



JANUARY 2023

## T'was The Season For Christmas Lunches!

### Christmas Cheer for Selwyn Centre

Guests, volunteers, other helpers and musicians all enjoyed each other's company at the Paparoa Selwyn Centre Christmas Party, which finished off a busy year of social gatherings and activities.

A wonderful hot roast lamb dinner was prepared by Lloyd, Rachel and Lorraine and served to the diners - an especially creditable feat due to the electricity being off for maintenance during the morning!

Desserts of fruit salad, ice cream, pavlova, trifle, strawberries and other yummys were contributed by the volunteers and helpers.

There were also gift packages distributed to all.

Music was provided by Laurie and Helen for a singalong of favourite songs and some Christmas carols, after which everyone had an appetite for lunch!



Selwyn Centre re-opens on Thursday 5th January 2023 for two weeks, then is closed for a break on 19th and 26th January, resuming regular mornings on Thursday 2nd February. For further information please phone Sue on 4316224 or 027 4174626.

We wish to thank Linking Hands and their dedicated volunteer drivers for transporting the group from Maungaturoto regularly, to enable them to join in the exercise sessions, morning teas, fellowship and fun.

Sue Skelton

### Kaipara Hospice Volunteers Annual Luncheon

I had the honour of attending the Kaipara Hospice volunteers annual luncheon. This was to celebrate all the wonderful hospice volunteers in our district and was well attended by around 60 volunteers.



Our caterers were the RRT Rapid Relief Team who presented a lovely ham meal and dessert. We also had live entertainment with Take 6 Carol Group singing for us.

During the celebration volunteers from the district were awarded for long service. From our local area, Karen Weber, Ruth Smellie and Penny Weber received their 15 year service medals. Lifetime Members with over 20 years service were Joy Bonham, Trish Sterling and Colleen Smith. I was very proud to hear these local names and to see these wonderful volunteers from our area recognised.

Kaipara Hospice started 1992 when some keen locals realised a need in our area. Volunteers are the making of a great community. Keep up the great work.

Vicky Hilton



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ADVERTISING

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Booking & Copy deadline:

15<sup>th</sup> of month

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

## Give a Little Bit ...

Times are tough for many people, the cost of living has increased, and it doesn't look to be getting better in a hurry. It's a current worldwide problem and while we have faced this before in New Zealand and around the world, it does not make putting good food on the table any easier for many. Petrol and food are both significant cost items when you live in rural Northland, as most of us reading the Press do.

For many of us however, due to the good luck of our birth, we are not as bad off as others. Why is that? Yes we work hard, but so do many others who are not so well off. Even as a poor student and poor back packer I always knew that by the luck of my birth I would be ok. I always had family who could help me if I needed it. I had a good education and good food and support all my life. So I have never felt poor. So yes I am very lucky, and because of that, it is easy to make good choices that continue to support my good fortune.

I know that some people believe that less well-off people or people living in poverty (let's say it as it is) are to blame for their misfortune. If only they budgeted better, spent less money on whatever is seen as unnecessary by the more well-off, just work a bit harder, then they would be ok

*"Give a little bit*

*Oh, I'll give a little bit of my life for you*

*So give a little bit*

*Oh, give a little bit of your time to me*

*Now's the time that we need to share*

*So find yourself, we're on our way back home"*

*Lines taken from Supertramp - Give a Little Bit*

like us. My social conscience alongside my work in health and social services shows me this is mostly untrue.

We are not short of food in New Zealand, (thanks farmers and market gardeners) but many people do not have enough to eat including about 200,000 children. I believe that is not acceptable and I take my

hat off to those around the country working to change that. Successive governments have not done enough over the years to remedy this situation and to even up the playing field.

New Zealanders are known to be very generous people. Here in Paparooa I want to shout out to Whakatipu - Grow Paparooa who use their community gardens to feed locals so that nobody in our area needs to be hungry. This is a great effort by many and is rewarding for the volunteers as well. Giving to others come back in spades! My commitment for 2023 is to share some of my good fortune with others. What will you do, to give a little bit and show you care?

Libby Jones  
Looking forward to a more just 2023

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We need a Volunteer to help us collect information from our area on Whats On section of the Paparooa Press. This is a monthly job of checking FB and other avenues for events happening. We are happy to do references and support training. Do you know someone who would fit the bill. contact Vicky 021 2484259 or email PRESS@PAPAROOA.ORG.NZ

## Paparooa Community Library

**Opening hours:**

Monday & Wednesday 2pm - 4pm

Tuesday & Friday 11am - 1pm

Thursday 11.30am - 1.30pm

Saturday 10am - 12midday

Out of hours books can be returned to the returns box inside the door to the right at Skeltons Drapery

Jas Futter  
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## 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.

## Paparoa Show News

The show is getting close now and the little show elves are working hard to organize a great day out for everyone.

Keep working on your entries and if you need some New Year motivation to get fit you can train for our new event the Kumara 500. There are good cash and prizes to be won if you can zoom a wheelbarrow full of kumara around the new walking track fast enough!

For our track walkers and dog owners please be mindful when people are working on the ground or running events. Dogs should be on leads when events are happening and please remember to clean up after them. We don't

want to have annoying signs everywhere asking people to do what they already know they should be doing!

Hopefully we will have managed to cut the grass on the rugby field by the time this comes out but our interesting weather means this is more complicated than normal.

A big thank you to everyone who has helped with the new wooden fence along the driveway it looks amazing, See you on February the 4th. paparoashow.org.nz

Janine



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Our underpass in Paparoa has some new art... and we don't like it. It's tagging, not art and we want to get rid of it.

Do you want to add your art to underneath the bridge and make it look great? Paint, brushes spray cans etc will all be provided. Send us your ideas, and we will take a look at them and decide which ones we like. We want to make this a great looking space created by the community, with art and sculpture.

The walls are 11m x 2m and 7m x 2.2 m, a great canvas size for a budding artist or artists to show their talent...

Email us, or tell a friend... we will even get you into the local Paparoa Press - overnight fame for doing what you like!

