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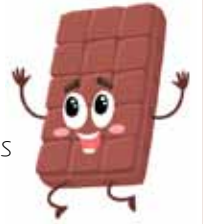
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Quiz Time!!

We want to make sure you are all reading your Paparoa Press from cover to cover and taking note of the local services whose advertising makes it all possible.



Thanks to the generosity of Robyn at **Skelton's Drapery**, we will run a monthly quiz with a king size bar of chocolate up for grabs.

The winner will be drawn at the end of each month and notified by email.

This months questions are:

1. Whose phone number is 021772766?
2. Where is the seed swap?
3. What days is Colour & Cuts open?
4. What are the names of the school calves?

Email your answers, with Quiz in the subject line, to: press@paparoa.org.nz

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Skelton's Paparoa Drapery
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100th Birthday Celebration

Whakapirau resident Marcelle Chambers reached her 100th Birthday milestone early in September.

A celebratory morning tea generously provided by the Chambers family was held at the Paparoa Selwyn Centre with the guests and volunteers. Congratulatory cards from Their Majesties the King and Queen, the Governor-General and the Prime Minister adorned the sumptuously spread table.

The morning began with the regular exercises (not to be missed!) followed by morning tea, a sing-along with many of Marcelle's favourite songs accompanied by Delwyn on guitar, and the cutting of the cake.

Sue Skelton



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ADVERTISING

Rate Card available by email
Copy deadline: 15th of month

EDITORIAL

Copy deadline: 20th of month
Publication date 1st Wed of month

Kaipara Marchers

We are a Leisure Marching Team, representing the Kaipara District. We train weekly at the Maungaturoto Community Hall, with our Coach Lyn Hutchings, on Wednesdays from 4- 5.30pm

The aim of leisure marching allows women of all ages to enjoy fun, fitness, and friendship - particularly for those who prefer a more leisurely activity.

Our team are a self-supporting group with the addition of various grants made available for us to apply for. This enables our team to travel to hosted display days within the North Island during the course of a year. Annually there is a large nation wide event held, normally in a main centre. In the past we have attended, Hamilton, Christchurch and Wellington. This coming year, 2024, the Nationals event will be held in Invercargill.

A huge following of lady Leisure Marchers assemble and display their talent. This is a non-competitive event, with skilful routines shown at their very best. Ages range from 40 - 80+ and a total of 800 - 1000 gather, so it's great fun.

Our team members are available for parades, local events, marshalling and help where needed, for a small donation toward the upkeep of our uniforms and travel. We pay a small sum monthly to support ourselves, have a few little rules, and uniforms are provided after an initial trial period.

We fundraise, by means of raffles, garage sales, sponsors and donors. The Kaipara communities have been very supportive toward our activity, which provides rural ladies and others the opportunity to

do something different and friendly.

We would also like to announce the winners of our recent fundraising raffle, drawn under police supervision on 30 August 2023. Thank you to all participants for your loyal support. This has helped us to reach our goal and enables us to represent the Kaipara in 2024 at the Invercargill Nationals Event.

1st Prize: Don Rutherford, Paparooa; 2nd Prize: Bill Lewis, Whakapirau; 3rd Prize: Deb Phillips, Maungaturoto.

Jane Baird

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OCS October News

The Community lunch went off without a hitch on the 6th with a happy bunch from Maungaturoto and surrounding areas enjoying a

beautiful meal of ham on the bone, potato bake, sweet carrots and peas. All preceded at 10am by our usual homemade fruit cake and a cuppa. We have the lovely Margaret to thank for providing this popular cake, made specially for every lunch day, and Alaina for cooking the beautiful meals. We are also very grateful for the generous team who volunteer their time to serve, wash up, pack up etc on the day. Thank you everyone, you are awesome. The next community lunch will look quite different - watch this space.

Would you like a free ride to Whangarei in our community mini-bus?

Tuesday 10th is the next trip. No parking hassles! Save on fuel costs!

We pick you up at the Maungaturoto Retirement Village at 9am and bring you back after lunch.

