Helen Taua & Julie Harper

Christmas on the Village Green

Everyone is welcome to join in the Christmas celebration, "*Let's put Christ back into Christmas*", hosted by the Church, on the Village Green, Saturday 19 December starting at 2.30pm.

There will be games for all ages, carol singing with the Community Choir (an amazing choir made up of anyone who loves to sing), and following that, a showcase with some of Paparooa's talented singers and musicians. We will also have a sausage sizzle, Christmas tarts and drinks for sale.

Two christian celebrations are

central to the christian faith. One is the birth of a Saviour into the world (Christmas) and the other is the Resurrection of the Saviour (Easter) to give hope of eternal life to the world. If you want to participate in the day or have any questions, please contact:

Elizabeth Metcalfe 431 7507
or Bill Sheppard 431 7196.

Celebrating CHRIST in Christmas

Paparooa Village Green
19th December, 2:30pm onwards

- Games for all ages
- treasure hunt
- Carols, featuring the Community Choir
- Sausage sizzle and drinks

Amazing things happen in fields ...

Anglican Church Christmas Services 2015

Advent Sunday - November 28

Holy Trinity 10am Combined
Combined St Marys, Griffin Rd, Maungaturoto
7pm Advent Carols

Advent 2 - December 6

Holy Trinity 9.30am
St Marks 10am Carols and Readings for Christmas

Advent 3 - December 13

Holy Trinity 9:30am
St Marks - Kids/Family focus Christmas service

December 16 Wednesday

Holy Trinity 7:30pm.
Remembrance/Thanksgiving service especially for those who have lost loved ones since last Christmas

December 17

Selwyn Centre St Marks 9:30am Christmas special

Advent 4 - December 20 Carols and Readings for Christmas

Holy Trinity 9:30am
St Albans 10am

Mid week - Holy Trinity Dec 23, 10am Christmas special

December 24 - Christmas Eve

St Marks - 9pm.

December 25 - Christmas Day

Holy Trinity - 9:30am

December 27

Holy Trinity - 9:30am combined

St Marks Church,

23 Hook Rd, Paparooa

St Albans Church,

39 Oxford St, Whakapirau

Holy Trinity,

134 Hurndall St, Maungaturoto



Further information phone
Richard Binns 021 2124911
Colleen Binns 027 2368898
or email binnsco@clear.net.nz

A&P - volunteers needed

Your local Paparoa A&P Show needs volunteers between now and 6 February 2016 with the following skills:

- manual/physical skills
- computer skills, for example spreadsheet knowledge
- good communication skills, for example good phone and writing skills
- and/or just a willing attitude to assist



Enthusiastic helpers are required to help make our 140th show a success. If you want to donate a little or a lot of your time to this wonderful day and the preparation for it, please contact Gerard Sullivan on 027 697 8371 or Ann Butler 027 333 5589.



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Summer Fair at White Rock

Be There - At The Fair!

This Saturday - 5th December

WHERE: Beside the White Rock Gallery, Paparoa

TIME: 9am 'til 3pm

This could be the ideal time to find some of those last minute Christmas gifts at reasonable prices on one of the 18 stalls. There'll be a choice of jewellery, patchwork, white elephant, books, crafts etc - too many to mention - and when hunger bites there will be homemade Devonshire teas and coffees, hot food, cold drinks, with shady seating available too and musical entertainment on the side.



A FREE bouncy castle will entertain the little ones to give parents a break. And for teenagers, dads and racy mums - **FOR THE FIRST TIME IN THE AREA - A RACE CAR SIMULATOR!** Don't miss this opportunity folks, this will be a fun day. Limited eftpos facilities will be available. See you there!

Hospice Memory Tree



Hospice is taking its Memory Tree to the Paparoa Market on Saturday 12 December.

This is a chance to remember people who have passed on, by writing their name, a message perhaps, on a card and tying it to the tree, as well as supporting hospice with a small donation. The messages are later blessed at a church service.

A Christmas cake raffle will also be available. Tickets will be available at Skelton's a fortnight before we draw the raffle at the market on the 12 December.

Christmas trees for sale

We close for Christmas at 12noon on 23rd December
and reopen on 6th January 2016

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

Paparoa Primary news



Our annual Grandparents' Day was enjoyed by all and we loved having so many grandparents and surrogate grandparents to visit. As it was our Book Day, we all had fun dressing up as a favourite book character. Our children enjoyed sharing their work and reading with the visiting adults and especially enjoyed the shared lunch.

Athletics Day also saw lots of visitors supporting the children as they ran, threw and jumped

their way around our field in a variety of events.

Our thanks to Clark from Sport Northland's *Project Energise* who has been working with each class over the past few weeks developing athletics skills.

Children represented our school at Bream Bay Inter-School Athletics Day at Waipu Primary. Our younger children attended a Junior Tabloid Sport event at Maungaturoto Primary, while Year 6s enjoyed a fun day at Otamatea High.

The *Life Education* bus returns in December with Harold the Giraffe. We finish the year with a whole school visit to Pahi for a picnic and day of fun.

Our End of Year Assembly is 10am Friday 11 December in the Paparoa Hall; everyone is welcome to attend. We would like to thank our community for their ongoing support of our school and wish everyone a Merry Christmas and restful summer.

