



FEBRUARY 2022

The School Work Section At The Paparoa Show

The annual Paparoa A&P Show for 2022 has been cancelled but the school work that would have been displayed has been completed during 2021 in the five local schools. They are: Maungaturoto Primary School, Matakohe School, Otamatea Christian School, Tinopai School and Paparoa School. As usual the work is of a very high standard and the Indoor supervisor for the show has given the two Stewards permission to have the work judged.

Each year the criteria for the entries in the art and craft and handwriting sections is prepared by one of the participating schools and sent to the five local schools to be done as part of their art and craft programme during the year. This year's criteria was prepared by the Otamatea Christian School and includes the handwriting and art and craft sections.

This year a new cup has been presented for the Handwriting section. It replaces the original cup presented by G.J McPherson which is full up with the names of the winning schools over many years. His son Colin, who lives in Australia, has kindly donated

a replacement cup to be presented each year for the most points in the handwriting section. Two other cups are presented each year. One for the Art and Craft presented by A H Dallas and a trophy presented by Lorraine Rowlands for the most points overall in Year 7 and 8.

We extend our thanks to Lyn for choosing interesting activities and to all the teachers and pupils who have worked so hard to produce their lovely work. It would have again formed a wonderful display at the show and hopefully next year we will see it again.

Elizabeth Metcalfe
Steward for the School Work Section



Photos
by Julie
Harper,
Paparoa
School.



The
results
will be
published
in the
March
Paparoa
Press



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Paparooa Press PP

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

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15th of month

Publication date 1st Wed of month

Protected Norfolk Pines, Pahi Recreational Reserve

I was pleased to read that KDC is to call for submissions regarding these 'poor, tortured trees' as to whether they should be felled. Arbourlab's consultant arbourist Karl Burgisser, stated in 2008 that the eastern Norfolk is under extreme stress. Even so, both trees produced vigorous epicormic stems.

Noteworthy is that someone has now chopped off those new stems and exposed again, the ugliness of the stump pruning to the lower branches, done to satisfy the need for someone to have a better view (an action this person later regretted).

These trees have not had any nurturing but plenty of abuse

for 60 odd years, more so in the last 30 years. Examples are:- a playground underneath preventing natural nutrition, concrete rubbish bin slabs, road traffic under the dripline, tractor leaking oil when parked over roots. There has never been any soil put over the vulnerable exposed (some also debarked) roots, nor have they been given any fertiliser or mulch.

I remember when I was 8, the 80 year old daughter of Lionel and Jane de Labrosse, on a visit to Cloon Eavin, remarked she had planted our Norfolk when a child, making it now approximately 140 years old. The bigger trees on the

Reserve are likely older.

The late Dick Scott, author and historian, pointed out the important historic aspects of Pahi; these being the Moreton Bay Fig Tree, Chadwick's Pahi Store (now the Hall), the Norfolk Pines, the old Hotel building. These icons in our community should be treasured as Pahi is often spoken of as the Gem of the Kaipara.

Hopefully, many folk will make submissions against the unnecessary felling of these trees, and in support of their further protection.

Owen Stevens
Cloon Eavin, Pahi
76 years a resident

A reminder to our contributors!

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 Paparooa Press are the author's own and not necessarily those of the editorial team or PPI.

Update From Progressive Paparooa

Hello, I'm Val Faulkner and I've recently been appointed as the 'Activator' for Progressive Paparooa. The purpose of this role is to work with the PPI committee members and coordinate the activities and the funding required to realise the community initiatives of the PPI.

Progressive Paparooa Inc (PPI) is a local community group formed in 2002, concerned with promoting the Paparooa village and its services. They liaise with Council and other organisations to ensure both visitors and residents enjoy our community.

They have been responsible for a number of popular local initiatives- most people are familiar with the Paparooa Saturday Farmers Market, the Paparooa-Pahi walkway and the Paparooa Press, amongst others.

Our current focus is consulting with the community and preparing information to present to Waka Kotahi NZTA who are undertaking a Speed Limit Review. Their review for Northland covers a number of areas, including State Highway 12, surrounding and running through the Paparooa village. This is an opportunity to have some real input into how vehicles, pedestrians, both residents and visitors, make use of the roads in our Village.

To further this cause we are gathering local input in order to understand and represent your opinions about road safety in Paparooa. This will be presented to Waka Kotahi NZTA in order for the views of the Paparooa Community to be taken into consideration.

Some of you may have seen me at the Farmers Market recently with the Community Consultation Surveys.

If you missed me at the market, please go to the 'Progressive Paparooa' or the 'Proudly Paparooa' Facebook pages and you'll see our survey which you can complete quickly online. This is a chance to have your say about speed limits and road safety in and around our Village.

Val Faulkner

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**Member-Northland District Health Board
Libby Jones – Exciting New Things...**

Since being on the boards of trustees at Paparoa Primary and Otamatea High Schools I have developed an interest in governance - the part of the organisation that has oversight of and determines direction and outcomes for the organisation to deliver on.

It works in conjunction with the management of the organisation, and when working well is a great pleasure to be part of. I have recently been elected as the Chair of Sport Northland and feel privileged to be stepping into this role. It has great alignment with my role on the district health board and the focus there on a creating a Healthier Northland.

As a district councillor for Kaipara I was appointed to the Sport Northland Board in 2017, which I was delighted about. I have had a long interest in health and wellbeing, and physical activity since being an adult (not so much as a teenager!) I wasn't a sporty kid but was encouraged to participate and enjoyed the camaraderie and fun of getting together with my mates.

Sport Northland's vision is "Enriching lives through play, active recreation, and sport". I see that as being relevant to everyone from children to older adults. Movement and physical activity is essential for every "body" and the social aspects of connection and belonging to a group or a team are also beneficial to our physical and mental wellbeing. In saying that I also enjoy a solo walk - just me and the environment, my thoughts or maybe my music or a podcast.

Going to the beach, doing a bush walk, a farm walk, playing with the kids, yoga, pig hunting, dancing, tai chi, gardening are all examples of active recreation.

Sport Northland has a variety of areas where they encourage and support Northlanders to move more. Some of these are in schools, such as the Energiser roles in primary schools, supporting teachers to run programmes for students on physical activity and nutrition; and supporting secondary schools with competitions and events across a variety of sports. They also run events such as the Kai Iwi Lakes triathlon coming up on 9 April, the Hatea Loop Challenge in Whangarei on 17 February, Beach to Basin on 6 March, among others across Northland. Working in conjunction with the Councils and other groups they also own and/or manage a number of facilities to provide opportunities for physical activity and getting together with others. These include the Kauri Coast (Dargaville) Pool, the Whangarei Aquatic Centre and a number of other public swimming pools across Northland as well as running the Kensington Fitness gym.

I am excited (and a little nervous) about taking on the chair role. I hope we can help and encourage more

Northlanders to Move More to improve their health and enjoyment, in whatever way they can.

That includes all of us.

Check out the website:
www.sportnorthland.co.nz

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New Loo Coming To Pahi

Representatives of the Pahi community met with Council at the wharf last week to work out where a new toilet block could go. The toilet block will replace the current old ones using funding allocated in the Council's Long-Term Plan.

Top of the list was for the toilets to be close to the buildings and beach, have good visibility and lighting for safety and be accessible. It also needs a clean water supply. The area will retain the caravan dump station.