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Everyone welcome - 09 431 9080

Regards from all at OCS

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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 School news

School holidays will be nearly at the end as this article is published. Term 3 has been extremely busy especially with the Possum Purge event which is our annual fundraiser, held from 8- 10th September. The final count for this year came to just under 900 possums.

A huge thank you to the community for coming out and supporting us to fundraise for a school kitchen.

The organising committee did fabulous mahi leading up to the event and throughout the weekend. Congratulations to the winning team who brought in a total of 233 possums "Brothers In Arms". Also, congratulations to Jimmi Begg who won the Les Tilby Trophy and Rawiri Phillips who won the best Possum Poem. A huge thank you to the A&P Showgrounds Committee and Sports Pavilion Committee for allowing us to use the facilities. To our sponsors, thank you for your generosity and support, enabling us to create this wonderful event each year.

Another journey we have started this term was getting two school calves. Named by the two groups of students working with them, we

introduce Hangry George and Dottie. The students feed them each school morning and spend their lunchtimes grooming them. We have just started halter and lead training with some interesting results.

Thank you to Andrew Hames for supporting our school with this new and interesting adventure.

Room 3 ventured out and visited Tangiteroria School a couple of weeks ago, learning about their forest and the birds that live in it. It was a fantastic experience for the students to meet others in a small rural school like ourselves.

The students have been sowing their preferred vegetable seeds and will look after them during the holidays, ready to plant them when they come back from holiday. Some of the students have created two strawberry beds and are excited to see the flowers starting to show. Bunnings Mangawhai are supporting our school with our garden and are coming to help build us another garden bed which will be handy as space is becoming pretty limited now. Flowers are also on the top of the list as we have planted giant sunflower seeds and as I write this, they are just beginning to show. Thank goodness most survived the birds!!

Enjoy the sunshine, Go the All Blacks and Up the Wahs!!

Karyn Taylor
Principal



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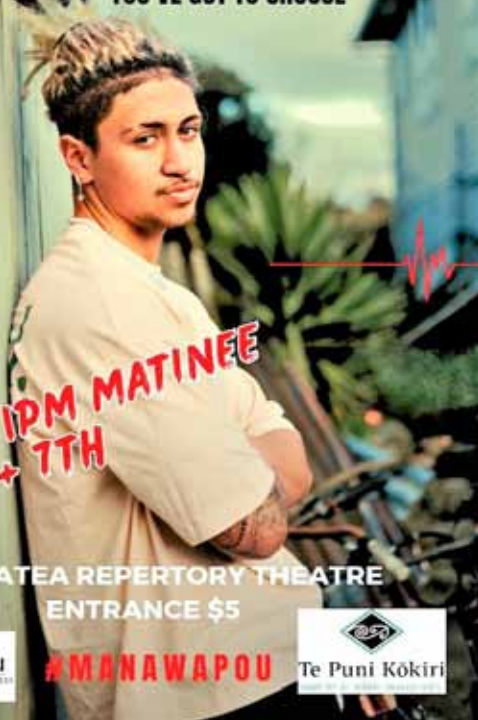
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11.30 - Little ones story yoga

THURSDAY

\$10 - 6.30pm

AT THE SPORTS PAVILION



At the market

A regular stall holder for the last 15 years at the Paparooa Farmers Market is Carolyn Poyner. Carolyn trades as Elaine's Kitchen (Elaine is her mother) and specialises in home baking.

She is well known for her beautiful cream filled sponges, yummy shortbread, date and sultana loaves and lemon honey as well as other home baking such as chocolate cakes and chocolate chip cookies. Carolyn bakes up to a dozen sponges a week, including some that are gluten free, and gets out of bed at 4am on Saturday morning to fill them with freshly whipped cream.

Carolyn is at the market rain, hail or shine and every second week she brings along the barbeque and cooks up delicious bacon and egg sandwiches. These are a welcome addition to the market and are always popular with visitors and

other stallholders. She enjoys the social aspect of being a stallholder, catching up with her regular customers whom



she is very grateful for, as well as meeting new people whether they be new locals or travelers passing through. Call in to the market and say hi and take home some scrumptious home baking.