Julie Harper

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Money Exchange facing closure

The Maungaturoto Money Exchange opened in 1999 when the two local long serving banks closed down. Just two days after the last bank closed, The Maungaturoto Community Trust (which operates the Maungaturoto Rest Home and retirement village) opened the new facility.

Ever since then, services have included cash withdrawals, same-day bank deposits to all NZ banks (before 2pm), foreign exchange, and bank cheques. Transaction fees are charged to cover operational costs, and everyone except the teller, works on a volunteer basis. All local community organisations are fee-exempt and most use the MME regularly, as do local businesses. While there are two ATMs in town, there's still no bank within a 50km radius. Says one business owner, "It's a crucial part of running our business and to lose the service would be a huge loss to the community."

However, while many loyal local businesses and residents use the MME regularly, overall traffic is decreasing and fee income is down. Now operating at a loss, the MME faces closure in the new year. Although times have changed and banking has evolved, we think we have a place in the community, but we need your help and patronage.

If we have a future, please let us know now.

Come and see us, and bank with us ... Now! We are open Monday, Wednesday, Friday, 9am-4:30pm with a half-hour break at 1pm. Free parking for MME customers is just outside 143 Hurndall Street inside the First National Roper & Jones Building, 09 431 8028.

Any questions? Look us up on Facebook "Maungaturoto Money Exchange".

Danielle Murray

Community Connexions Arty Farties Inc.



Well, I don't know about you but Xmas has come early.

Shops work overtime, tempting our children; makes life harder for all.

What do they do with all of the things left over?

Full price before Xmas, half price after?

What causes family grief? Lack of money, food, and lack of healthy living.

Thanks to those who are donating fruit, vegetables, etc. to us and the Foodbanks (you know who). You are amazing.

We've had four workshops this year; lots of laughter had by all.

Very successful, and looking at next year already. Any suggestions?

Now that markets are on every Saturday until Xmas- it's a winner.

So have an outing, picnic, play in the park with the children, take a bush walk – ALL FREE! A family adventure. And have a happy and safe Xmas.

from the team at Arty Farties Inc., Community Connexions



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Paparoa A&P Show 2016 ... only 70 days away

The 140th Paparoa A&P Show on 6 February is less than 70 days away! Schedules for 2016 are available for most sections online at paparoashow.org.nz

Indoor Section: Artists, crafts enthusiasts, gardeners, photographers, and cooks (bottling & preserves) should now be preparing their entries.

put our volunteers at risk.

Team Roping: Northern District Team Roping always put on a wonderful event with

Sponsorship: We always need sponsors for all events- indoors and out. Please contact us by email (as per the address below) if you could help in this or any other way.

Stallholders: Anyone is welcome to apply to be a stall holder. There is a 5% discount off the site fee if you contact the Secretary by 12 December.

Volunteers: We need volunteers to help from now and on Show day. Can you help? It's a great opportunity to meet new people and to contribute to a valuable community activity as well as preserving a tradition - 2016 will be the 140th Paparoa A&P Show.

To discuss how you can get involved please contact
President - Gerard Sullivan
president@paparoashow.org.nz
Secretary, Ann Butler
secretary@paparoashow.org.nz
or info@paparoashow.org.nz

A 1st Prize of \$250 (sponsored by *Zephyr Oysters Ltd*) is offered for an artwork in any medium that depicts an 'Iconic Kaipara event'.

Grab your supplies for the 'Home Brew' section now that *Shop & Brew* are here in Paparoa. For further info, or if you wish to assist in the indoor section, please contact Stella - stellaclyde@gmail.co.nz

Equestrian: Events will be held Saturday & Sunday (not Friday as in the past). Please check our NKA Paparoa A&P Show website paparoashow.org.nz carefully for all schedules - or pick up copies at Paparoa Drapery and RD1 in Maungaturoto and Ruawai. There are to be no horses on the showgrounds during the week before the show. The potential for an incident is quite high when the grounds are being set up and horses are about. We don't want to

roping, bull riding and rawhide racing.



Cattle and Dairy Goat section: Look up the schedules and plan for your entries now.

A Christmas Carol

Don't miss this wonderful christmas favourite! The timeless story of Scrooge and his ghosts of Christmas past, present and future. Last chance to see- 4 Dec 7.30pm, 5 & 6 Dec 2pm. See ort.org.nz

Paparoa Motor Camp
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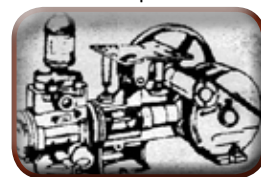
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art

... Thank you
Helen

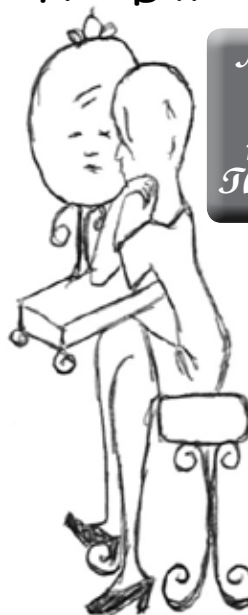
Paparoa Press takes this opportunity to say a huge thank you - to Helen Budd.

Thanks Helen, for your much valued contributions to our regular art feature over the last few years.