From the Paparoa Connections team

paparoa.connections@gmail.com  
021 208 0093

## Supporting The Community

Paparoa County Depot Trust recently made grants to the following organisations - Kaipara Marchers, Paparoa Line Dancers, Paparoa War Memorial Hall, North Kaipara Agricultural Association, Paparoa Sports and Recreation Association and Paparoa Community Library.

The grants totalled \$18818 and were the second series of grants the Trust has made this year.

Trust chair, Graham Taylor said, it's really satisfying to see local organisations benefitting from the trust's activities. Having a source of external funding means that groups that struggle to raise money can complete projects that benefit a wide range of people.

The newly established Paparoa County Depot Primary Industry Scholarship failed to attract applicants that met the criteria and unfortunately

will not be awarded this year. Taylor said this is a pity as the purpose of the scholarship is to support students going on to further study in a wide range of rural based fields. The Trust will look at ways of attracting applicants for the \$1500 scholarship next year.

The Paparoa County Depot Trust is a voluntary body that operates the commercial property in Depot Rd and earns income from storage hire and building lease as well as housing Paparoa Fire and Emergency.

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## Roofing Milestone for Museum's Forest Walkway

The Kauri Museum's \$3 million redevelopment has passed a major milestone, with the roof completed in mid-December on the brand new Forest Walkway- a 125 sq m addition to the Museum, which not only completes a new entrance first planned nearly 20 years ago but will also enable the presentation of a whole new aspect to Kauri.

Visitors will now enter the Museum with the sense of walking through the canopy of an immense forest at night- setting the scene for the arrival of dawn and the rest of the exhibits.

Museum Director Barbara Hilden says it is great to see the Walkway taking shape. "A new entrance to the Museum

has been planned for many years, and we're now getting close to realising the vision. This is so much more than just a way to move around the Museum- it's a whole new approach to the stories we can tell about the collection. In October we celebrated 60 years since the founding of the Museum with a very successful Open Day- the Forest Walkway is going to set us off on the next 60."

takes 60 items from across the museum and moves them out of their usual displays, so they can stand out and be better appreciated. 'The Museum at 60' is a photographic display covering the construction of the various wings of the Museum, and many of the local people involved in the work and events since the first building was opened in 1962.

Grant O'Neill

The Forest Walkway extends the 'new' entrance of the Museum out behind the Matakoho Hall, and then joins back into the Volunteers Hall. With a gentle slope the Walkway will enable full wheelchair and pram access. Fit out of the new space will begin this month, with visitors expected to be able to experience it by Easter.

Elsewhere in the Museum three new exhibitions continue for summer. 'Forgotten Tales of the Kaipara' includes social history recordings as told by five longstanding locals - Joy and Kerry Bonham, Pete Panhuis, Ben Hita and Stella Clyde. 'Overlooked'



L-R: Grant McCallum (Chair), Barbara Hilden (Director), Mel Juer, Tony Bozzard, Deb Clapperton, Takiri Pumipi, Terry Moyle.

### THE KAURI MUSEUM

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Forgotten Tales of the Kaipara, ongoing

Overlooked (60 items from the collection), ongoing

The Museum at 60 (photographs), ongoing

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We urgently require qualified 'temporary traffic management' staff and qualified 'site traffic management supervisors' (STMS). *We are keen to help you get either of these qualifications in the new year if you can commit to helping long-term.*

To continue the smooth running of the Saturday market we need to fill crews helping set up stalls and with traffic management/cones, there will be lifting and carrying involved.



Work the early shift

7:30 - 9am

The late shift

11:30am - 12:30pm

(Or both)?

For more info contact the  
Market Manager Linda at

[activator@paparooa.org.nz](mailto:activator@paparooa.org.nz) or  
021 362468 also at the market  
on Saturday mornings.

## Fresh Bites at the Farmers' Market



With travel becoming more expensive, shopping local has taken on new meaning. The Paparooa Farmers' Market offers an increasing range of fresh food with the producers standing behind their goods.

Recently we have seen a number of stalls offering fresh fruit and vegetables from home gardens. This is a great initiative as it makes use of surplus that could otherwise go to waste and frequently this produce is naturally grown without sprays etc.

The option to grow your own is to be encouraged and market stalls are offering selections of seedlings to make this so much easier. Get a head start on your own garden and perhaps become a stall holder with your surplus.

New stalls have included quality wood ware, hand crafted toys and utensils, which make perfect gifts.

With up to 18 stalls and growing, the Farmers' Market is certainly worth a visit and a great place to soak up the atmosphere, catch a bargain and meet up with friends.





## Council Mark says - Kia ora!

The following is the speech I gave in support of my Notice of Motion at the December Council meeting regarding the karakia issue. My motion failed, so it leaves plenty for me to think about for the New Year.

Mr Mayor, you might well wonder why it is that I am pursuing this Notice of Motion given that an agreement of sorts has been reached which allows a form of ritual for reflection to take place before the commencement of our formal council meetings. That agreement should still stand even if my motion is unsuccessful.

The current compromise stands at the threshold of our meetings; I would like to see it installed inside the door and accepted as part of our meetings. My motion will probably leave everyone equally dissatisfied - those for whom it goes too far, and those for whom it does not go far enough.

This is part of the democratic process, the politics of what's possible. As elected members we are obliged to act in the best interests of all of our

constituents, even the ones who didn't vote for us, or didn't vote at all, which takes a bit of swallowing.

A vote in favour of my motion is also an acknowledgement of one of the six community outcomes listed in our contract with the community - The Long-term Plan. "Celebrating Diversity" means that "our local heritage and culture are valued and reflected in the community". That's what the LTP says. It's part of our tikanga. Mr Mayor, you wish the council to respect all religions and all cultures in our community. If you vote for my Notice of Motion you will be demonstrating your endorsement of that approach. We are here as representatives of our community in all its diversity, so let's celebrate that.

I would like to wish everyone all the joy, love and happiness that this Christmas season can bring - in a non-religious way

of course!

May peace be widespread, may the sea be like greenstone, a pathway for all of us today. Let us show respect for each other, for one another. Bind us all together.