Pete



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Ruawai Lions Club Fun Run, Walk or Cycle

On the 11th November, 2023 the Lions Club of Ruawai Charitable Trust is hosting a Fun Run, Walk or Cycle on the Ruawai Stop Bank to complete the fund raising for a Hart Walker for a local child, and hopefully to help others as well. Registrations open between 8.15 & 8.30 am with cyclists, including the Kaipara District Mayor, setting off at 9am. Runners, walkers and buggies will set off at 10.30am.

There will be loads to do besides the physical participation on the 7.4 km track (participants can turn around at the halfway mark if they wish). There will be a quiz with a prize draw, 12 stalls including at least three food stalls: Uncle's Kai Shack, Craved Cuisine (coffee & sweet treats) and Mr Whippy. There will be t shirts for sale, face painting, and musician Elvis, from Dargaville, is contributing his talent.

Every entrant will go in the draw for one of over 50 spot prizes - some of which are amazing. 'Time To' bike shop and Kaipara District Council have combined to donate a Marlin 4 bike, plus there will be a load of firewood up for grabs. Other prizes include a \$100 Countdown voucher, a free WOF check from Ruawai Motors, an amazing painting of Kaipara landmarks by Northland artist Frances Casey, a family pass to the Matakoho Museum, Paparooa show tickets, flax art by local weaver Geraldine Jenkins, gift baskets, jewellery, a massage voucher from Starbright Wellness Paparooa, mosaics by Ruawai Lion Karen Price & much, much more.

There is an Early Bird Special of Adults \$8.50, Children (13 & below) half price, and \$20 for a family. Payment to Lions Club of Ruawai Inc. Charitable Trust account: ASB 12-3098-0017698-01 before 4th November with your name & payment type. Entries on the day: Adults \$10, Children (13 & below) \$5, Family (2 adults & up to 3 kids) \$25.

To book a stall, phone or text Sue 0274644896. We have a limit of 12 stalls. We would like to make a special mention of Ruawai outlet, 'Beds & More' for their generous financial contribution. Come join the fun. We are looking forward to seeing you. Please write it on your calendars.

Ruawai Lions Club Lead Lion Suzanne Spora



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Council Mark says – let’s be thankful for what we’ve got

My focus for last month was taken up with observing the quality of the service at Whangarei Base hospital.

My wife had an unscheduled visit and stayed for a number of days; I also got to familiarise myself with the repairs on the Brynderwyn slips as I went to and fro. I liked the service at the hospital better than progress on SH 1.

My hospital visits started with a brief walk through the nerve centre of the emergency department. Wow! I was amazed. It was like a beehive, so much energy and noise in the room, people fully engaged with positive intent, and to this ignorant observer, playing at the top of their game.

The staff were friendly and helpful, and I think, quite thorough in their diagnosis and treatment. We are both very grateful for the quality

of the care received. I got to see that not everyone was a happy camper, some patients made themselves difficult to be helped; just as in local government we don’t get to choose our citizens, a public hospital doesn’t get to choose its patients. It’s enough to make you want to swear.

One of my striking impressions was the number of nurses and doctors whose country of origin was obviously not Newzild. This caused me to reflect on a few things: firstly, we’d be stuffed if we didn’t have so many imports. My guess is that more than 80% of the hospital staff would have originated from overseas. Secondly, we need to grow more of our own so we are not so reliant on trained staff wanting to come here. That will

come at a cost. And thirdly, we are draining the professional medical resources of other countries whose needs may well be greater than ours, and that doesn’t make me feel good. Perhaps I should take a couple of Panadol and have a lie-down.

Mark Vincent
Otamatea Ward Councillor
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There is a little gem hidden at the rear of the Matakohe Museum Post and Telegraph Office. It is called 'The White Rock Gallery.' It exists because of the high demand

for high quality arts and crafts and as an outlet for the artisans in our district. Some of our customers arrive with measurements for the gaps on their walls, to fill with beautiful pictures. Our volunteers are happy to help with this. Bring your tape measure. The gallery is a popular destination for daytime outings alongside



a tour of the Museum and lunch at the cafe. Browsing is fun and free although we suggest you grab your Christmas and birthday presents while you are here. This happens a lot. We can provide

quality, individual gifts with a wide range of prices. Our artists take the responsibility of preparing and delivering your item for postage within NZ & overseas (at your cost) if that is what you want. Feel free to use the suggestion box if there is an item you would like us to carry. We are noticing several people making repeat visits to us for their shopping and home decoration. There are also pieces for your garden. A favourite recent purchase was a rice-filled cat to pop in the microwave to ease those aches and pains - a gift everyone can use and afford. At the other end of the scale there are paintings and mosaics. You and your friends are worth it. We hope to see you soon.