The site preferred for the toilet block is at the end of the hall, near to the current block, and in a style that blends in with the hall.

It will be some months before work can start. The Council is now investigating engineering options before

the proposed site and concept plans can be confirmed. If you have further thoughts you think we should consider, you can contact the Project Manager, Mark Schreurs, mschreurs@kaipara.govt.nz or phone 027 737 2953.

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An Alternative Opinion

We were disappointed to read the 'I've Been Thinking' article in the Paparooa Press January 2022 edition, particularly as this paper has claimed to be non-political.

We would like it noted that none in our group are socialists. We remember fathers and uncles who died fighting socialism in WWII, and find it abhorrent that you should presume that ordinary New Zealanders are socialists. We may have a social conscience and choose to help others, but that does not make us socialists.

Secondly, to call those who do not choose to undergo an experimental medical treatment anti-vaxxers clearly demonstrates a lack of knowledge. This inoculation of mRNA is an untested medical procedure, with the tests due for completion in 2023. Pfizer have also been given protection against any damage or deaths it may cause. Most New Zealanders have had many different vaccinations, as have their children but in the previous acceptance of the term vaccination, they were to prevent a disease. Pfizer has made it abundantly clear that it is a treatment, will not prevent infection and will not stop transmission. Your taking the jab will neither prevent you

from getting the disease nor prevent its transmission, so it is a false assumption to think you are protecting anyone in the community, even with your third and subsequent four-monthly jabs. This jab has been given approval, ostensibly because there is no known treatment for SARS-CoV-2, yet thousands of doctors in many countries are successfully treating their patients with alternative treatments.

There can be no excuse for the Government being unaware of successful safe treatments for those who may contract this variety of flu. To ban the use of, or discredit, some alternative treatments so that people are not treated until they are in crisis and near death's door is, in our opinion, the state interfering with doctors. Doctors who speak out against this interference and want to look after us are threatened with deregistration or deregistered.

Finally, we totally agree that the division imposed by government policies through the creation of passports, denying those without a passport the right to travel, socialise in cafes and restaurants, attend Churches, theatres or concerts, buy from hardware stores, have their hair cut or personally consult with lawyers, is wrong and is not what we expect in a democracy. As stated above, as there are treatments for this flu, there is no valid reason for the introduction of passports, which at best enforce apartheid and at worst may be seen as the introduction of political socialism.

Beverley Aldridge/Kathleen Pattinson
Grey Power Otamatea Inc

The Paparooa Press accepts that the views expressed are those of Greypower Otamatea and not necessarily those of the National Organisation.

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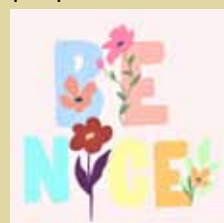
A Note From The Editors

The Paparooa Press endeavours to be non-political - which has been increasingly difficult through Covid.

The topic of Covid has become very divisive and The Paparooa Press does not intend to become a vehicle for public debate on matters such as this.

It has been noted that many of our regular columns have become more vocal with their opinions on Covid and other sensitive issues and we will reserve our right to refuse copy. In future we will be asking that contributors to our community paper do not submit material that is simply repeating readily available general news. We want local stories, news and information.

Regardless of our stand on vaccination status, or how people choose to live their lives, we need to support those in our community and respect that the often difficult decisions we make as individuals are indeed ours to make.



**No further
correspondence will
be entered into.**

Pride Parade Paused Until 2023

In February 2021, Paparoa hosted its inaugural Pride Parade and Twilight Picnic. The response was incredible with over 200 people from the wider community attending. Every picture tells a story and what a story the pictures told of the inclusive nature of the event and the shared enjoyment.

The community of Paparoa showed overwhelming support on the day and it is with great regret that the organisers have decided to postpone this year's event until 2023.

Traditionally February marks a month of Rainbow Pride events throughout Aotearoa, New

Zealand. Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ have come.

The festivities also act as a catalyst to educate and inform the wider community about the diversity that exists in their region.

However, now with the current restrictions, it is not possible to host a fully inclusive Pride event safely. Plans for next year's Pride event are already underway and we're hoping it will be bigger and better.

Jay Clothier-Simmonds



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Optimistic About 2022

After a busy pre Christmas period with good sales and visitor numbers, White Rock Gallery is now planning for the year ahead.

Several new members have joined and the Gallery is brimming with new art and crafts. The items on display are changing weekly so do pop in when you are passing. Also we have a facebook page which is regularly updated - White Rock Gallery NZ

There will be a new Exhibition of art and mosaics by our Kaipara artists, opening on 1st February. This Exhibition will be on display until the end of March.

And don't forget we are open 7 days a week 10.00am to 4.00pm

Following a successful grant application to Kaipara Creative Communities, White Rock Gallery will be offering a fully funded Weekend Mosaic Workshop with tutor Pat George at her studio in Matakoho on 5th and 6th March 2022. Limited to 8 students. For more information and to register your interest please contact Sue Taylor on 094316986 or email sujim@orcon.net.nz or Pat George 021 227 3095 foxhangerstudio@xtra.co.nz

White Rock Gallery operates as a collective and are very happy to chat to anyone who would like to join us. Artists are required to live in the Kaipara district. Friends of the Gallery who are able to do a 3 hour shift once a month would be very welcome, you don't have to be an artist.

For more information on joining or becoming a 'Friend' call Lorraine 021 250 8613 or email whiterockgallerynz@gmail.com

White Rock Gallery Committee

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Council Mark says – Covid: It's all about managing the risk

A standard risk assessment takes into account two factors: probability and consequences. Together these two factors identify the level of risk. If an event is highly likely and the consequences are severe, then that is the greatest risk; you should assume the crash position and expect the worst.

If an event is highly unlikely and the consequences are mild, then take an aspirin and carry on with what you are doing. Other degrees of risk lay between the two extremes depending on the extent of probability and consequences. With the risks relating to Covid, there are certain things we can

do to mitigate the probability of catching the disease, such as wearing a mask in confined spaces, washing hands frequently, coughing into your elbow, not getting too close to people in social situations. None of these things will reduce the consequences of catching the disease if, in spite of all your precautions, you do get it. You may or may not get a severe dose if you haven't had the course of Covid vaccines, but statistically it is more likely you will require hospitalisation if you haven't. In addition to reducing the consequences of catching Covid (ie symptoms less severe), the vaccine also reduces the likelihood of catching it in the first place. Testing is another tool for reducing the probability of catching Covid but is just as ineffective as hand washing at limiting the consequences of catching it.

This view of the issue probably won't meet with agreement from the Covid vaccine

naysayers, but one thing I have come to realise in recent times is that we don't always have to agree on everything, and I guess I have become more comfortable with that.

There has been some criticism of recent steps taken by KDC to limit the access of unvaccinated people to council-run facilities. The council's CE took this difficult step after consulting with staff and seeking legal advice. The consequences of not doing this would have been the possibility of prosecution under the Health and Safety legislation for failing to provide a safe workplace for Council staff and volunteers. I believe she took the right approach and am happy to support it to the extent that an Elected Member should support an operational decision.

Disclaimer: The views expressed in this article are mine and not Council's.

Mark Vincent
Otamatea Ward Councillor
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Racquet Sports Update

We've been enjoying lots of long summer days in recent weeks and every Tuesday evening at 6pm we gather at the tennis courts at the showgrounds in Paparooa for a casual game of tennis.