Nga mihi nui

Mark Vincent  
Otamatea Ward Councillor  
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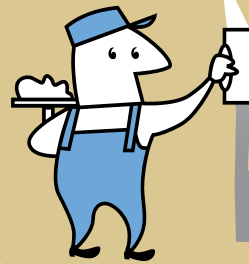
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## Northland Circus Festival

Circus Kumarani are back on Friday 13th- Sunday 15th January at Paparoa A&P Showgrounds and Paparoa Memorial Hall

Workshops from ground to aerial skills, beginners to advanced level, and fun for all ages and abilities - this festival is for EVERYONE!

Circus Workshops, Gala Show, Renegade Show, Camping, Fire Spinning, Food, Market, Fun!

Come for a day or camp for the weekend, pick up new skills and be inspired by the talent onstage during the shows each night!

### Camping:

You can camp onsite at the Festival - only 20 meters from all the circus fun!

There will be toilets, showers and a kitchen in the sports pavilion. BYO camping and cooking equipment. Please have all camp cookers raised off the ground.

Camping is included in the Full Festival Pass but you can also purchase a \$10 per person single night camping ticket if you are not able to stay for the whole event.

Prices range from a \$5 spectator pass right through to 2-day family participation and camping tickets.

Book at: [events.humanitix.com/northland-circus-festival-2023](https://events.humanitix.com/northland-circus-festival-2023)

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When Dr Edmund Sprague Dukes, M.D., took up the appointment of a country doctor in Paparoa, residents had no warning of the trouble to come.

Qualifying in London, England in 1893, Dr Dukes spent some time in China, before immigrating to New Zealand. He settled for a brief time in Motueka before heading for Paparoa in 1903, at the invitation of the local medical committee.

Initially, all went well with the new medical practitioner in the small settlement. He took

care of broken bones, and injuries caused by axes and saws to the local bushmen and generally settled well into community life.

However, by late 1910, the doctor was in court when a civil suit was taken against him for malice. Thomas Wilson, a resident, alleged Dr Dukes had issued a 'suspicion of scarlet fever notice' on himself, his children and a boarder.

Paparoa farmer's wife, Jane Wilson, after her child had died of diphtheria.

Dr Dukes had written a letter to the Wairoa Belle stating: 'Again a mother takes away the last chance of her child's life by refusing to nurse it quiet for fear of infection'. The court ruled in Jane Wilson's favour. Dukes was found liable for defamation and had to pay costs of £150.

By 1921, a severe personality clash, between the matron of the Nurse Cavell Memorial Hospital in Paparoa and the doctor, ended his tenure as the visiting physician.

In 1925, Dr Dukes had given up his practice in Paparoa and had left for Auckland. However, it wasn't long before he claimed he had a miracle cure for infantile paralysis.

It was claimed in the newspapers of the day that the Auckland Hospital Board had given Dukes permission to test it out on patients. The doctor, however, had refused to reveal just exactly what was in his concoction. It turned out to be little more than a useless mix of chemicals- snake oil.

In the same year, not long after his move to Auckland, Dr Dukes found himself in court once more. This time he was charged by the police with having defective brakes in his vehicle after he had run over an elderly man.

Dr Dukes went on to live a long life, eventually moving to Mangonui, where he passed away in April 1951 at the age of 83.

Liz Clark



Dr Dukes

Wilson claimed Dukes had issued the notice out of malice, without seeing any of those he claimed had the suspected infectious disease. Dr Dukes lost the case in mid-1911 and was ordered to pay Mr Wilson damages of £125.

Before long, in early 1914, Dukes was back in court. Yet another civil case had been brought against him by a



Nurse Cavell Memorial Hospital, Paparoa

  
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## Letters from The Old Post Office... Thoughts of Escape...

"I do not wish to escape to myself, I wish to escape from myself." \*

At this time of year thoughts of escape start to creep like ivy into every unwary moment.

Every Christmas jingle, every "Buy this now" advert seems to act like super-grow, and that ivy sends another sucker into my soul. If I am not careful the guests will be searching the property for some form of "Host" only to stumble across an old, tumbled ruin barely visible under its' mound of foliage. Recognisable only from the faint Xmas songs leaking like spirals of antique dust from dark tunnels.

Well, certainly a point of difference from a marketing point of view.

However, Dear Reader, that seems quite a passive type of escape. Although environmentally sound. Not to mention that the children would have to burn the pile in order to dispose of the remains. They tend to be a bit icky about things like that. Yet now that I think about it, there was that experiment with a packet of matches, a dead rat, and a trampoline windbreak. But they are older now and more sedate, or so they sanctimoniously claim.

There have been previous attempts at escape, of course, not necessarily triggered by Christmas, but by things I did not want to do, places I did not want to be.....

Escapes involving: sailing in the Caribbean, camping on Anegada, diving for conch,

dancing to a real reggae band under a full moon. Blues seas, blues skies. Golden sands. If the tourist writers had ever managed to get there they would have tipped over into hyperbole.

Although, the 7 hour voyage on a flat bottomed supply boat did tend to blunt enthusiasm. In this case, a sudden storm whipping up certainly added to the joy, slithering around on the hatch cover, the Captain (well, he was the only one with a hat and the wheel) yelling "Hang on to her, mon. She go over-board." An attractive option.

Being arrested at gun point added a certain je ne sais quoi, although the yacht's Captain was American, so who could blame the Puerto Rican police? Naturally, they had never heard of NZ (obviously national sport not rugby) exciting times in a food riot in Dominican Republic, Tonton Macoutes in Haiti, a Force 11 gale (classed as a violent storm. Not quite my word for it) illegal entry into the USA (twice) oops. Canoeing in the Ozark Mountains. Have you seen the movie "Deliverance"? Well, just take a drive in the Ozarks.

So many things to do, so many potential escapes. However, Dear Reader, on that note I am off to bake Christmas cakes and

wiggle my hips to "I'm dreaming of a white Christmas." Somewhere far far away.

Hark, is that ivy tapping at the window, sending a long tentacle or two towards the tea towel? Or merely those jolly boughs of holly.

Happy New Year.

Deb

\*Allen Ginsberg



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# Twilight Golf

## Paparoa Golf Club Sunday Afternoons

Paparoa Golf Club would like to invite any golfers and want-to-be golfers to join us in playing 9 holes of casual golf on Sunday afternoons throughout the summer

Tee off between 3pm and 4pm followed by a BBQ at the clubhouse, Golf Course Rd. All welcome.