PP

Country Cutz

Gay Northcott
The Salon - Paparoa Village



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Ken Ring, the Moon Man, comes to Paparoa

Eighty-four people came to hear Ken Ring speak at the Paparoa Hall on the evening of Monday 16th November. The Lions Club of Paparoa invited members of the Rotary Club of Maungaturoto and Districts and others interested in weather predictions.

Ken Ring did not disappoint. He entertained us all with a quick and dry wit. He studies climatic and weather cycles and the effect that the moon has on them. He believes weather patterns tend to repeat over 19-year cycles and showed a number of weather maps to highlight the likenesses.

Ken creates almanacs of weather predictions for the year ahead using the weather patterns from 19 years ago.

Ken's not afraid to speak his mind and has particular affection for other weather prediction organisations, eg: NIWA - meaning *No Idea What's Ahead*. He showed with humour some newspaper clippings of weather and climate predictions - and divergent predictions from

the same authorities just a few days later. Ken's interest in patterns and cycles has taken him to look at what effects other planets might have on our weather and climate. He has observed that certain alignments of Jupiter

the moon. He spoke of this effect causing earthquakes and referred to his predictions around the Canterbury earthquakes.

While Ken's theories may challenge what we have been taught, history shows

that sometimes these challenges to commonly accepted scientific theories pave the way for further scientific development.

Ken Ring's

almanacs and book on his theories can be obtained via ken@predictweather.com.

Otamatea Christian School PTA did a great job of catering the event. Funds raised will go towards resurfacing their tennis court and other items. A raffle raised \$214 towards Wellsford Lions Club's project for library furniture for children at Kaiwaka Primary School.



Karen Cullen, Stephen Seagar, Graham Donald, Ken Ring, Ashley Cullen

and Saturn correlate with droughts. The position of the planet Mercury with respect to the sun also appears to have an effect on temperature.

Ken's theories extend also to the effect the moon has on our sea currents and he spoke of a Land Tide, which is the displacement of the earth caused by the magnetic pull of the earth's iron core towards

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What's Hot

Keep Paparoa Beautiful volunteers weeding and following up with weed spray to the new plantings on the riverbank. The plants are growing well but so were the weeds!

What's Not



The thief who stole 6 lengths of galvanised chain from the bollard fence at The Landing. Obviously a planned theft as the chain was robust and was removed with bolt cutters.



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Fun for 0-5 yr olds

Fancy dancing to music, ripping paper, watching it float, then making a ball to kick around? How about playing hockey with a magazine and a small ball?

What about watching and catching magical bubbles or feathers?

Does your child like to roll playdough? Did you know that this simple activity encourages a multitude of skills like eye development, eye-hand coordination, fine motor left and right brain integration and midline laterality.



We have lots of activities set up each session to help foster children's natural moves to learn style in a safe friendly environment. Come along and join us, we may end up going on a journey into space or even on an african adventure.

Our next session is Monday 7th December, 11am, at the Paparoa Sports Pavillion. Our last session for 2015 will be 21st December, with a Christmas party and visit from Santa, and a shared lunch. Can you please bring a plate to share.

There will be a special holiday session at Pahi on 18th January, 2016, 10.30am followed by a family picnic.

New sessions for 2016 will start Monday 22 February and will be 2nd and 4th Mondays of each month. Gold coin donation appreciated.

We have a **Christmas Hamper Raffle** at the moment - \$2 a ticket or 3 for \$5. If you see this around please support us.

Tina Ball 021 033 5128

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Changes at Maungaturoto Pharmacy

You may have noticed that there have been a few changes at Maungaturoto Pharmacy in the last few months.

Having joined the Unichem group, Unichem Orrs Pharmacy Maungaturoto now offers a larger range of products at better prices, with both *Living Rewards* and *FlyBuys* available. The team offers great service, expert advice and help.

However, even more change is on the way. Phil Dodd, the pharmacist since 2005 is moving on. Phil says that he has really enjoyed working in Maungaturoto for the last 10 years, and that he will miss being a part of the community. Phil is returning to the UK where he previously lived and worked for 15 years.

Our new pharmacist will start in December. Many of you may recognise Simer who has worked in Maungaturoto before, relieving for Phil when he was away.

Simer has worked at different pharmacies within the Northland Orrs Pharmacy group - Dargaville, Kaikohe, Ruakaka and Whangarei. He has gained a good insight into the health needs of Northland patients.

Recently, Simer completed a post-graduate qualification in Clinical Pharmacy, aiming to achieve better health outcomes for people in the community. He welcomes all health, medicine and nutritional queries and can assist with a medication plan to improve medicine management.

Simer is looking forward to meeting the locals and being a part of the Maungaturoto community.

So, come in, check out the new look pharmacy and introduce yourselves.

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Orrs Pharmacy Maungaturoto



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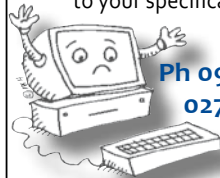
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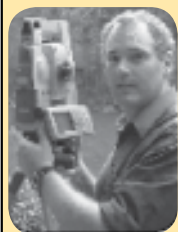
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Tennis

Paparoa Tennis has welcomed new faces onto the committee, and made a strong start to summer. Tennis is a great sport as you can play whenever it suits. The courts are always open. Subs are reasonable and we cater for all levels of ability in both children and adults.