New players are always welcome, we have plenty of spare racquets, and balls are provided. We are also hoping to have some kids coaching sessions similar to those that we ran last summer, so if you are interested please contact Juliet on 021-143-2560.

From 7.30pm on Tuesday evenings some of us move indoors into the Sports Pavilion and play table tennis. In recent weeks we have had some new players coming along (including several women) which the regulars always make welcome. We play a mixture of singles and doubles and try and match players up with other players of similar ability so that the games are

challenging but enjoyable. We have spare bats, and it's cheap entertainment at only \$2 per person (first night is free).

Thursday evenings from 7pm are reserved for badminton in the Paparooa Memorial Hall. We have two courts so most of the games are doubles which is easier for old legs like mine. Once again we welcome new players of all abilities of high school age and above, we have spare racquets and charges are low - \$3 for adults and \$2 for students per night.

If you would like further information on any of these activities please contact me.

Pete Hames 021 0567 163
hames.jones@xtra.co.nz

Regatta Remembered - some spectacular races

In early days there would have been a similar number of launches racing as there are today in the Pahi Regatta. One of the outstanding boats was Rata. She was a boat with high sides, a very low cabin on top- a very smart boat, well turned out, with a good turn of speed, but she rolled.

I can remember, coming through at the finish of one race she was one of the first boats, but she had to overtake several boats at the finish line, which happens the same today. She rolled. She travelled on her side for so far there were gasps all around but she eventually righted and continued and all was well.

I remember one ladies race which was most spectacular. For the ladies races in general they would have one person, probably the lady's husband or whoever to assist them and one fair play officer to make sure that the man on board didn't assist the lady in control of the launch. Mr Ralph Skelton was the fair play man on one boat. He stood up on the stern of the boat, looked over the cabin, thoroughly enjoyed the ride, got fairly wet from the spray and it was a great sight to watch.

Another ladies race and the boats were starting on handicap and it was Brenda Kay's turn to start. She was scratch boat. She idled around at the start line and was missing any chance of a good start. When she did get started she went off flat out. Turned out that the throttle had jammed on idle and she didn't know how to get it started and when it did start she couldn't slow it down. This may be an exaggeration but as I remember it she did that race flat out, she overtook everything and she was first boat home. Further than that

Brenda was a lady who wore a full skirted sundress and that dress flew in the wind as she sped around the course and it was a great spectacle. Brenda Kay was a new boat and Brenda was just the lady to drive that boat in the ladies race and she was a very popular skipper that day.

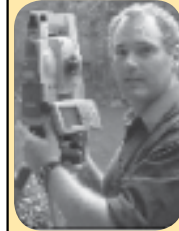
Another race was spectacular for a different reason. This is the story about Graham Healy and his boat called Tracy. Tracy was a fairly quiet sort of a boat, it had a fairly small engine in it. Graham decided the engine was too old, too small, too everything, and he took it out and put in a nice new truck engine, a big engine, heaps of power, in good order. By the time regatta day came Tracy was skipping round the harbour like a spring lamb. Everything was fine and down to the Pahi Regatta came Graham with his boat. At this particular race I was watching them come up towards the finish line and Tracy was well back travelling fast, looking really sweet. She had a new lease of life with this new engine pounding out the power. There was a solid line of boats approaching the finish. Graham came up, found a gap, so without slowing down he went between two boats, hit their wake, and was sent right up in the air. The whole boat came out of the water, all except the propeller and the rudder. Down she came, hit a wave, hit the next wave, sent another shower of spray up,

emerged from the spray, she hadn't slowed down, was still going at full speed, and she powered away ahead of all the other boats to cross the finish line. Graham, you earned first prize during that race that day.

KB

The Pahi Regatta 2022 has been postponed.

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Rain Glorious Rain

But is it enough?

It feels like we've had a bit of rain recently and over the 7 days (21- 28 Jan) the NRC rain station has recorded 11.5mm but still only 12.5mm for the whole of January.



In December 2021 we had 81 mm. Compare this with Jan 2021 - 108mm, Jan 2020 - 3.1mm (the big drought) and Jan 2019 13.1mm.

Are we heading into another drought? GT



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New Mural Taking Shape

Finally, after much planning from the Paparooa Connections group and others, the first mural has commenced in the Paparooa village, on the outside walls of the toilets at the Village Green. Local artists Mel Juer and Jay Allen are creating their mural - Evoking a sense of recognition and place, a pride in our local environment; A place where we belong.

The mural includes images of local flora and fauna commonly seen in the Kaipara - tui, ruru, tern, kotare, heron, wax eye, kereru, pied shag, as well as other local wildlife. These elements are brought together using the river, shoreline and skies of the Kaipara in different seasons and moods – beneath the moonlight, underwater, early morning and under the sun's rays.

The previous murals on the toilets were created by Dennise Brownlee. The latest one is now faded and Dennise is delighted that a new mural is being created around all the walls of the toilets. Other murals will occur as money and artists are available. These will be in line with the results of a community survey early in the project, which was supportive of our the themes of emotive landscapes, encompassing nature, culture and history. We are hoping they will spark a sense of place, elicit an emotional connection, trigger intrigue, curiosity and kotahitanga (unity).

Libby for Paparooa Connections



Jay and Mel - artists at work

The murals are still quite a way from being finished but already looking fantastic. If you pop down during the week you might be lucky enough to see our artists work their magic.



To see these photos in colour (which we recommend) please click on the Paparooa Press icon at www.paparooa.org.nz

Soft Plastics

This niggly waste stream is a big one in most households. But one that CAN be recycled and made into other products. Of course- the BEST option is to avoid the soft plastics by refilling at bulk bins or making things yourself, but when you can't avoid soft plastics, you can save them up (make sure they are CLEAN and DRY) and take them into a participating Countdown or New World supermarket to pop into the Love NZ Soft Plastics Recycling bin (you can check on their website to see where your nearest drop off point is located). In Kaipara we can take them to Countdown Dargaville or Whangarei.

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This is a basic introduction to the art of mosaics for anyone from Kaipara District, from beginners to experienced artists. The workshop is fully funded - max 8 students.

Bring your own lunch and any 'found objects' you wish to use (china, sea glass, shells, pebbles, jewellery, driftwood, glass beads etc.).

Further details of materials provided, and what you'll need to bring will be given on registration.

Venue : Foxhanger Studio, 45 Barlow Lane, Matakoho

Dates : Saturday & Sunday 5th & 6th March, 9.30am to 4pm

To register : contact Susan 09 431 6986 sujim@orcon.net.nz



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Letters from The Old Post Office... Reincarnation



Dear Reader, listening to that slightly disconcerting song "Evil spider" by NZer Bene, naturally my thoughts jumped straight to the ideas of re- incarnation. (Possibly because I was feeling guilty about washing that arachne right out of my hair). Now, the base word of re- incarnate is the Latin word incarnare: meaning to make flesh. (Think chili con carne, or not)!! Thus, the concept of re- incarnation is that the non- physical essence of a living entity begins life in a different form after the present body has died. A belief in some form of re- incarnation is a part of many philosophies and religions.

Plato back in the 400 BC's talks about rebirth and the law of karma (simply put, the spiritual balance of cause and effect). Somewhere he says in Book X, "Know if you become worse, you will go to the worst souls... and in every succession of life and death you will do and suffer what life may fitly suffer at the hands of life." There's a sobering thought. Literally.