This will be running right through January and February until the winter season starts some time in March. Follow Paparoa Golf Club on Facebook to keep up to date with their goings-on. Contact Club Captain Bernie Browne on 027 2859940

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## Ōtamatea Toi Māori Kapa Haka Festival

Ōtamatea Toi Māori is an annual kaupapa hosted by Ōtamatea High School. An event where we see kura from the Kaipara rohe come together to celebrate our culture through kapa haka. This year's event was bigger than the previous, seeing nearly 500 visitors pass through our doors.



There was an array of amazing kapa haka performances from Kaukapakapa, Tauraroa, Mangawhai Beach, Maungaturoto, Kaiwaka, Ōtamatea High School, Ngā Tupuranga o Ngā Puna Reo, Te Komititanga from Te Uri o Hau, Te Kura Kaupapa Māori

o Ngāringaomatariki. The crowd was full of energy and overflowing from the hall with cheers of laughter and clapping for the performers plus the in-between entertainment. We had kai stalls as well as tāonga shops where people were buying presents for whanau. There was also music, prizes and a lot of giveaways.

Our absolute thanks goes to our sponsors who donated towards this event, to mention

a few we have Pumps and Plumbing Ltd, Brogan Builders, Maungaturoto Rotary, Kaiwaka 4 Square, Maungaturoto Op Shop, Bunnings Whangarei, Te Uri o Hau, Kaiwaka Motorcycles, Mangawhai Meats, Bammas Mangawhai, Maungaturoto 4 Square, Flip out Whangarei, and 3 Furlongs Kaiwaka.

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## The Road Least Travelled

Heading in and out of Kaipara to and from Auckland can be a traffic nightmare. While it was bumper to bumper on SH1 a few days before Christmas this was the scene on SH16. Going south, turn right onto Whakapirau Rd (there's one there as well) at Te Hana, right onto Wellsford Valley Rd, left onto Port Albert Rd, then right onto SH16. Take your pick of exit points depending on where you're going. You're welcome!







### Snail Mail

Kaipara must have some of the most industrious snails in the country. Here they are composting their hearts out. It has been noticed that some smart residents in Matakohe place bay leaves in their mailboxes to thwart the greedy snails!



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## GROW WHAKATIPU Paparoa Inc

Summer in the garden is always busy and we have been very happy to have been able to help out a few extra community groups and charities recently with fresh produce. We also had a lot of fun taking part in the Maungaturoto Christmas Parade on the 17th of December and hope all those who received seeds from us enjoy planting them.

Our next upcoming event is our "Passata Day" on the 11th of February. We have half hour slots available for you to bring your tomatoes down to the gardens and put them through one of our passata machines to make and bottle your very own.

Please get in touch at [kfullerton25@gmail.com](mailto:kfullerton25@gmail.com) if you'd like to book a time slot with us.

We wish you all a very happy holiday season.



Katie Fullerton

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## Books And Bookclubs

The Summer Seekers by Sarah Morgan is one to read while lying in a hammock with a glass of white wine handy and something to nibble involving sundried tomatoes and olives. An 80-year-old English woman, not yet ready for a Rest Home, decides she is not too old for adventure and plans a road trip along Route 66 in the USA, much to her middle-aged daughter's horror. She employs a twenty-something young woman, also in need of a dramatic life change, to be her driver. The conversations between these two are delightfully witty. A shameless romance towards the end, but never mind, the characters and relationships, fears, worries, life mistakes, are all very real and make for a happy read.

The Summer Job, by Lizzy Dent, published in 2021, has her main character also escaping – from her own life to that of her best friend. "Oh what a tangled web we weave, when first we practice to deceive." Not Shakespeare, but Sir Walter Scott. Wine, food, romance, mostly set in Scotland, poignant and wonderfully written apart from the foul language of the characters. I guess it makes them relevant to this modern age, but I just wanted to take a black felt pen and "bleep" out all the smut and f and b words. A great yarn otherwise.

Something far more serious, one for the fellers as well, is Andy McNab's Whatever it Takes- an international bestselling thriller, the bad guys being that handful of the mega-rich who rule the world behind the scenes. (Something like those few who paid millions for a joyride in space?) They make their wealth by trampling all over the little guys. The main character is one of those little guys seeking payback. What delighted me is that it is set in New Zealand, and I wonder how much of its conspiracy-theory-type ideas might just be a bit close to the truth for comfort. Dotcom sorts building mansions in Queenstown in order to escape any retribution they might undergo elsewhere in the world. But do they? Riveting stuff.

More about the get-rich set ripping off the little guys is the true story of "The Volkswagen Scandal, 2016." Right up to date with our hopes to save the environment, the fact that Volkswagen/Porsche car manufacturers made fraudulent claims about the safety levels of toxic emissions from their diesel vehicles, is a story of blatant greed and deception, caught out by a group of University students in the USA. Ha! "Be sure your sins will find you out." Faster, Higher, Farther is engagingly written by Jack Ewing, a journalist for The New York Times, stationed in Frankfurt. Definitely one to keep us all informed, aware, and thinking.

(No apologies for the quotes they are words of wisdom shared, and you can quote me on that.)

Anne B.

## FOLK Espresso & Boulangerie - Where are they now?

Labour weekend 2018 saw the closing of the doors at the much missed Folk. This was a bakery and cafe, specialising in fine coffee, sourdough bread, and french-style pastries.

Saturday mornings would see a queue out the door as we all flocked to get our weekly fix of sourdough, cruffins, croissant, pastries and coffee.

Michael, Jocelyn and baby Awa packed up and headed to Jocelyn's homeland, Northern Ireland. They have set up a new FOLK Espresso & Boulangerie in Enniskillen and in January 2021 welcomed a baby boy to the family.

They are still wowing customers with their stunning offerings but we can only drool from afar.



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## Local Lads

Introducing Socially Awkward, a fairly rock based trio who formed near the end of last year.