Tuesday afternoon coaching for children with Sue Skelton and Pete Hames is from 4.30pm for beginners and 5.15pm for intermediates. Adults' tennis follows at 6pm. Social adult tennis is on Friday mornings 9-11am.

Professional tennis coaching with Grant van Dalsun is open to all on Saturday mornings 5 and 19 December. It's a great way to learn skills and help you and your kids improve:

Beginners 9.30-10.15am,
Intermediate 10.15-11.15am,
Experienced 11.15-12.30pm.
(includes adults)

\$2 per session per player.

Sue Skelton 4316 224

Your health : Anxiety

2nd in a series with Libby Jones



What causes you anxiety? It might be Christmas, exam results, flying, or dealing with particular people. Anxiety is a normal human emotion in response to perceived danger. It occurs when we are facing a stressful situation or feel threatened. But like other emotions and behaviours we are all different in what causes us to be anxious and how we respond.

Anxiety is a feeling of worry, dread or uneasiness. It is fear of a future threat rather than fear of something real and immediate. As a result we may feel tense, restless, nervous and have difficulty concentrating. We anticipate the worst and are on the alert for signs of danger. We may be sweating, our heart racing, breathing fast and feeling sick. To others our response may be seen as an over-reaction to a perceived threat or concern.

Like other stress reactions moderate anxiety isn't always a bad thing. It can help us to stay focused, make us take action and motivate us to solve problems. But when it is ongoing or overwhelming and gets in the way of our daily activities then it may be perceived as an anxiety disorder. Anxiety disorders range from anxiety about anything and everything, through to panic attacks, specific phobias, post-traumatic stress disorder, and obsessive-compulsive disorder.

Most people have experienced anxiety at sometime in their lives, and, while it may feel like anxiety controls us, there are positive things we can do to overcome it.

HALT - If you feel you are starting to become anxious, ask yourself am I Hungry, Angry, Lonely or Tired?

- Take slow deep breaths to relax you – breath in for 4, breathe out for 4
- Move about or take a short walk
- Distract yourself – watch a movie, listen to music
- Practise thinking positively
- Spend time with supportive people
- Find something fun to do

Most importantly find out what causes your anxiety, what your symptoms are, so you can find ways or help to deal with them directly.

Letter to the Editor

I would like to congratulate the Press team on the monthly instalments of what's happening in our village via the Paparoa Press publication. For a voluntary publication it's informative from all angles, linking our community groups and interests. Keep up the good work, team, as I look forward to the next one in my letter box.

Jas Futter

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Praise for emergency services



When Paparoa farmer Colin Wrennall had a serious encounter with a problem bull, emergency response vehicles and Auckland's Westpac helicopter flew into Paparoa. Colin says *"Our Emergency services are phenomenal and community response has been incredibly heartening"*. He has nothing but praise for our local volunteer emergency services, who came in full force after one of his 600kg bulls charged and caused him severe multiple injuries. Even in his fearful and traumatised state he clearly remembers the steady, methodical and professional treatment he was given to get him safely to Auckland hospital.

What's more, Colin also says that *"local community support has been very heartening"*. People have phoned, emailed, visited (to make sure he was still

alive), and offered farm help. What happened was that Colin was drafting a mob of bulls in the paddock when one charged several times, rolling

and tossing him to the ground. With multiple injuries he managed to get himself by quad to the nearest neighbour.

The resulting two ambulances, two fire trucks and the Westpac rescue helicopter caused quite a commotion on Ariel's Hill.

Thankfully, Colin has escaped permanent injury, but is nursing many broken ribs and has severe bruising.

Colin sincerely thanks the fire and ambulance services who put aside time in their own lives to respond to someone else in crisis when needed. PP

Summer gardening

Cabbage trees are flowering incredibly well this spring which, according to folklore, threatens another dry summer. Now's the time to set up some systems to keep your watering needs down and hopefully save your plants. You need to get out there and mulch-mulch-mulch.

I have tomatoes, beans, eggplant and capsicum in. I planted them amongst flowers already growing to hopefully give them shelter and diversity. The lower growing lettuce and tougher leeks are out in the open as they can cope. I will use the space where I'm removing the broad bean plants after their great crop is finished.

I tried an experiment on my lawn last summer. I have large patches of buffalo grass and sparse grass. I watered one area with treacle and water (the treacle tin was rusting in my pantry) and waited to see what would happen. Nothing did until this spring when this area of lawn changed from being dry and sparse to being green and thicker with new clover and other grasses! It's still like this now.

The theory is that the increased sugar in the soil increases fungal growth, which in turn improves the soil water-holding capacity, and therefore encourages better growth. Maybe it was chance - but now I may try one of the other areas except I will have to make up a mix - have no more rusting treacle tins in the pantry to use up!

Enjoy your gardens - hopefully without too much hard work.

Stella

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Otamatea Quilters



The 31st Annual Quilt Show, held at the Kauri Museum during October-November exhibited over 60 entries. It was enjoyed by all and quilters were also in attendance during Labour Weekend.

This year the prestigious Viewers Choice award went to Herta Jackle. A great day out was enjoyed at the Auckland Festival of Quilts where patchwork and quilting goodies were purchased. Results of the \$1 club raffle were: 1st Joan Hoggard, 2nd a Whangarei patchworker, and 3rd Shane Giles of Auckland. The main raffle quilt will be drawn on Nov 28th.