Even happier was Plotinus, circa 205 AD writing in the second Ennead; reincarnation is "a dogma recognised throughout antiquity..the soul expiates its sins in the darkness of the infernal regions...passes into new bodies, there to undergo new trials." Such fun. For some reason reminding me of the last zombie apocalypse I didn't watch.

Buddhism, founded circa 1375, has the belief that the Dalai Lama is a re- incarnation of Avalokitesvara, a Buddhist deity and the personification of compassion. Each new Dalai Lama is an enlightened

being who has chosen not to go to their after life but to be "reborn" in order to benefit humankind. A jolly good idea. We should all try to be the personification of compassion if you ask me. (ribald laughter off- stage) The world would be a better place. Just read the comments on FB, that will put a dent in your day.

Perhaps, I should leave you with the more poetic image from the Hindus, the Upanishads, "so verily, the Self, having cast off this body and having put away ignorance, makes another new and more beautiful form."

Actually, I may prefer to leave you with the Hindus' idea of being reincarnated into a lower form if you live a not nice life (see Plato and Plotinus). If NOT NICE, you may come back as a spider, (if evil like in the song then you may come back as a slug) and so on until you have expiated your sins. Taking



this idea further, and to my advantage, all housecleaning duties will be undertaken only occasionally. I really do not want to hurt Uncle Wal, the daddy long legs (I won't elaborate on his sins) nor the pretty little caterpillar that may or not be my late slightly lamented, Aunty Leticia.

Deb

NO SHOW!

Oh no! No A&P Show,
While in the garden
giant pumpkins grow.
Now where do we go
To see blooming dahlias
all in a row?
And Trevor taking out
every "First in the Show."

No loud speakers echoing
across the ground,
no bands playing,
no-one's around.
No horses, no lambs,
no cattle at all,
no sideshows or fast food
an empty hall.

When life gives you a
lemon
You make lemonade
to drink in the shade
and your best home
brew too.
You can eat the bread,
and the cake,
too hot to bake
and no more to do.

A. Poet

School's Back

This year promises to be a stressful one for parents, children and teachers and many parents are opting to home school. So we not only need to be aware of children and the unexpected when driving past schools and stopped school buses, but also in our everyday environment.

Parents will be taking children on "field trips" to local parks and attractions so let's all do our bit in keeping them safe.

Please stick to speed limits (remembering they are maximums, not targets) and keep your eyes open.





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Things To Do In Our Area That Are Free And Interesting!

The Paparooa Lion's Bush Walk

Probably well known by most locals, this beautiful, well-maintained walk is a treat for all who are reasonably fit. Walk out one way from opposite the dairy, right to the Pahi Road exit then back taking the other way back from the junction at the hill top or do the loop returning on the roadside path along Pahi Road. Please note no dogs.

The Matakohe Old Bridges walk or cycleway

This trail can begin opposite the museum going down the wide concrete path and turning down the old road over the first bridge. This way gives a reasonably steep hill to climb on your return. Alternately you can drive to the small car park following the signposted old road and then enjoy a short well graded pathway to the

second old bridge. This short trail is perfect for pushchairs and small children and has an interesting story board. This is a flat pathway suitable for the unfit. Dogs on a lead please.

Ruawai Stopbank Walk and Cycleway

Starts by the Ruawai Wharf and continues along the stopbank. Can be made into a loop by using Simpson Rd. A lovely flat walk or cycle that is perfect for young and old. Especially beautiful at sunset!

Kauri Bushman's Memorial Scenic Reserve

A lovely short, mostly board walk on Stirling Bush Road just off SH12 on the way to Ruawai.

Piroa Falls Rotary Trail

On Gorge Rd between Maungaturoto and Waipu. A steepish track takes you down to a lovely waterfall. Very popular spot for adventurous teenagers who swim there. Parking is at a premium on



the narrow gravel road at the top so please take care.



through the nikau dominant bush next to the Presbyterian Church.

Maungaturoto Skate Park Bickerstaffe Rd just by the entrance to the Maungaturoto Country Club.

Paparooa Show Grounds Mountain Bike Trail

On the Paparooa Show Grounds. Fun for the fit bikers. A flat Fitness track around the showgrounds is also available.

Mangaraho Rock Reserve and Tokatoka Peak

For the more adventurous and fitter walkers, these two offer stunning views over the Northern Wairoa River and surrounds. Both these are cores of ancient volcanos that erupted millions of years ago. Mangaraho has a base track that is safe and easy and takes about 45 minutes but the climb uses chains and ladders and has no safety barriers. Tokatoka is an easy climb mostly, but there is a steep section near the top. There are no safety barriers and don't climb if you suffer from vertigo.

Whakapirau Beach Walk

Make sure the tide is well out and not coming in before setting off from the beach by the tennis court and head down towards Tinopai. This takes you down to the old limeworks or further. A good longer walk. Or go swimming in the bay or fishing off the wharf for another free activity.

Pahi Beach Walk

Check the tide is well out and head off around the beach past the toilets for a walk

around the beach. This can be a loop walk coming back up Dems Road or an out and back taking you further around the beach. Or go fishing off the wharf or swimming at the beach. Be aware that there is a very strong tidal current near the wharf so only stronger swimmers should go there.

The Maungaturoto Country Club Walkway

This trail begins off Bickerstaffe Road near the Otamatea High School - or from the driveway down to the Country Club. This is a working farm walk so dogs must be kept on a lead. This walk takes you over open farm land and through a small bush area and you can complete the loop by using the Bickerstaffe Road footpath or go down to the Maungaturoto Wharf as an add on.

This walk has the added advantage of a disc golf course. You start from the Maungaturoto Country Club car park. Discs can be borrowed on Thursday evenings for a round from 5pm or purchased from the Country Club (maungaturotocountryclub@gmail.com) and once you have the discs there is no further cost.

An Orienteering course is also available by going into the Country Club face book page and finding the current map to follow.

Nikau Grove Rotary Walk

On Whaka Street Maungaturoto - a short but beautiful walk



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Dahlia Show

The Kauri Museum is reaching out to gardeners for a dahlia show to be held this Waitangi Weekend. Given that Covid has prevented the Paparoa and other A&P shows this year, the Museum is having a mini-dahlia show to celebrate summer and the many years of dahlia growing in the district.

“Dahlias have long been associated with the Museum, particularly with late Museum supporters Mavis Smith and her younger cousin Ned Sterling - both fiercely competitive dahlia growers who entered the show competition for more than 70 years” says the Museum’s marketing executive, Grant O’Neill.

“We see this show as something we can do to fill a tiny bit of the gap created by not having the A&P show at Paparoa this year. With the

help of the A&P indoor section organisers we are contacting entrants from the 2021 show, and are looking for anyone else who has dahlias to take part if they wish”.

The Museum dahlia show is not a competition, and there are no special conditions of entry. All gardeners are welcome to bring individual stems, groups or even bunches.

The dahlias will be on display in the Museum’s Gumdiggers Café for the weekend (although they will be at their best on Saturday and Sunday). There

will be no charge to view.

If you’d like to share your blooms with the community please bring them in to the Gumdiggers Café on Saturday February 5 at 9am. There will be small display vases available, but if you wish to bring a large bunch, please bring your own (named) vase.