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Letters from The Old Post Office...

Dear Reader, I was thinking of writing about the lost art of critical thinking, evaluation and working out the possible consequences of one's actions. Then, realising the possible outcomes of my own actions being perhaps, vaguely unpleasant, I said to myself, (my alter ego and me) "Yeah, nah, nah, best not."

Perhaps some would think I was taking the mickey out of others beside myself! Quelle horreur! Whereas in fact, my thoughts scattered like stressed lemmings rushing toward that steep cliff and my brain overheated attempting to corral them. So, I stopped. Very like that old clock in the

song that apparently, "Stopped short, never to go again...la laaaaa....."

For those perspicacious readers, (or simply those that know me), you will have worked out by now that what I am actually doing is avoiding that ever-present evil. Yes, the dreaded housework in my own cottage (or, as my beloved sister likes to state, that old shop). You see although house-work is oft referred to as a domestic art, the idea of domesticity has never appealed. Tamed, trained and contained, or as someone or other said, "But now I am cabined, cribbed, confined," ('twas Shakespeare of course, always a safe bet) leashed and weighted with leaden feet by that dreaded vacuum cleaner cord. That device that fetters my soul with bonds of no hope, that leaches the joy from my step, that drains the bitter dregs into my cup, that... well, Dear Reader I am sure you get the picture. With a bit of luck I have put you off vacuuming as well and we could form a club.

The lost arts



The feral housewife/person support group and we could go off piste* together. A mass burning of vacuum cleaners on the full moon, (only in fire season Dear Fire Brigade, we may be feral but not entirely irresponsible) possibly swinging around a maypole of cleaner cords, followed by the dance of the seven dusters. What fun. Our motto could be purloined from Erma Bombeck who said "My idea of housework is to sweep the room with a glance". I am lost in admiration. So lost I can no longer find any cleaning utensils..... Excuse me while I swan off in a feral but royal** sort of way and practise my sweeping.

Ka kite
Deb

* Deliberate pun

** Circa 1482 only the monarch, wealthy landowners and some large institutions like trade guilds, cathedrals and universities could afford swan ownership. Today King Charles still owns every unmarked mute swan in England.

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*Spring is sprung
The grass is riz
I wonder where the birdie is
The birdie is upon the wing
No, that's absurd
The wing is on the little bird*

Anon



Stacey Watson; Community Powerhouse

Stacey is a name known to most locals, not just for her infectious smile and positive attitude to life, but for her ability to jump into community causes and give it her all.

Within months of moving to Paparoa in 2019, with partner Gareth, and children Sofia and James, she had already joined the local volunteer fire brigade, was helping at the Paparoa Playcentre and was just keen "to get involved in whatever needs doing."

Born and raised in Oakura, North Auckland, the move to Paparoa came as they wanted to get out of Auckland for a nicer lifestyle for their family, but at first thought Paparoa was too far west of Mangawhai, where Gareth's family have been for generations. However, when an estate agent showed them the property they now live at, she saw the park like gardens, giant lake and macadamia orchard, and didn't want to be



anywhere else. Recently Stacey has stepped into fresh offerings for the community, taking over the 'Exercise to Music' classes on Tuesday mornings at the Paparoa Hall. She is bringing a new element to the classes, with resistance bands and balance exercises, whilst retaining the fun and accessible class so many have enjoyed for years.

On Wednesday evenings, 6-7pm, she runs 'Box Fit' at the Paparoa Hall; to build technical boxing skills, and cardio fitness, helping to bring strength, core stability and mobility to make fitter, stronger and more confident residents. On Friday from 3-4pm, she runs a 'Fun Movement' class for kids aged 5+.