The club's Christmas party will be held at Joy Bonham's Pahi home on 5 Dec and the last quilting day of the year will be 7 Dec.

Pets in the Valley ... Xmas nearly here!



Wow, another year nearly over they go so quickly. I guess it's worse if you're an animal because for cats and dogs one year is equivalent to about seven in their aging process. Maybe we all should have parrots and tortoises to reduce the heartache when our good friends pass on all too quickly.

Donkeys aren't too bad in the longevity stakes, many living well into their 40s and 50s.

Anyway, as with the end of year, Christmas is fast approaching and is a reminder to again make sure that gifts of chocolate are well out of reach of the dog (they can't read the labels to know it's not for them).

Also, make sure nobody decides to give Fido some left over ham as a treat, especially the fatty bits as they can cause nasty gastritis or worse, pancreatitis.

Watch the little ponies too, especially if (hopefully) a bit of rain keeps the grass lush. I have seen lots of ponies with laminitis this spring, which is a cruel and painful

thing. Exercise and food restriction plus proper foot trimming are essential to keep these wee guys safe.

But as for us humans I'm sure a little excess in the food and drink department will not be such a bad thing. Hopefully you all get to catch up with some of the special people in your lives over the holiday period.

Take care, Janine



BAYLEYS KAIPARA COUNTRY WIDE with Catherine Stewart	
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WATERFRONT GRAZING <ul style="list-style-type: none"> • 32.2ha, Grazing Land/Bush • Kaipara Harbour Views • Easy Gentle Contour Set sale date, 2pm, 4 th Dec 2015 www.bayleys.co.nz/1810839	
GRAZING WITH SEA VIEWS <ul style="list-style-type: none"> • 7.6ha, Grazing Land • Kaipara Harbour Views • Easy Gentle Contour Set Sale Date, 2pm, 4 th Dec 2015 www.bayleys.co.nz/1811477	
COLONIAL COUNTRY INVESTMENT <ul style="list-style-type: none"> • Business opportunity • Sea views • 3.7ha Set Sale Date, 2pm, 20 th Nov 2015 www.bayleys.co.nz/1811332	
www.catherinestewart.bayleys.co.nz 027 356 5031	

BAYLEYS KAIPARA COUNTRY WIDE with Catherine Stewart	
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KAIPARA COASTAL CHARACTER <ul style="list-style-type: none"> • Waterfront • 96ha • Native Bush Set Sale Date, 2pm, 20 th Nov 2015 www.bayleys.co.nz/1811460	

HEY, KIDS . . . JUST FOR YOU . . .

Jingle Bells, Jingle Bells, Christmas all the way!



While you kids might often think that Christmas is all about what you can get, more importantly it's about what you can give- especially to those special people in your life who do so much for you.

There is plenty of time in December to make some great gifts, and decorations to give to loved ones.

Some awesome- cheap- ideas spotted on the internet:

Wind chimes, made from driftwood.

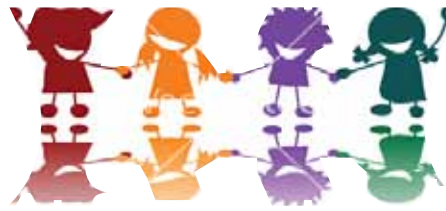
Rocks, painted to make paper weights.

Decorated jars, as vases, or candle holders.

Bath bombs, using easy kitchen ingredients.

Artwork, in a cardboard frame painted by you.

And there are hundreds more, just an internet search away. (Try "homemade gifts by kids").



Sun Catcher

MATERIALS: Plastic yogurt container lid, PVA glue - or glue that is clear drying as possible, string or thread, glass vase gems.

HOW TO DO IT: Fill lid with glue. Put lots in as it will shrink as it dries. Arrange the glass gems in the lid - filling out to the edges makes it look really nice. Squeeze more glue on top.



Allow to dry for 3-4 days and then peel out of container. Find a section of the sun catcher near the edge where the glue is relatively thick. Push a threaded needle through that area. Figure out how low you want the sun catcher to hang and tie a knot there. Hang your Sun Catcher in a sun-shiny spot!

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Otamatea High School Senior prizegiving



Congratulations to all prize and award winners at the October OHS Senior Prizegiving, and in particular to those who we're proud to say are from 'our District'.

Year 11: **David Hames** 1st Level 1 Wood Technology

Year 12: **Emily Parker** 1st Level 2 Photography

Rita Hames 1st Level 2 Media studies

Kruger Burton 1st Level 2 Vocational English

Year 13: **Courtney Mottram** 3rd Level 3 Statistics & Modelling and won the Girls Hockey cup for Team Spirit

Te Whakakotahitanga (David) Jenkins - Kia Maia - Be Brave in Learning, Merit in Instrumental Music, Personal Growth and Leadership and Most improved kapa haka performer

Krystal Reyland 1st Level 3 Media Studies (Kaipara Lifestyler Award)

And congratulations **Rita Hames**, elected Head Girl 2016; and **Emily Parker**, Maniapoto House Captain 2016. These are highly esteemed students at the school - you do us all proud, thank you! The Paparoa Press wishes all our district's students a successful and happy 2016. PP

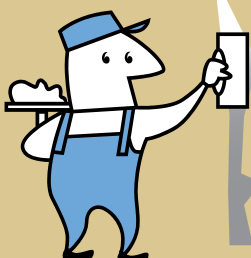
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Teenage Brainwaves

The teenage brain is different to the adult brain. The parts of the brain where rational decision-making and impulse control occur are temporarily 'shut for renovation' in teenagers.