Kauri Museum



Pictured: Dahlias in the Totara House garden, at the Kauri Museum.

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20

Books And Bookclubs

I belong to two bookclubs. Not of the serious, intellectualising kind, but friendly get togethers over a cup of tea or coffee. I was invited to join the Pahi Bookworms when I first moved here and found a circle of salt-of-the-earth, community minded people who have blessed me with their friendship ever since. The second club I started with my immediate neighbours after discovering we were all avid readers with books to lend and share. We grandly call ourselves "The Eclectic Reading and Music Appreciation Group."

This came about because I have a record player. Yes, the ones that play old records. Many people keep their favourite old vinyls but have nothing to play them on. So we don't just bring along books to share but also listen to one another's music. CDs are now included. One day someone surprised us by asking us to guess who the artist was and what the piece of music was.

For some reason, a shared hysteria possibly or return to second childhood, we found that extremely entertaining and have continued to share "mystery" music each time we meet with a chocolate fish for whoever can first guess correctly. As I said, not a serious bookclub, but definitely serious readers and music lovers. Not intellectual music either. The Eagles, Gene Pitney, The Everley Brothers, Joe Cocker... No chocolate fish for guessing our ages, we

range from mid 40s to mid 90s. Pahi Bookworms meet once a month at each other's homes, the hostess of the month providing afternoon tea. There are twelve members so no room for new members as that is about how many chairs we can each provide. ERMA also meet monthly at my place, with five members who have become a very happy family but could extend to 1-2 more members. We meet for morning tea but can still be there when its time for afternoon tea.

While sharing the love of a good book (or music) is the primary purpose of our meetings, the hidden agenda, maybe not so hidden, is the friendship of caring good people who support each other through all the joys and hardships life throws our way, birth of a grandchild, death of a spouse, a special holiday, health good and bad, dare I

mention covid, the weather? And you don't need me to tell you how beneficial and necessary that is. Why not start a "bookclub" in your neighbourhood?

Pahi Bookworms loved reading "The Guernsey Literary and Potato Peel Pie Society," by Mary Ann Shaffer and Annie Barrows and also went to the movie together when it was

showing in Dargaville.

ERMA enjoyed "The Ladies No. 1 Detective Agency" series by Alexander McCall Smith and had a hard time identifying "Albatross," by Fleetwood Mac.

Don't forget to also support our wonderful local libraries and volunteers who "man" them.

Anne Bate



Maungaturoto and Districts Rotary

Like most organisations our local group has been in recess for the past few weeks but not before we had a fantastic closing night, a summary of highlights follows.

The Paul Harris Fellowship Award was presented to three people: Stella Clyde for her work in the community and with young people; Keith Shadbolt for his community work in the environmental area; Lyn Tetzner who does an incredible amount of background work supporting Alex and is always involved in our fundraising efforts.

The recipients of the President's Scholarship this year were Renee Allen (she had been head girl at Otamatea last year, and is an excellent netballer), Jaden Sheppard (head boy last year, who is very involved in the performing arts) and Bethany Hudson (who was unable to be present, but has had a number of articles published). It is great to be able to provide some support to these young people and it is always interesting to hear from them in subsequent years.

Besides the work in the community we have also been involved with RYLA, RYDA, and Duffy books. Duke of Edinburgh and William Pike has seen our support of younger people aiming at building resilience. Our driver mentoring scheme has been popular with both younger and older people. It has been good working with People Potential and Roadsafte Northland as they have both been very supportive. We have also been fortunate to have someone like Dean Garnett taking care of the car, ensuring that it is roadworthy and warranted. Speaking of this, we are now accepting new recruits (and mentors if you feel able to give of your time). Age is not an issue but clients and mentors need to be double-vaccinated.

Both Grahame Carbery and Dennis Emsley were congratulated on the work they have done in setting up the Satellite club at Mangawhai and an extremely successful sailing venture. Because of the large number of youngsters involved they are going to be splitting their sessions this year to cater better for sailing ability. They have also hit the ground running with a fantastic fundraiser (Sandsational event) on Jan 30 with fun activities throughout the day. (More on this next month.)

We had a very pleasant President's BBQ at Les Kenworthy-Thompson's. We appreciated he and Shirley making their place available as this is always a great way to reconnect in the New Year. Our first major fundraiser is a Quiz night at the Maungaturoto Country Club on Friday 25th February - look out for details which will be publicised.

Remember, if you feel you can contribute in any way to our Club, we meet on a Tuesday in the Centennial Hall, Maungaturoto at 6pm. Any enquiries, please contact Eileen.

Eileen Parsons 021 142 0357

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Northland Bowls Volunteer of the Year - Ron McCallum

Maungaturoto Bowling Club is proud to announce Ron McCallum, nominated for the award for last season, was recently chosen as the recipient. He spends many hours calling prospective competitors and sponsors for our three tournaments, and has done this for many years. He has sponsored one of our tournaments for 31 years.

He also provides innovative ways to make the bowling day more entertaining. Corner to Corner and Winter bowls (with some amazing prizes) are among his ideas.

He contributes thoughtfully



Ron with his award and several of his fellow bowlers

and well at meetings, is passionate about bowls and encourages other people to enjoy the game.

Eileen Parsons

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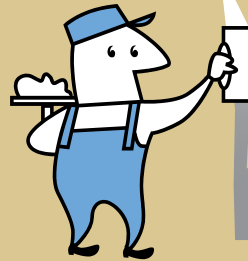
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OCS February News

The Community House has been open since January 10th and began nice and steady with most of the staff back refreshed and ready for the new year. We are slowly picking up the pace as more head back from holidays and go about some form of normal life with all that it may bring.

We reluctantly farewelled our counselor Pete at the end of the year as he ventures into more of his favourite things to do- e.g. gardening and music. He will be missed by all of his colleagues and clients.

Another sad farewell was to our placement Social Worker Megan, when she completed her hours with OCS and now has moved on to begin a new role in her career in another part of the country. Megan was a joy to have in the agency and we appreciated so much her input to supporting clients.

We hope everyone had a good connection time with family and we appreciate the community's respectful approach to all the changes happening throughout this period.

With regards from the Manager and staff of OCS

THE HERBALIST

Fennel

Foeniculum vulgare

Fennel is an old world plant that now grows in warm climates across the world. As we know in Northland by the beautiful yellow flowers on the roadside.

Both the seeds and the bulb have a mild licorice taste. Fennel is effective and safe for children with colic, for young woman with menstrual pain, and for nursing mothers. You simply chew on the seeds after meals to enjoy better digestion and fresh Breath.

As an antispasmodic herb, fennel is known mainly for soothing muscle tension, digestive spasms, and menstrual cramps. It is also a mild diuretic and can be used in combination with other herbs.

Vicky



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Good Keen Blokes/Blokeses

Or People You May Meet Down The Pub...

Charlie Lamb is one of the good keen blokes in our community. Currently working as District Support Manager for Northland's RSA he volunteers his services for free. Hours and hours of telephone, email and practical support are involved.

He has been Northland's support for four years, although prior to this role he was both a member of the Birkenhead RSA and an executive. Retired from the navy he has seen first-hand the needs of ex-servicemen.

The RSA (or just the razza) is The Royal New Zealand Returned and Services' Association, one of the largest voluntary welfare organisations in New Zealand and one of the oldest ex-service organisations in the world.