Stacey is a big supporter of Paparoa, "I love the people, love the community and love the local schools", and is an avid NZ Loyal supporter. Come and check out her classes, her diligence to creating a functional, safe fitness event with a great soundtrack deserves to be experienced by all locals!

Jenny

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Dog control

A pair of lovely local ladies were walking up Franklin Rd recently when they were rushed at by a pack of three dogs. One was really aggressive while the others were just barking - but frightening enough! The aggressive dog got within a metre of them, and they were both certain they were about to be bitten, before the owner came out and called them off. They were shaking and jittery for quite some time afterwards.

It's not right that people can't walk on roads to keep fit without this sort of thing happening. Franklin Rd is good because we need



to walk up hills for fitness- especially when the Bush Walk is too wet and muddy to use.

In New Zealand, if a dog attacks a person or another animal, the owner of the dog is liable for any damage caused by the attack. The owner may be fined up to \$3,000 in addition to any liability for damages. The court may also order the destruction of the dog.

So, dog owners, please ensure that your animals are confined to their property and not able to get out onto the road or other public places. It doesn't matter what breed it is, or how well behaved it is at home, or how good it is with your kids... the last thing anyone wants is to see something like the photo above (not the actual dog in this instance) rushing towards them.

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Racquet sports update

Daylight saving is here and the longer evenings mean we can start playing evening **tennis** again. It has been decided to play on Tuesday evenings with adults already started (by the time this is printed) and junior tennis commencing on October 10th.

The juniors will start at 4pm with adults and more advanced high school players starting from 5pm. All are welcome, we have racquets available and we have a coach lined up to coach the juniors and available to help adult players too if they so wish. Costs and details are yet to be confirmed but if everyone can come along on the 10th we

can discuss it then.

There will be another opportunity to have your say on tennis this summer on Saturday 4th November when we will have an open day with some friendly competition followed by our AGM and a shared afternoon tea.



Whangarei on October 8th.

Badminton is held weekly on Thursday evenings in the War Memorial Hall from 7pm and we have been enjoying having a good number of high school students and adult players along recently. Once again all levels of player are welcome and we have racquets available. Cost for this is just \$2 per student and \$3 for adults per evening session.

Contact me for further details on racquet sports.

Pete

021 0567 163

Table tennis is also on Tuesday evenings from 7pm at the Sports Pavilion. We now have two new tables thanks to a donation from the Wintle family, and we have lots of good paddles (or bats) available. All are welcome whether you are an expert or a learner and the cost is just \$2 per evening. Some of our players are planning on entering the Northland closed tournament being held in

Can I recycle that?

It's not just plastics 1,2 & 5, glass, paper, cardboard, cans and tins you can recycle. Some items are more difficult but it's really important to keep them out of landfill.

The biggest culprit is food and garden waste which makes up almost half our landfill. This should be composted or fed to stock to keep the valuable nutrients in circulation. In landfill it rots anaerobically and gives off methane.

Here's a few items you may not know can be recycled:

Empty aerosol cans. Just pop them in your yellow recycling bag or drop at Kaipara Refuse in Ruawai.

Soft plastics. This is anything from clean gladwrap, bread bags and packaging from ingredients like rice or pasta, to chip packets and snack bar wrappers. These can be deposited in the Love NZ bins at Countdown stores, some Warehouse stores and coming soon to New World Mangawhai. This, along with milk bottles and some other plastics, is sent to Future Post and made into fenceposts.

Batteries. This means all batteries from AAA to power tool or phone batteries. They can be dropped in the battery bin at Bunnings or at Re:Sort. 12V car batteries are collected by Repco. Batteries contain valuable reclaimable elements which are dangerous if they leach out. Even small batteries can explode when crushed and have been known to start fires in collection trucks and at transfer stations.

Mobile phones. Take to collection boxes at Mangawhai Beach School or Dargaville Primary School for recycling, the school receives rewards for collecting them. Or they can be taken to Noel Leeming stores.

Polystyrene. Drop off at ITM in Mangawhai or at Re:Sort on Kaiwaka-Mangawhai Rd. This is collected by Expol and remade into underfloor insulation.

Remember that none of the above is permitted to be burned so please dispose of items responsibly.