For a while it was just Aaron and Seth, under the admittedly cheesy moniker Seth 'n' Aazza, but then last year they found their third member Kohatu, who really helped complete their sound!

They are always looking for gigs and ways to get their name out there so, if you want to hear and see more, they are on Instagram (@socially\_awkward\_39), Facebook (Socially Awkward), or you can find them on Spotify and YouTube under Socially



Awkward from the 20th of January.

There are more releases to come, so keep an eye (and ear) out!

Aaron Philips



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It became the pinnacle of British food culture thanks to Anne Russell, the Seventh Duchess of Bedford and, of course, Queen Victoria herself.

Back in the 19th century, high tea (the evening meal) was taken at around 8pm - 9pm and Anne often complained of being hungry around mid-afternoon, as it was such a long wait between lunch and high tea. Because of this, she requested that some tea and light food was brought to her drawing room to satisfy her hunger.

She began inviting her friends

to this mid-afternoon tea, one of them being Queen Victoria. The Queen approved of the new practice of a mid-afternoon treat, and it became the trend among the upper classes.

Queen Victoria quickly became a big fan of the afternoon tea, and it was said she would often enjoy chocolate sponges, plain sponges, biscuits, petit fours, almond sweets and many other sweet treats.



But it was the plain sponge cake, known as the sandwich cake with a jam and buttercream filling, dusted with sugar, that reigned supreme and was therefore named in her honour.

Loraine

**Loraine's Gluten-Free Sponge** (Judged to be edible!)

- adapted from the Edmonds Fielder's Classic Sponge

3 eggs

Pinch of salt

½ cup caster sugar

½ cup Fielder's gluten-free cornflour

1 tsp gluten-free flour

1 tsp gluten-free baking powder.

Beat egg whites and salt until stiff. Add sugar gradually and beat until stiff and sugar has dissolved. Add egg yolks. Beat until well blended. Sift together cornflour, flour and baking powder and fold into the mixture. Pour into two 20cm greased sandwich tins. Bake at 190 degrees for 15-20 minutes or until cake springs back when lightly touched. Leave in tin for 10 minutes before turning out onto a wire rack.

**Pahi Boat Club Regatta****Saturday 28 & Sunday 29 Jan, 10am**

Pahi Regatta 2023 is all go and will be held on Northland/Auckland Anniversary weekend.

New this year will be raft races instead of bath tub races so get building those rafts!.

The big tent and music on Saturday and Sunday.

Licensed bar all weekend.

Food and EFTPOS available.

**The Paparooa Press is also  
available online at  
paparooa.org.nz**



## Maungaturoto and Districts Rotary

We had a very successful seniors' afternoon tea again. Thanks to Terri and Kenny for decorating the hall and tables. Also a big thank you to all the others who helped (both Rotarians and community members), before, during and after the event. And, as for the entertainment. Maura Flower had about 12 youngsters (approx. 9 to 18 in age) singing their hearts out. There were 24 items on the programme and four of them were in German. Most of these youngsters were preparing for their Trinity exams in Auckland, which were to happen at the end of last year. Not only did they entertain the visitors for a little more than an hour, but this gave them another opportunity to sing in front of an audience, most of whom they would not know. There was a good mix of serious and humorous presentations, but my favourite was "O Holy Night".

During the course of the afternoon Pooh Bear also chatted with the visitors. As there was a large amount of food left over we did deliver plates to those, who, because of health reasons could not attend, and also encouraged people to not only take a plate for themselves, but also a plate for those they knew who had not come.



Les and Billie

Once again, while initiated by our Club, the afternoon showed the positive community spirit that abounds here and the special interaction between young and old alike.

Our penultimate night for the year proved a real bonus as we had the presentation to our President's Scholarship winner, Billie. It was really great to hear what Billie had to tell us after she thanked us for the money, which she said would be very useful for the provision of books and other course costs. Billie has been at Otamatea for her entire secondary schooling, a time which she has thoroughly enjoyed. The culmination of the year was not only being Head Girl but also Dux. Her future plans are to study medicine at Auckland University, after which she would like to complete six years study towards becoming a

Dr. This choice has come about because she realizes that, especially in the rural areas emergency rooms are not always available after hours which can mean a considerable delay in attaining treatment by having to travel to Whangarei. Billie hopes to come back to a rural area once qualified. During the coming years Billie's passion for hockey, which she has played at multiple levels, will have to go on hold but she is hoping to maintain her fitness by playing badminton instead. When Billie was asked about a highlight of her time at Otamatea she mentioned that hiking the Kepler and Milford track with the DOE gold group was very special. By the way, another of Billie's achievements is attaining the DOE gold award. Billie has shown, as have her predecessors, that we have some incredible talent in our area and we look forward to following her future attainments.

We hope you all had a very special time over Christmas. May you have some time with your families and also take time to be kind to yourselves.

Eileen Parsons 021 142 0357  
Maungaturoto & Districts Rotary Club



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## From our family to yours

### Warning : Dangerous Cheese Ahead

As a white middle class woman who braids my hair, you know I'm dangerous. Possibly only to knotty tangles, or stink bugs, but I've stepped into even more dangerous territory. Cheesemaking. Making your own food is currently about as dangerous as it gets, next to knitting a jersey, crocheting a blanket or braiding your child's hair. Quite why, I do not know, nor care, so don't bother trying to explain it to me.

Back to the cheese. There are experts in our midst, and I take my hat off to Jas Futter, but my foray into the underbelly of fromage is entirely from internet based information- I know- it doesn't get much more dangerous than unsanctioned cheese information, but here I am, on the dark net, trawling to distinguish a feta from a halloumi, what exactly is a mesophilic or thermophilic culture, and other cheesy things too stinky to mention.

I made a blue vein. The pictures of it broke facebook. My brother was sick in his mouth thinking I was actually going to be eating a globulous molten ball of mold. It was delicious. We did wonder who on earth discovered a moldy ball of molten old milk in a cellar and thought, lets eat this. I'm guessing a very hungry person. Maybe it involved copious amounts of red wine. These cheese adventures usually do go hand in hand with wine.