Wounded soldiers returning from the Gallipoli Campaign founded the organisation in 1916, receiving royal patronage in 1920.

Their mission statement lays out their belief in the necessity "to remember and care for all those impacted by service for New Zealand in military operations. We are here to support the health and wellbeing of all those who have served for New Zealand, and their dependents".

It is easy for the rest of us to forget the long-term damage that war service has caused to many individuals. Just think of Agent Orange usage in Vietnam, (multiple myeloma, Parkinson's Disease, and various types of cancer), radiation from Mururoa Atoll, again causing huge human and environmental harm. Short term and long term, affecting the adults present and then into the next generation with a range of health issues and birth defects.

There are currently over 102,000 RSA members in NZ. The RSA donating two million of its funds to support members during Covid. However, Charlie states that you do not have to belong to the RSA to access help and support, just have belonged to the armed services.

The RSA offers a huge range of support. Supporting health issues (both physical and mental), the practicalities of just living, guidance and

support in dealing with governmental agencies. Charlie says that they may and do assist with hospital visits, whanau support, lawn mowing, house cleaning, gutter cleaning, filling out forms and perhaps of just as importance, offering an ear. Touching base often, either on the phone or via email is a huge part of helping with ongoing physical and mental well-being of the individual and the extended whanau (if a person joined the services before 1974 then they may be eligible for VIP ; Veteran Independent Programme where services can be provided on a regular basis).

Charlie related how last week he was put in touch with an ex-serviceman suffering a marriage break up. Only in his 40's the man needed a listening ear and support in choosing a counsellor that suited his particular needs.

Charlie has also assisted in very practical ways; sourcing difficult to get car parts, replacing water tanks and carpets.

All this takes so much time and energy which Charlie, and many others are happy to give. They have seen the struggles of ex-servicemen and women and their reward has been to see the difference that their support has achieved. And always, everything they do is professional and confidential.

Perhaps next time when you are passing the RSA Poppy donation box, think of giving practical support to our veterans.

*"Sneak home and pray you'll never know
The hell where youth and laughter go."*

S. Sassoon 1918

Contact details:(for yourself or someone you know)

Charlie Lamb

027 208 1355

Charlielamb35@gmail.com

www.rsa.org.nz

Water Saving Tips For The Dry Months

Outside the House

Lawns

Water your lawn only when it needs it. Give it a deep soak twice a week rather than a quick drink every night. This enables the grass to become more deeply rooted and hardier.

Use a timer with your sprinkler - some sprinklers use as much water in an hour as a family of four uses in a day.

Grow your grass a little bit longer in summer. Taller grass holds water better and it will stay greener for longer. Let the lawn brown in very dry times.

The Garden

Mulch can prevent up to 73% of evaporation loss and excessive runoff.

Group plants according to how much water they require.

Water the highest parts of the garden first so any runoff water soaks into lower areas.

Plants can become too pampered and dependent on watering. Toughen them up and wait until the soil dries out before watering.

Dig a small trench around trees. This will allow water to soak in and reduce runoff.

Water your pot plants by dunking them in a bucket of water.

Water during cooler parts of the day - morning and night. Avoid watering on windy days.

Water the roots of your plants, not the leaves.

Plant drought resistant native trees and plants as many thrive with far less watering.

Use a trigger hose to control how much you spray.

Install a small tank with a tap to catch rainwater for the garden.

Swimming Pool

Check for leaks and cover your pool to reduce evaporation. Up to 200 litres of water per day can be lost because of evaporation from a typical ground pool.

General Outdoors

Discourage games with the hose and sprinklers as this can waste up to 1000 litres an hour.

Wash the car, boat or caravan on the lawn using a bucket and sponge and turn the hose off in between rinses.

Use a broom not a hose to clean driveways and footpaths.

Inside The House

Check For Leaks

If you have a water meter, turn all taps off before you go to bed one night and take a meter reading. Check the meter the next morning before any water is used. If the meter reading has advanced you may have a leaking pipe, tap or toilet cistern.

A continuously running toilet can waste more than 16,000 litres of water per year.

A slow drip from a tap can waste more than 200 litres of water per day. Turn taps off properly and fix any that are broken.

The Bathroom

If you are thinking of upgrading, install a dual flush toilet. If your toilet has no 'half flush' button, put an old milk bottle filled with water into the cistern. Only flush when you have to and get the boys to pee outside.

Try taking shorter showers of four minutes or less. Turn the water off while you lather up.

Place a bucket in the shower to catch the water while the hot comes through.

Install a water-saving shower rose. Many showers put out 20 litres of water per minute, however, 10 litres is enough for a refreshing shower.

Save bathwater to bucket out to the garden.

Install a simple, inexpensive tap aerator on your bathroom tap to reduce the water flow rate by 50 per cent. You can buy them from your local hardware store or your plumber.

Turn off the tap when brushing your teeth or shaving.

The Laundry

Up to a quarter of your household's water is used on the laundry. An inefficient washing machine can use 200 litres of water per wash. Replacing it is one of the biggest water savings you can make in your home.

Front loading machines are generally more efficient than top loaders. They typically use 50 per cent less water, 35 per cent less detergent and 30 per cent less energy. This makes them a much more cost effective option.

Make sure the washing machine's load adjustment

is right or if there's no load adjustment, wait until you have enough for a full load.

The Kitchen

Don't rinse dirty dishes under a running tap.

Wait until you have a full load in the dishwasher.

Don't let the tap run when cleaning vegetables. Rinse them in a pan of clean water then use this in the garden.

Keep a bottle or a covered jug of drinking water in the refrigerator.

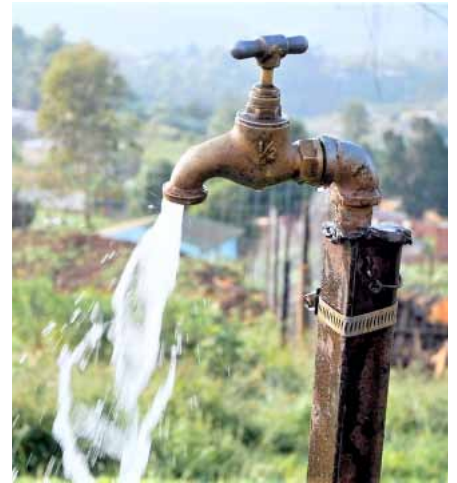
Empty your water bottles into your plants instead of the sink.

Sink disposal units use about 30 litres of water per day - try composting your food scraps.

Check the water efficiency labelling on your appliances. When buying new ones check they have a good rating.

Hot Water Pipes And Systems

Insulate hot water pipes. This avoids wasting water while waiting for hot water to flow through and saves power.



Make sure your hot water system thermostat is not set too high. Adding cold water to cool too hot water is wasteful. The recommended setting is 60 degrees. Ask a plumber or electrician to change it if needed.

If you have a spa, ensure it is well insulated to keep water warm for longer. Reheating the water during the reticulation/spa process reduces water wastage.

PP

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Science Corner



Lightning and Nitrogen

Does Lightning increase the amount of nitrogen in the soil?

I was told by farmers when I was young that every time we had a thunderstorm, that grass would always grow much better afterwards, because the lightning fixed some of the nitrogen in the air making it available in the soil for the plants. A recent discussion with friends made me wonder – is this just an old wife’s tale, or is it true?