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I've been thinking ... XX

Does the election this time around seem more intense to you? Just wondering.

I get the feeling that people are more desperate for change, maybe more set in their thinking, and any thought of kindness, let alone tolerance, has long gone. It's got nasty. I never thought I'd say this, but I feel almost sorry for the aspiring MPs and especially for the aspiring PMs.

The leader of the party with the most seats, presumably Christopher, will have an unenviable job.

If he can successfully negotiate a deal with

minor parties he will form a government. And this government will consist of a variety of MPs elected by you and me. They may or may not have the skills, knowledge or experience which will enable them to get on with the job immediately. Nor will they necessarily share common aspirations.

It will be the Christopher's job to mould them into a coherent group providing the stability and credibility to govern us.



There can be no more waka jumping, Cabinet leaking or behaviour unbecoming. We need a government we can respect.

So the Christopher will need a cupboard full of people management skills. Good luck to him. Heaven help him.

RS

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PAPAROA PRESS NEEDS YOU!



Things happen in our little village (and surrounds) but we often don't hear about them until months later... or not at all...

If you have a story, event, obituary, or news item you think the community should, or would like to hear about - then please, please, send it to us.

If you would like to make a regular contribution we'd also love to hear from you.

We can't be everywhere and know that there are many goings-on that simply pass us by.

Armyworms - a real problem

A warning to all gardeners!

Look out for these voracious caterpillars - they can totally destroy a garden overnight.

They were here last summer and I have seen some in the soil over wintering quite happily!

They lay eggs in a furry beige webbing on the backs of leaves.

Parasitic wasps are out there doing their best to control numbers. There is also a bacterial spray that kills the caterpillars.

Other growers are using frogs - putting a frog in each netted garden area. The frogs are being given feeds of worms from the worm farm, encouraging them to stay.

Keep a close eye out!



Caterpillar



Eggs



Pupae



Adult moth

Stella

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Going bananas in Pahi

If you have driven to Pahi in the last couple of years an odd sight has appeared - a banana plantation. Just before the infamous 'slip under investigation' corner, 100 or so banana plants have been growing - along with another 200 down Omarae Road. Grant O'Neill bought the 12 hectare property in early 2020, and planted his first bananas soon after.

"I moved here just before Covid hit, and had a bit of time on my hands" he says. "This property is half bush, with the rest just used for grazing a few sheep. I was looking up how to grow a banana plant on google, and saw that there were a few people around Northland trying commercial quantities of bananas, and thought I'd give it a go". He says the good thing about growing bananas is that they are pretty tough, and don't need a great deal of experience to grow. "You really just need to keep the kikuyu away from them, and a machete to keep them tidy!"

His 300+ banana plants are now two years old, and are now producing their first crop. He has mainly two varieties, the 'ladyfinger' Misi Luki, and Dwarf Cavendish. The two varieties are typical of Northland plantations, as they handle the cooler winters that imported bananas, commonly from



Ecuador and the Philippines, don't have to deal with. New Zealand doesn't have any banana diseases, so the locally grown fruit is spray-free, unlike the imported supermarket product.

Once mature, each plant can

produce 10-15kg of bananas a year - or more. That's going to mean three-four tonnes of bananas annually, from a third of a hectare - a bit under one acre. Grant's next step is to sell the fruit, first to locals who may not have their own plants, and then further afield.

He tried out a road stall opposite the plantation last month, and quickly sold all the bananas he put out. "I only had a few early bunches, but wanted to see if anyone was interested. And they were! Locally grown bananas are smaller, but have a much sweeter flavour than the supermarket Cavendish bananas. There are a lot more ripening now the weather is warming up, so the road stall will be back more frequently". Grant is also planning on selling at the Paparooa Farmer's Market

when he has enough.

Warmer soil temperatures also mean the banana plants start growing again, after slowing right down over winter. From late October onwards, the banana clumps can be divided, and the smaller offshoots (called pups) are ready to plant. Grant will be selling pups to anyone interested in growing their own - either a few for the back garden, or more for anyone wanting to try a larger plantation.

If you're interested in learning more about banana growing, or would like to buy fruit or plants, keep an eye on Grant's facebook page "Pahi Bananas".