Nathan Mikaere Wallis from the NZ Brainwave Trust spoke to teenagers, parents and teachers at Otamatea High School recently about the latest research on alcohol and drug use on the developing teenage brain.

He showed that both cannabis use and alcohol use cause changes in teenage brains, more so than in adult brains, which affects their ability to carry out certain activities, as well as creating lasting changes. The more teenagers drink the greater the change.

We know that adolescents are more likely to take risks and seek excitement, without always having good impulse control. This is because the areas of the brain associated with sensation seeking are activated around puberty. The parts for exercising judgment and self-regulation are still maturing (shut for renovation) throughout adolescence,

usually into the early 20s for girls and mid-20s for boys. For more information see www.brainwave.org.nz

Libby Jones

*"Santa Claus has
the right idea.*

*Visit people once a
year.'*

Victor Borge



OTAMATEA
COMMUNITY
SERVICES

OCS news report

The October AGM went well with the re-election of existing Board members plus the addition of new member Craig Jones. We thank all those in the community who have supported OCS over the last 12 months.

Your Community House is often busy with visitors, clients, and enquiries. If you'd like to come in for a chat and a cuppa you'll be most welcome. Our staff and volunteer team receive lots of fresh produce from *Arty Farties* - grocery items for the food bank, plus huge boxes filled with items such as hand-knitted dolls, hand-made quilts and packs of baby clothes from Zonta of Mangawhai. We always welcome any offers of volunteer support, particularly with the monthly seniors'

lunch. We held a barbeque at OCS House for White Ribbon Day in November.

We've enjoyed networking with other local agencies this year and look forward to this ongoing collaboration in 2016.

We wish you all a safe and happy Christmas and New Year, a time to acknowledge the reason for the season. We close for the year on 22 December and re-open 18 January.

The Team at OCS

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Tinopai School fishing Jan 2016

Kia ora koutou katoa! Hello and greetings to you all!

Tinopai School's annual fundraising event, The Tinopai Fishing Contest, will be held again this coming January. As before, we do rely on our sponsors and on donations to provide the patrons of our 'fun day' that extra little buzz!

Although Tinopai School is rated decile 1, we are indeed prospering and enriched by the ongoing support and encouragement of the wider community. Funds raised this time will be further allocated to the School Van investment fund and towards fulfilling the Education Outside the Classroom (EOTC) component of our school curriculum. In an effort to retain our senior students, we propose an away trip to further learning experiences and to broaden their horizons. We will possibly travel to the capital city with all its iconic and historical landmarks.

We're planning a fun filled, action packed day with bouncy castle, coconut shy, face painting and other kids' activities. For those spending the day fishing on the Kaipara harbour, I can guarantee

plenty of BIG fish out there. All you have to do is catch them!

There'll be 300 ticket sales and we will cater for a crowd of 400. As well as our renowned hangi, there'll be other food stalls, or you can pack your own picnic. Bring a sun umbrella, and enjoy the day in Tinopai.

Friends of the School (FOTS) are appealing for quick draw spot raffle donations. We also seek sponsors and cash donations for the entertainment, equipment, and activities. Every little bit helps and is greatly appreciated. I'm always blown away by the generosity and consistency of those willing to give.

It's not the same without *YOU* and we look forward to seeing you there on Saturday 9th January.

Lavinia Day, Chairperson
BOT, Tinopai School

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Spring calf for auction

A Matakoho School Support Team fundraiser.

This heifer calf is a white face, 100kg black Hereford, drenched and vaccinated (with 7-in-1). Bidding for the calf started on 17 November; closing date is 8 December, and the highest offer will be accepted.



The calf is 'pick up only' from Ararua. The successful bidder will be notified of the details. Bids can be made on the Matakoho School Support Team Facebook page: facebook.com/matakoho.school.support.team, or email fbamforth@hotmail.com. Thanks for your support.

Fiona Bamforth, President, Matakoho School Support Team

DISCOVER THE MIGHTY KAIPARA

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OUT & ABOUT around the District

Paparoa Plunket's Ready Steady Wriggle is selling Christmas raffle tickets for their 18 December draw. \$2/ ticket, 3 for \$5. Two prizes of *A Secret Santa Sack* of goodies includes toys, gift packs, books, Christmas decorations and lots more exciting items. Tickets from Tina 021 033 5128.

Congratulations: Scott Browne & Sharon Tupe, who married recently in paparoa. **Also to** Sam & Vanessa Hartles on

the birth of daughter Juliette Awatea, a sister to the three boys. **And to** Tony and Pam Plunket (son and daughter-in-law of Brian & Rose) who have won the AG Staff Award for Human Resource Management in Lincoln University's recent South Island *Farmer of the Year* competition.

The Kauri Museum's Heritage Christmas Decorations display commences December 1st.