According to madison.com – Wisconsin USA-University department of atmospheric and oceanic sciences the answer is YES but not directly.



Nitrogen is present as 78 percent of the atmosphere and the two atoms are held together very tightly making it unavailable to our bodies. We need nitrogen in the form of protein which we get from eating plants or animals. Plants cannot get nitrogen directly from the atmosphere but nitrogen in the air can be transformed into a plant useable form by lightning and nitrogen fixation.

The lightning bolt carries enough electrical energy to split the strong bonds holding the 2 nitrogen atoms together and the single nitrogen atoms very quickly bond with the oxygen available in the air forming nitrogen dioxide.

This gas dissolves easily in the following rain drops to add nitrogen to the soil and improve plant growth.

So, it is true.

BUT- the microbes that live in the soil are by far the biggest nitrogen fixers, so encouraging the use of plants like legumes (clover, peas, beans etc) that contain the special nodules in their roots to accommodate nitrogen fixing bacteria and ensuring your soil microflora is not killed by too much chemical fertiliser or pesticides, is the best way to get nitrogen into your soil.

Stella

Pets in the Valley



A foreign body is defined as something stuck in you which is not part of your body. With animals foreign bodies are fairly common. Dogs especially are not discerning eaters and I have removed corn cobs, fish hooks, cow ear tags, gladwrap and stones from their gut. Grass seed awns are nasty little things which penetrate like little arrows into the skin and can cause nasty abscesses. I have removed a rather large piece of blackberry from a horse’s eye, a rather large piece of wood from a horse’s mouth, fish bones from cats’ mouths, a nasty possum rib stuck in the throat of a young dog and numerous grass blades stuck in the oropharynx of cats.

Turnips can get stuck in cows’ throats and they can suffer from a condition known as hardware disease where they eat a foreign body, usually a nail or staple, which punctures through the front of their rumen and into their chest and then heart. Not usually a good outcome. Sometimes it is difficult

to know if a foreign body is the problem as they can’t be seen and often don’t show up on x-ray. However recently a local cow managed to acquire a foreign body which was very easy to diagnose! A fence baton, including the insulator, was impaled through her udder. She failed to say how she accomplished this but thankfully she missed the rather large mammary veins and arteries in the area. Even after many years in the trade you still get to see things for the first time! Hopefully a few rose splinters and some Onehunga weed barbs are the only foreign bodies you come across this summer.



Cheers Janine

Nicky Reid

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February Gardening Notes

The veggie garden and orchard this month can be referred to as 'Pick, Eat, Preserve, Pickle and Enjoy'. This is probably the most abundant month in my garden with many varieties of fruit and veges ripe and ready to be harvested. There are beans, tomatoes, zucchini, potatoes, cucumbers, sweetcorn, plums, peaches, figs, grapes and early varieties of apples. Despite some crops being able to hold on to the plant for a short while it's best to harvest what is ready every day and eat it fresh, or preserved. This can be frozen whole and free flow, dried, made into pickles, chutneys, relishes or jams. Some fruits like peaches, plums, nectarines and apples can be stewed and dome sealed or frozen. Beetroot can be bottled in a vinaigrette brine.

The hot summer weather just when we're craving for crisp, cool salads means lettuce crops can be disappointing. Uneven watering, baking sun and high temperatures contribute to lettuce bolting to seed. The tall flowering stem and leaves contain a bitter tasting sap which was once used by herbalists as a mild sedative. It pays to grow lettuce where it gets afternoon shade or under a frame of shade cloth. Be diligent with the watering so plants are never under stress.

While summer crops might still be producing well it's a good idea to start sowing in pots for late autumn/winter producing veges such as brassicas, spinach, silverbeet, broad beans and beetroot to transplant out in a month or so to fill in the gaps when you uproot spent summer crops. In the meantime replenish the soil with well rotted compost and your preferred manures. In the north direct sow dwarf runner beans and carrots for autumn harvest.

Recycled coffee grounds can be added to compost, to cover seeds if short of seed raising mix. In past years I've planted out punnet of purchased sweetcorn plants to harvest early/late autumn. Ensure they are kept moist and positioned in a spot with afternoon shade.

Currently flowering lavender, borage, dahlias and other hardy annuals will be attracting the bees. If there are no bees around to pollinate your tomato flowers you can dissolve 1 tablespoon of sugar in 100 ml warm water, pour into a small spray bottle and apply to flower clusters - before you know it tiny tomatoes will be forming. Repeat as necessary.

I have just arrived back from holiday and was pleasantly surprised to find a variety of hardy flower plants providing a splash of colour thriving in these hot arid conditions.

JR



Time to tackle moth plant

People are being urged to tackle perennial invasive moth plant as soon as possible before its kapok-like seed pods mature, then burst and infest new areas.

It's a tough, fast-growing vine that can rapidly climb and smother native and exotic trees and is one of Northland's worst weeds and a common pest which can grow up to 10 metres tall. The plant has easy to see prolific white flowers in January about 25mm across that turn into large hanging kapok-type pods, each of which splits open to release hundreds of seeds with silky threads that are carried by the wind to new sites. The seeds are poisonous to humans, and the pods and stems also contain a milky sap which is a skin irritant, making gloves a recommended option when handling moth plant.

Moth plant may be sprayed or removed by hand and the mature seed pods collected,

which can be quite labour-intensive. Councillor Jack Craw says if caught early enough, small moth plant seedlings can simply be pulled out. The roots of large plants should be cut out at least five centimetres



underground or herbicide used to control the plant.

People keen to know more about how to control moth plant and other pest plants and animals can visit www.nrc.govt.nz/pestcontrolhub

NRC



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OUT & ABOUT AROUND TOWN

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

Happy 16th
Birthday Paparooa
Farmers' Market

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

Local Music Video Released Search "Brian Baker Everywhere You Go" on YouTube to see the video we featured in the January Press. See which locals you can spot.



Please remember to scan in when visiting local businesses.

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

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Something Exciting Is Coming...

The Paparooa Potting Shed & Providor is the name and the idea for the shop at 2004 Paparooa Valley Road. The shop is currently getting a make-over and the spaces will be set up to display and sell predominantly products sourced locally on behalf of local producers. The concept is that it is an additional space, designed to complement and not compete with the Farmers Market or other stores in the area. To promote and sell local products during the week. To live, love, local and to restore, reuse, repurpose what's here and bring in some exciting new products not currently available. The style and vibe in the front will be Farmhouse with a Potting Shed like space out the back for plants etc. There is also a treatment room available for lease that would be ideal for a Physio, Craft workshops or similar or complementary business.

Contact Belinda on paparooapottingshed@gmail.com

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A Call For Help

Many will know Shoh from his assistance at the Farmers Market. He has also been a participant in working bees for the Medical Society, Depot Trust, Twin Streams and has many friends in the Paparooa community.

We have started a Give a Little campaign to help him rebuild his family home in Bohol Province, Philippines. Bohol was struck by Typhoon Rai on 16 December with considerable destruction and loss of life. Fortunately his family was not hurt. However his family home still occupied by his elderly parents was severely damaged and is uninhabitable. His parents are staying with other family meantime.

We hope to raise \$5000 to rebuild the house. It is a simple structure of concrete with iron roof but very old. The new home will be built to withstand future typhoons!