The camembert hasn't been tried yet, but as of printing, it will have been devoured as part of a Christmas cheese platter. These little fluffy white babies require a solid amount of dedication, to be turned, and kept at particular temperatures, and numerous other steps. The whole process has given me a real appreciation for the enormous task of large scale cheesemaking that provides seemingly endless rounds of cheese for every supermarket- when I know how long it's taken me to make one tiny camembert for Christmas.

Appreciate your cheese, (maybe don't drink so much wine as you eat it, dare I say) and crochet more blankets! The world needs more hand crafts and home grown food!

Have a wonderful January!

Jenny



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## Nutrition By Starbright

### What is Protein?

#### Why do I need it? How much do I need?

Protein is a molecule made up of amino acids and are needed for the body to function properly. They are the basis of body structures, such as skin and hair, and of other substances such as enzymes, cytokines, and antibodies.

The recommended dietary allowance to prevent deficiency for an average sedentary adult is 0.8 grams per kilogram of body weight. For example, a person who weighs 75kg, should consume 60g of protein per day.

Once you reach ages 40-50, sarcopenia, or loss of muscle mass as you age, begins to set in. To prevent this and to maintain independence and quality of life, your protein needs increase to about 1-1.2g per kg or 75-90g per day for a 75-kg person.

People who exercise regularly also have higher needs, about 1.1-1.5g per kg. People who regularly lift weights or are training for a running or cycling event need 1.2-1.7g per kg. Excessive protein intake would be more than 2 grams per kilogram of body weight each day. (Mayo Clinic Health System)

### Two types of Proteins

Essential amino acids can be found in many different foods. The best sources of amino acids are found in animal proteins such as beef, poultry, and eggs. Animal proteins are the most easily absorbed and used by your body.

Foods that contain all nine essential amino acids are called complete proteins. These foods include beef, poultry, fish, eggs, dairy, soy, quinoa, and buckwheat.

Foods that contain some but not all the essential amino acids are called incomplete proteins. These include nuts, seeds, beans and some grains. If you follow a vegetarian or vegan diet, you need to include several types of incomplete proteins to ensure you're consuming all nine essential amino acids.

Vicky



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## Doing It For The Dogs (And Cats)

Hello my lovely Paparoa community !

Guess what...drum roll please... I have just done a skydive for the SPCA- and I raised over \$1100 insponsorship! The whole "Jump to the Rescue" promotion raised over \$74,000.

Did you know more than 30,000 animals end up at an SPCA Centre each year? That's 82 animals every single day! Animals that are sick, victims of cruelty or simply abandoned.

No matter what their life looked like before, I want to make sure every animal is treated with the love and care they deserve until they find their forever families.

For \$250 you get a gorgeous fur baby from Whangarei branch. A devoted friend for life, who is vaccinated, micro chipped and desexed. (They have a promotion of \$150 for the adoption of puppies currently running.)

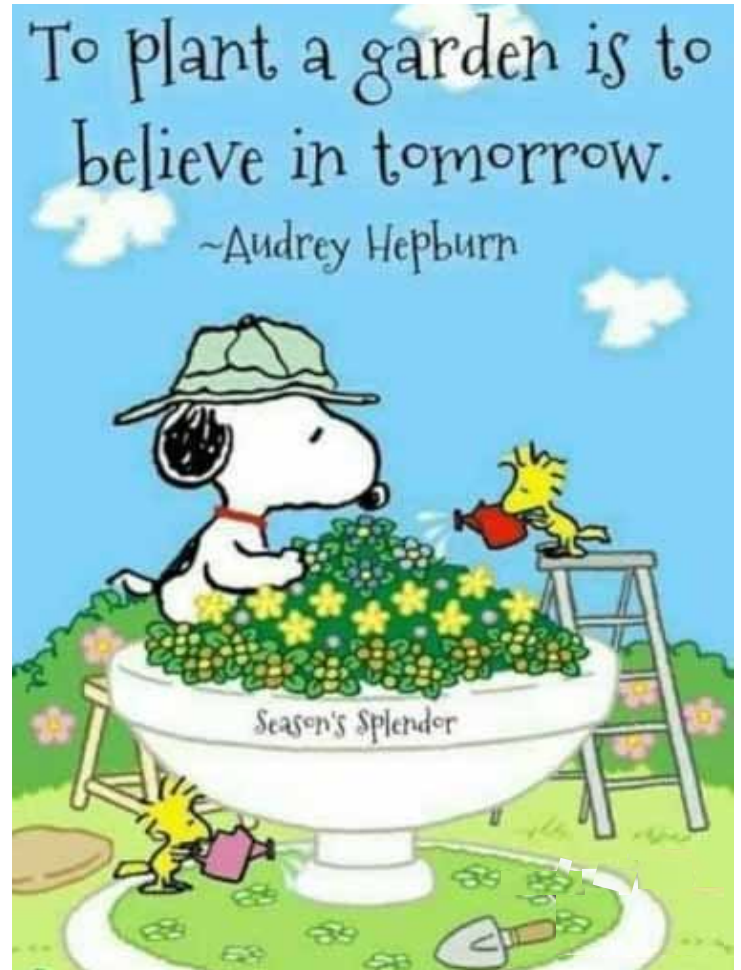
There is no greater joy than a cuddle with my dogs....oh yes ...except with my husband of course!

We have three puppies as foster parents and we encourage anyone who can to volunteer in 2023 for this

amazing charity that has given 150 years of service to our communities.

Get in touch with SPCA, or with me if I can help- your local dog nutter and AKA registered SPCA foster carer.

Dr Melanie Miller (PhD)  
melanie-miller@hotmail.com



## Pets in the Valley



Happy New Year to everyone and your animals. With the warmth and moisture around there is plenty of feed for our grazing companions. A few issues that come along with that are too much grass for chubbier animals - especially little ponies who are vulnerable to laminitis. Fly strike in sheep can be a nasty summer problem, facial eczema for sheep and cattle and gastrointestinal parasites- worms, for everything that grazes. Skin allergies in dog are particularly susceptible



to flaring up in warm, humid conditions.

So take the pony for a walk, get the sheep shorn, take a faecal sample for egg counting if your not sure who and when to drench and use zinc treatments if your spore levels are rising in your pastures.