The Whanaunga Touch

tournament will be held at Kaiwaka Sports Complex, 9 Jan, 9am-5pm. This is a fundraiser for the Otamatea Marae. Places are available for 16 teams, 10 players per team. Entry fee is \$100. Prize money of \$500, \$300 and \$100. All early registrations go into a draw for a mystery prize! Keen to enter a team? Hop over to the Whanaunga Touch Tournament page for registration forms. Cheryl 09 4312061 or Tara 021 2645 701



Changes I have seen ...

from June (Edsel) Weber who 'in those days' lived at Hukatere.

When I, a city girl, married a dairy farmer in 1951, I was introduced to shopping on line. Yes, the telephone line! My shopping list was organised for the twice-weekly delivery day, and anything missed had to wait until next time. Bread, fresh from Paparoa's bakery was wrapped in white paper by the grocer - unsliced of course! Biscuits, ordered by the pound or half-pound, were packed in brown paper bags as was sugar, flour, rice, and dried fruit. Our weekly grocery order was wrapped in newspaper & brown paper, tied with string, name printed

clearly, amongst the 40-or-so other orders. Farmers also did 'online' shopping - for nails, staples, fencing wire, bags of cement, sacks of wheat and bags of fertiliser, often charged on the monthly grocery account. Haberdashery, underwear and work clothes were often bought unseen ('online'). You just had to guess the size! Our general store sold almost anything and service to the customer was their main priority. No plastic bags and no click of the mouse in those days!

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WHAT'S ON - DECEMBER 2015

SPECIAL EVENTS & MEETINGS

ORT - A Christmas Carol Fri 4 Dec, 7.30pm, Sat/Sun 5&6 2pm
White Rock Gallery Summer Fair, Sat 5 Dec from 9am, see page 3 for details
The Kauri Museum Settler's Day & Trolley Derby - Sunday 6 Dec
Plunket's Ready Steady Wriggle 7 & 21 Dec, 11am, Sports Pavillion
Paparoa School - End of Year Assembly - 10am Friday 11 Dec
Hospice Memory Tree Sat 12 Dec, Farmer's Market, from 9am
Christmas on the Village Green 19 Dec, 2.30pm see page 2 for details

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

Anglican Church St Marks Christmas Services throughout December see pg 2
Ararua Church 10.30am every Sunday, All welcome ph 431 6622
Art Group Paparoa 1st Sun in month, Helen Budd's Studio, ph 431 6192
Art Studio, Ruawai Mon 10-12noon; Tue 7-9pm, ph Frances 439 2554
Arty Farties Summer Markets 9am-noon, opposite Village Green; Thur/Fri in the 'Tile Shed' ph Anne 431 6229; Crafty Kids Club alt Saturdays 10-2pm, Rm 5 Paparoa Primary School; Beginners Patchwork Group, Mon 7pm, Te Pahi River Dr.
Badminton High School students & adults Thurs 7pm, Paparoa Hall ph 431 6822
Crafternoons 1st & 3rd Wed in month, 10.30-4pm, Tinopai Hall ph Lyn 431 6090
Exercise to Music Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
Farmers' Market Sat 9-noon, Village Green; Sep 5, 19; every Sat Oct-Nov-Dec
Fire Force 1st & 3rd Monday in month 6.30pm Depot Rd ph Cohan 431 6668
Gardening Club 2nd Wed of month, ph Lyn 431 6090
Grey Power Last Wed in month, 1.30pm, Anglican Church Hall, Mgtto
The Kauri Museum 'The Man from Matakoho' exhibition ongoing daily
Library Mon 1.30-4.30pm, Wed 10am-12noon, Thu 1.30-4.30pm, Fri 9.30am-1pm. open 9.30-1pm Saturday Nov 14, 28, Dec 12
Line Dancing Thurs 10am-noon Paparoa Hall ph Rose 431 7418
Mainly Music Wed 9.30am Paparoa Comm Church, ph Rebecca 431 7550
Matakoho Music Makers 2nd Weds month 7pm BYO Sports Pav'n \$2pp 431 6772
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
Paparoa Community Church 10.30am every Sunday, Hook Road
Paparoa Hall Functions venue ph Robyn 431 7306 or a/h Loraine 431 7290
Paparoa Lions Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
Paparoa Playcentre Tues & Fri 9.30-12.30 Visitors welcome ph Tina 021 033 5128
Paparoa Plunket Society fortnightly from Jan at Sports Pavillion, see page 7
Paparoa Primary School Term 3 finishes Sep 18, Term 4 commences 25 Oct
Paparoa Toy Library Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
Sacred Soul Circle 2nd Sundays, 10am-12 Marohemo hall ph Helen 021 938 024
Selwyn Centre Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193
Sports Pavilion Functions venue, ph Vickie Owens 431 6432 for bookings
St Mary's Catholic Church 10am Wed, 6pm Sat, Maungaturoto
Table Tennis Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
Tennis Coaching Tues 4.30pm onward. ph Sue 431 6224 see details pg 8
Ukelele Players Beginners / experts, Thur 4pm Matakoho, ph Dennise 431 7012
Waka Ama Tues & Thur evenings 5pm, Sunday 10am, Pahi Domain
White Rock Gallery Open 7 days 10am-4pm, in Library building
Yoga - Chair Yoga Paparoa Sports Pavilion Mon & Thur 9.30-10.30am \$7
Yoga - Anamana Studio \$10/session ph Jenny 09 280 9694, 021 114 3370

PLEASE UPDATE US WITH YOUR DETAILS: press@paparoa.org.nz PP

* Apology *

HOOK, LINE & SINKER

Our apologies to Gravy: Last month's text should have read:

"... a week ago WE caught 13 snapper one day and 12 the next"

[Our article was unclear in respect of the number of people on board, not just Gravy himself. Sorry Gravy!]