This link is to the Givealittle page and donating is easy:

[givealittle.co.nz/cause/family-in-need-in-the-philippines](https://www.givealittle.co.nz/cause/family-in-need-in-the-philippines)

At the time of publication we are just under half way there so please help us reach the target. Givealittle take 5% for administration but the rest goes directly to Shoh who will ensure it is spent wisely on rebuilding the house in his home town. He has already sent money from his salary here for food and other necessities but they need more.

Please support Shoh and share this link as much as you can.

Graham Taylor

WHAT'S ON - FEBRUARY 2022

The Kauri Museum open 7 days, 9am-5pm
 Dahlia Show - Waitangi weekend Feb 5 - 7
 Bring blooms to Gumdiggers Cafe Sat Feb 5, 9am. See p11 for more details.

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
- Ararua Church** 10.30am every Sunday. All welcome Ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 021 056 7163
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 Ph Rose 431 7418
- Farmers' Market** Every Saturday 9-Noon, Village Green, Graham 027 475 4490
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Maungatūroto
- Grow Paparoa** Thur/Fri/Sun 10am to 2pm at the Community Gardens
- Holy Trinity Anglican Church**, Maungatūroto, 1st & 3rd Sundays, 10am;
 2nd & 4th Sundays, 4pm. All welcome
- Kaipara Marching Team** Weds 4-5.30pm, M'gto, Ph Rose Plunkett 431 7418
- Line Dancing** Thurs 10am-noon Paparoa Hall Ph Rose 431 7418
- Mainly Music** Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520
- Matakohe Garden Circle** 1st Weds each month, 1pm, J Mackinnon 431 6689.
- Maungatūroto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm
- Maungatūroto and Districts Rotary Club** Maungatūroto Centennial Hall,
 Tuesday evenings 6pm, Ph Stella 021 149 0877
- Otamatea Quilters** 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262
- Outdoor Bowls** Maungatūroto Green Ph Tony 431 6026 or Brian 431 6884
- Pahi Hall** available for hire Ph Tina 0210335128
- Paparoa Community Church** Sundays 10.30am, 4 Hook Road, 431 6795 or Dave Porteous 0274 180 676
- Paparoa Garden Circle** 2nd Wed of month. Contact Raylee Over 431 6880
- Paparoa Hall** Functions venue Ph Robyn 431 7306 or a/h Loraine 431 7290
- Paparoa Library** Tues & Thurs 11am - 4pm, Saturday 10am - 1pm
 Manager Jas Futter 022 678 1474. Returns Box at Skeltons
- Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Playcentre** Tuesday and Thursday 10am-1pm Visitors Welcome
 Ph Kirstin 431 7373 txt 021 525 425 or Jane 431 6148 paparoa@playcentre.org.nz
- Paparoa Primary School** Term 2 May 3 - July 9, Term 3 July 26 - Oct 1. 4317379
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
- Paparoa Volunteer Rural Fire Force (VRFF)** 1st and 3rd Monday of the month
 6.30pm Depot Rd ph Ken Ogilvie 021 129 4042
- Plunket Ready Steady Wriggle** Mon 10am Sports Pav. Tina Ball 021 033 5128
- Selwyn Centre** Thurs 9.45am for over 65's, St Marks, Hook Rd, Ph Sue 431 6224
- Sports Pavilion** Functions Venue Bookings ph Jane Bailey 431 6148
- St Mary's Catholic Church** Maungatūroto 10am Wed, 4pm Sunday
- Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
- Tennis** Mondays 9.30am, 6pm Tuesdays Ph Sue 431 6224, or Pete 021 056 7163
- Yoga For Everyone** Monday 6-7pm Maungatūroto Hall, Tuesday and Friday
 mornings 9.30am Paparoa Sports Pavilion. Ph 027 294 4855

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

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Weight Loss Group

Starbright Wellness runs an 8 week group workshop on weight loss. \$320
 Vicky Hilton 021 24 84259.

Storage Available

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 Paparoa County Depot Trust

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LOCAL TIDES for February 2022

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	18.11	12.13	17th	6.22	12.31
2nd	6.30	12.39	18th	6.55	13.06
3rd	7.14	13.26	19th	7.30	13.56
4th	7.57	14.09	20th	8.05	14.32
5th	8.39	14.51	21st	8.44	15.11
6th	9.20	15.31	22nd	9.27	15.55
7th	10.03	16.12	23rd	10.17	16.46
8th	10.49	16.56	24th	11.18	17.48
9th	11.44	17.46	25th	12.33	6.26
10th	12.12	6.49	26th	13.57	8.25
11th	14.07	8.05	27th	15.14	9.43
12th	15.16	9.20	28th	16.17	10.47
13th	16.10	10.18			
14th	16.54	11.03			
15th	17.33	11.41			
16th	18.09	12.15			

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

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 Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222
 For urgent after hours medical service (Wellsford)..... 09 423 8086

DISTRICT NURSE Dargaville Hospital 09 439 3330
 Healthline - 24 hour service..... 0800 611 116

HOSPICE KAIPARA Dargaville Hospital 09 439 3330

KAIPARA DISTRICT COUNCIL Helpline 0800 727 059
 Mangawhai Office..... 0800 100 388

KAIPARA PHYSIOTHERAPY Lyndsay Bargh/Lynne Rhodes...09 4391656

LINKING HANDS Health Shuttle Service, Maungatūroto.09 431 8969

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

MAUNGATUROTO PHARMACY 09 431 8045

MAUNGATUROTO REST HOME 09 431 8696

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

PAPAROA LIBRARY Free Membership. ContactJas 022 678 1474
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PAPAROA PLAYCENTRE paparoa@playcentre.org.nz

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

PLUNKET Helpline 0800 933 922

PAPAROA PRIMARY SCHOOL09 431 7379

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

PARENT PORT Inc. free help for families Linda09 425 9357

YOUTH & WHANAU FOCUS South Kaipara, Rose09 431 7418

Paparooa Farmers Market



Salt River in full swing. The first time music has been live at the market since last August's covid lockdowns.



Panda and Bear in their new vintage buggy arrive in style.

Paparooa Farewells Big Personalities

January saw the departure of two residents who have left a lasting impression on the village. Cissy Rock and Simie Simpson have settled in Petone, Wellington to be more centrally located for Cissy's work as a Community Facilitator. During their time here Cissy was heavily involved with PPI (Progressive Paparooa Inc) and worked tirelessly on many community projects. Simie worked for a while at Dargaville Library then took over some contracting work for Cissy as her work at Community Think grew.

Cissy was also very involved with various Auckland Pride events over the years and was a king pin behind the Paparooa Pride Parade and Picnic held in February 2021.

The community and their friends in Paparooa will certainly miss their colourful contributions and company.



5 Questions for Vicky Hilton

How long have you lived in the area? About 5 years permanently and 2 years part time but grew up in Ruawai.

What brought you here? I wanted a piece of land with bush and water, after living in Auckland for 35 years.

What do you do here? I am a Wellness Coach teaching weight loss and mindset and also a Marriage Celebrant.

What do you like about the area? I love being close to Auckland but having the freedom of small community which is close to great fishing and beautiful bush- and not far to go home.

What things would you like to see happen here? To keep growing the beautiful community and more support for our wonderful groups, buildings and resources like our bushwalk, Kaipara Harbour, show grounds and halls. We are so blessed to live in a special area and we all need to play our part in keeping it that way.



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