The dog's skin allergies are a bit more tricky to deal with but by using special diets, skin supplements, medicated shampoos and oral or topical medications you should be able to manage to keep things under control. Hope you all get a chance for a break over the summer period.

Janine

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## Science Corner

### Slip, Slop, Slap...

NZ's high UV rates not caused by ozone depletion. Yes, NZ and Australia have the world's highest rate of melanoma but it's not due to the thinning ozone layer. In fact the ozone layer is thinner in parts of the Northern Hemisphere, due to the fact that the ozone hole down here is formed 1000km south of NZ and more over Antarctica. When the vortex creating the hole is formed each spring it actually concentrates the ozone over NZ for a short while making it the thickest in world.

Half our UV problem is caused by our clean air and another reason is the fact that due to the Earth's elliptical path around the sun our part of the world is closer to the sun (5 million kilometres) in mid summer compared to the northern hemisphere.

This makes our UV level 7% higher.

Interestingly in 10,500 years the northern hemisphere will be closer to the sun in July!

The angle of the sun is the third major reason for our high UV levels. Most ozone is produced over the tropics in the stratosphere where the sun's rays are strongest and the wind patterns means less comes south. The angle of the sun is also the reason that you are much more likely to be sun burnt up here in Northland than down in Southland.

So Slip Slop and Slap because our outdoor lifestyle makes us much more exposed to the sun.

But - remember that many sun screens are not as effective as their label states! Several companies have been fined for misleading claims over the past few years.

In one year alone Waka Kotahi spent \$2.4 million on television ads for their Safe Road Limits Road Safety Programme. Yet NZ Health Promotions (Te Whatu Ora) received just \$500,000 for skin cancer prevention

In 2019 503 New Zealanders died of skin cancer while 352 died on our roads.

Make sure you use good sun screen, hats and cover up from now on!!

Stella




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## Fun Fact!

Human, orca, false killer whale, short finned pilot whale, beluga and narwhal females all stop breeding long before the end of their life span = have menopause!

These are all social animals and it's thought that these wise old matriarchs help the family survive!





## January Gardening Notes

### ***'There Are No Gardening Mistakes, Only Experiments'***

Welcome to 2023. May it be successful and prosperous, no matter what life, extreme weather adversities and this crazy world throws at us! To date, we've had exceptional rainfall for this time of year, putting land and gardens in good stead over the coming summer months. The ground is now damp and warm presenting ideal early season growing conditions. That's if at times any humid periods don't attract tomato/potato blight and other fungal diseases together with sucking/chewing insect invasions. Despite these gardening challenges I've been picking beans - both runner and dwarf and courgettes since early November. The mulching I did between the rows at planting time with wet newspaper and lawn clippings is now paying dividends. It is prolonging a consistent soil moisture content, helping keep the ground cool around the roots, preventing crops from becoming stressed, attracting many pests and diseases together with helping to keep the weeds at bay. As and if required deliver regular and deep watering around plants in the evening or early morning - less often is more beneficial than using a water sprinkler in 'short bursts' daily as fungal diseases thrive on wet foliage. On a hot mid-summer day, a square metre of bare soil can lose around 2 litres of water. You can also train your plants to cope with less water by increasing days in between watering.

Tasks in the Vege Garden include the continual removal of new side shoot laterals from the tomato main stem - these can be planted for additional plants to provide a late season crop. Picking beans, courgettes, etc regularly encourages continuous production.

In the Flower Garden side continual deadheading of spent flowers and die back in roses and other flower/shrubs creates and encourages another flush of flowers in a few weeks time and helps prevent premature dying off. Plant strong performers including reliable annuals to empty spots in the garden, eg impatiens in the shade and petunias, salvias and geraniums in hot spots. Mix wet swelled up water crystals with soil in the planting hole, give them a good feed of liquid fertiliser and then fortnightly thereafter.

If unable to remove summer seeding weeds cut off and discard the flowers to prevent the plant from setting seed. Boiling water will scald and kill paving weeds.

Grow some mint or tansy near brassicas like broccoli, cauliflower, and cabbage to help deter white butterfly. To encourage bees but keep the aphids at bay plant coriander and let it go to seed.

A basic method for working out what kind of soil you have simply put a scoop of soil in an ice cream container, add 1/2 cup vinegar. If the soil bubbles or fizzes - its alkaline. If there's no reaction scoop a fresh soil sample into a new container - add half water and 1/2 cup of baking soda and mix. If it bubbles or fizzes the soil is acidic. If there's no reaction to either test the soil has a fairly neutral PH.

Basic Epsom salt is available from supermarkets, Bin Inn and garden centres, and works well in the home garden giving fertilisers and soil a much needed boost of both magnesium and sulphate providing plants extra nutrition. This will help increase the plant's yield. For instance plants from the nightshade family, which includes tomatoes, peppers, egg plants and potatoes, will produce greater yields and improve flavour. Either sprinkle 1 Tbsp (15ML) around the base of the plant once a month or, if over the dry summer months, water plants with a mix of 1 Tbsp of Epsom Salts dissolved in 3.8 Litres of water fortnightly.

JR





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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.

**Artisan Market** Fourth Sunday Every month. Paparooa Memorial Hall 11.30 - 3.30. Next market Jan 22. Email [artisanmarket.paparooa@gmail.com](mailto:artisanmarket.paparooa@gmail.com) or ph Steph 027 452 7124 or Ruth 021 433 969.

**Grow Whakatipu Paparooa** Drop in for a chat, hands on experience, or a cuppa. Every Thursday & Friday 10am- 1pm.

**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.



You may have noticed a bit of colour being splashed around the village! The shops are now mostly painted and a keen eye would spot that they match the shade sails over the playground across the road. Hopefully we get some nice weather between now and the next press for some photo opportunities!

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**What A Mess!**

Our volunteer fire brigade have been busy out there clearing fallen trees off the roads... What is it about tall trees and their tenuous grip on the earth? A few days of gale force winds and they're collapsing all over the place!



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**What's Not**   
The rain... without which...

**Road Cones Changing Careers**

They must get bored just sitting on the side of the road... Here are two who have opted to try something else.

On our left we have Bob who is looking well settled into his new job as a vase.