Gravy tells us there are not many good fish about at the moment, but sharks are plentiful.

PP

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LOCAL TIDES for December 2015

DECEMBER TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	9.20am	3.50pm	17th	9.49am	4.18pm
2nd	10.04am	4.35pm	18th	10.42am	5.13pm
3rd	10.52am	5.26pm	19th	11.41am	6.13pm
4th	11.48am	6.24pm	20th	12.47pm	7.20pm
5th	12.51pm	7.28pm	21st	1.56pm	7.59am
6th	1.57pm	8.06am	22nd	3.04pm	9.06am
7th	2.56pm	9.05am	23rd	4.04pm	10.08am
8th	3.48pm	9.57am	24th	5.00pm	11.03am
9th	4.38pm	10.46am	25th	5.51pm	11.55am
10th	5.15pm	11.24am	26th	6.38pm	12.44pm
11th	5.56pm	12.03pm	27th	7.21m	1.24pm
12th	6.37pm	12.42pm	28th	7.36am	2.05pm
13th	7.18pm	1.22pm	29th	8.15am	2.44pm
14th	7.35am	2.02pm	30th	8.53am	3.22pm
15th	8.17am	2.44pm	31st	9.31am	4.00pm
16th	9.01am	3.29pm			

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: Doctor Tue + Fri 8.30am-12.30pm..... 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

LINKING HANDS Health Shuttle Service, Maungaturoto 09 431 8969

LIONS CLUB PAPAROA Secretary Alistair Banks 09 431 6373

MAUNGATUROTO CHIROPRACTIC..... 09 431 8019

MAUNGATUROTO PHARMACY..... 09 431 8045

MAUNGATUROTO REST HOME 09 431 8696

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

PAPAROA LIBRARY Membership free-of-charge, wheelchair access
 Mon 1.30-4.30pm, Wed 10am-12noon, Thu 1.30-4.30pm,
 Fri 9.30am-1pm. Open alternate Saturdays 9.30-1pm

PAPAROA PLAYCENTRE Tina Ball.....021 033 5128

PAPAROA PLUNKET Cynthia Keay..... 09 431 8187

PLUNKET Helpline 0800 933 922

PAPAROA PRIMARY SCHOOL 09 431 7379

PARENT PORT Inc. free help for families Linda 09 425 9357

PHYSIOTHERAPY Lyndsay Bargh Mon/Wed/Fri from 8am...431 8576

PODIATRIST / FOOTCARE Jayne Short 020 4022 65998 / 09 431 7188

PUKE ARANGA TE KOHANGA REO 09 431 7089

YOUTH & WHANAU FOCUS South Kaipara, Rose 09 431 7418



Paparoa Playcentre calling

Playcentre is open Tuesday and Friday 10am-1pm. A total of 14 children from 10 families attend regularly. An amazing bunch of enthusiastic mums all have great ideas to make sessions fun for our kids. We had our ups and downs through the year and a bit of a lull but, back on track, we're again in full swing.

We've had new shade sails put up over our sandpit and playground area and also purchased new equipment- musical instruments, farm and jungle animals, a clothesline, grocery store with till, new cushions and mats for the baby area and library, and much more.



Our AGM is coming up which is a great opportunity for parents to take on a role and be involved in running our great little Playcentre. Summer's here and mums and kids are loving being outside with lots of waterplay and outdoor fun happening. The kids have started their vegie garden; strawberries being the first planted. Paparoa Playcentre is a great place to bring your babies, toddlers and pre-schoolers to interact with and meet other children and is also great for mums to meet one another



and make new friends. There are loads of indoor areas with something for every child to explore as well as the outdoor areas with endless fun and activity. If you'd like to come down for a visit and take a look around, have a coffee and a chat, we would love to see you and your little ones.

Stop in anytime, or phone us on 4316653.



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5 Questions for ... Gaylene Northcott

When did you decide to become a hairdresser? By the age of six my poor dolls suffered countless hairstyles and cuts. At 14 I was working as a 'trainee' after school. Those were the days when you worked for free until there was an apprenticeship or a job available.

Why start a salon in Paparoa? Robyn Skelton's fault! She approached me when the previous hairdresser in Paparoa closed. Apparently, Paparoa really needed someone else, and so I started up, fitting in my working day around my children's needs.

What do you love about hairdressing? Love the creating, the playing with colours. The way you can get the hair to "go" just right. Being an artist with hair.

What are some of the challenges? Being practical. Challenges like encouraging grey hair to merge naturally with a chosen hair colour or coping with customers not bothering to cancel bookings, meaning not only loss of income, but losing the possibility of other bookings.

A funny memory? A customer having dreamed of being blonde yelling across the street soon after her transformation, "It's not true blondes have more fun. I want to be a brunette again."