On our right is Gladys who is looking quite jaunty as a hat.



**WHAT'S ON - JANUARY 2023**

**The Kauri Museum** open 7 days, 9am-5pm  
 See the ad on p4 for ongoing exhibitions

**Twilight Golf** - Sundays 3-4 through Jan & Feb. See p7 for more details.

**Northland Circus Festival** - Fri 13 - Sun 15, Showgrounds. See p5 for more details.

**Pahi Regatta** - Sat Jan 28 - Sun 29, 10am. Bookings essential.

**Paparoa A&P Show** - Sat Feb 4, Showgrounds.

**Paparoa Artisan Market** - Sun Jan 22nd, 11.30 - 3.30pm, at the Paparoa Hall

**Grow Paparoa Passata Day** - Sat Feb 11. See p10 for booking details.

**REGULAR EVENTS, MEETINGS AND ORGANISATIONS**

**Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa

**Arara 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 Janice 021 0282 0969

**Farmers' Market** Every Saturday 9-Noon, Village Green, Linda 021 362468

**Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Maungaturoto

**Grow Paparoa** Thur/Fri/Sun 10am to 2pm at the Community Gardens

**Holy Trinity Anglican Church**, Maungaturoto, 1st & 3rd Sundays, 10am;  
 2nd & 4th Sundays, 4pm. All welcome

**Kaipara Marching Team** Weds 4-5.30pm, M'gto, Ph Lyn Hutchings 022 070 8674

**Line Dancing** Thurs 10am-noon Paparoa Hall Ph Jackie Comes 027 368 7298

**Mainly Music** Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520

**Matakohe Garden Circle** 1st Weds each month, 1pm, J Mackinnon 431 6689.

**Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm

**Maungaturoto and Districts Rotary Club** Maungaturoto Centennial Hall,  
 Tuesday evenings 6pm, Ph Stella 021 149 0877

**Otamatea Quilters** 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262

**Outdoor Bowls** Maungaturoto Green Ph Tony 431 6026 or Brian 431 6884

**Pahi Hall** available for hire Ph Tina 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** Mon, Wed 2-4, Tues, Fri 11-1, Thurs 11.30-1.30, Sat 10-12.  
 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** 2023 Term 1 Jan 31 - Apr 6, Term 2 Apr 24 - Jun 30, Jul 17 - Sept 22, Term 4 Oct 9 - Dec 14. Ph 431 7379

**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** Maungaturoto 10am Wed, 4pm Saturday

**Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 021 056 7163

**Tennis** Mondays 4pm children, 5pm adults. Ph Sue 431 6224 or Pete 021 056 7163

**Yoga For Everyone** Monday 6-7pm Maungaturoto Hall, Tuesday and Friday  
 mornings 9.30am Paparoa Sports Pavilion. Ph 027 294 4855

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

**Paparoa Press**

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**LOCAL TIDES for January 2023**

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	13.28	7.34	17th	13.18	7.17
2nd	14.33	8.40	18th	14.29	8.28
3rd	15.31	9.40	19th	15.36	9.36
4th	16.21	10.31	20th	16.35	10.37
5th	17.06	11.15	21st	17.30	11.32
6th	17.47	11.55	22nd	5.52	12.23
7th	6.03	12.31	23rd	6.42	13.12
8th	6.39	13.06	24th	7.30	14.00
9th	7.13	13.40	25th	8.16	14.47
10th	7.45	14.14	26th	9.03	15.35
11th	8.21	14.49	27th	9.52	16.23
12th	8.56	15.26	28th	10.43	17.14
13th	9.34	16.06	29th	11.40	18.10
14th	10.17	16.51	30th	12.46	6.47
15th	11.08	17.43	31st	13.58	8.00
16th	12.09	18.41			

**Community Directory**

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

**COAST TO COAST HEALTH CARE**

Maungaturoto Medical Centre: 8am-5pm Mon-Fri .... 09 431 8576  
 Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222  
 For urgent after hours medical service (Wellsford)..... 09 423 8086

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

**HOSPICE KAIPARA** Dargaville Hospital ..... 09 439 3330

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

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

**LINKING HANDS** Health Shuttle Service, Maungaturoto.09 431 8969

**LIONS CLUB PAPAROA** 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. Contact .....Jas 022 678 1474  
 Mon, Wed 2-4, Tues, Fri 11-1, Thurs 11.30-1.30, Sat 10-12

**PAPAROA PLAYCENTRE** ..... paparoa@playcentre.org.nz

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

**PLUNKET** Helpline ..... 0800 933 922

**PAPAROA PRIMARY SCHOOL** ..... 09 431 7379

**PROGRESSIVE PAPAROA INC (PPI)** .....Pete Hames.....021 0567163

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

# Making The Most Of The Summer - The Bits Between The Rain



Reg Regan fishing in style at Pahi



**Right:** Anna Bailey and Vicki Arnold relaxing at a Christmas day picnic.

**Below:** A Christmas picnic for a group of friends under the trees on the Paparoa Village Green.

**Below centre:** Sheri O'Neill looking a bit hot swimming at Tinopai.



## 5 Questions for Gill and Alistair McNaught

**How long have you lived in the area?** We moved to the area on 16 October 2022 and onto our property at Twin Streams on 15 November 2022.

**What brought you here?** We had been looking to downsize and move out of the Wellington area where we lived for 26 years. In Feb 2020 we spent a holiday in Tutukaka and realised that somewhere north of Auckland would be ideal climate wise. We came back in Nov 2020 to have a look at options and found the sections at Twin Streams on the market and the perfect fit.

**What do you do here?** Alistair is retired and currently very busy with all the DIY which goes with owning a new lifestyle section. I am a Database Administrator for a Public Service institution and mainly work from home. When not working or busy with home stuff we like to kayak, cycle, walk/run. I am a very keen gardener and love to propagate my own plants

**What do you like about the area?** The friendly people and community spirit, the weather and just the beauty and peacefulness of the surroundings.

**What things would you like to see happen here?** I would like to see Twin Streams eventually develop into its own little community within the wider Paparoa community. I love the fact that there are activities such as the Saturday morning and Artisan's Markets and would like to see that grow.



PP

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