Grant

(The banana stall sign pictured was painted by Maddie and Anna, visitors from California.)

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Whole roasted cauliflower with garlic yoghurt

- 1 cauliflower - outer leaves removed, inner leaves left on
- 1 tbsp + 1 tsp smoked paprika
- 1 tsp ground cumin
- 2 tsp ground turmeric
- 4 cloves + 1 bulb garlic
- Olive Oil
- 1 cup Greek yoghurt
- Zest of 1 lemon
- 1/4 cup fresh parsley, roughly chopped
- 1/4 cup fresh mint, roughly chopped
- 1 tbsp sliced almonds, toasted

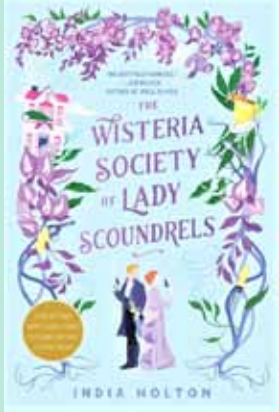


1. Preheat oven to 180°C fan bake. Cut a cross into the stem of the cauliflower and set aside.
2. In a small bowl, stir together the spices. Add two finely chopped garlic cloves and enough olive oil to form a paste.
3. Rub the spice paste over the cauliflower and place in a casserole dish. Cover and bake for 45 minutes, then uncover and cook a further 30-40 minutes or until the cauliflower is tender.
4. While the cauliflower is roasting, cut the garlic bulb in half horizontally, wrap in tin foil and bake for 30-40 minutes.
5. Squeeze the garlic cloves into a bowl. Add the yoghurt and lemon zest, then stir and season to taste.
6. To serve, place the cauliflower on a serving plate and drizzle with garlic yoghurt. Garnish with parsley, mint and toasted almonds before serving, and enjoy.

*If your yoghurt is too thick to drizzle, thin with a dash of milk or water until it has reached your desired consistency.

BOOKS AND BOOKCLUBS

Swashbuckling: engaging in daring and romantic adventures with bravado or flamboyance. Such are the activities of "The Wisteria Society of Lady Scoundrels" in the book of the same name by India Holton. These Victorian Ladies overcome evil villains with a sword in one hand and a cup of Earl Grey tea in the other and travel around Britain in flying houses!! Other descriptions are: Romantic: characterized by, or suggestive of an idealized view of reality; hilarious: extremely amusing, boisterously merry; and ridiculous: deserving or inviting derision or mockery, absurd. There is a certain beauty in the putting together of words, e.g. "the way words are put together" is less poetic, and "words strung together" leaves a different impression of less deliberate writing. When it comes to descriptive writing, try this excerpt for size: "The lane ambled through Devon's soft fields toward the fat, dipping sun." All in all, a glorious read!



Have you heard of the genre "cosy crime?" I hadn't, but I know what is meant by that term. Gentle whodunnits, not to be taken seriously. Possibly Agatha Christie, Midsomer Murders, the Agatha Raisin series etc. "The Tea Ladies," by Amanda Hampson was categorised as such in a blurb. (Not to be confused with "The Tea Ladies of St Jude's Hospital by Joanna Nell, author of "The Single Ladies of Jacaranda Retirement Village", which is about growing old disgracefully and not crime at all, unless you count old age as a crime to the human condition.) In Amanda Hampson's book, set in 1950s Sydney, Australia, villains are nabbed, heroines rescued, and murders solved. "If anyone knows where the bodies are buried, it's the Tea Lady." Great wordsmithing here too with descriptions such as "the landlady herself has a mouldering smell like damp washing left too long in the laundry basket." Ha, ha! Oh I do love books!!

Something less frivolous: not having any serious purpose or value; is Kathy Reich's "Bare Bones." The main character, and the author, are forensic anthropologists, and the details about bones and body matter are no doubt accurate. When it comes to the "wordsmithing" though, I shudder. Why do crime novels and television series portray American Cops as using such crass language? Are they that bad in reality? Crass: showing no intelligence or sensitivity. God Bless America! Portraits of the behaviour of the pet cat and dog throughout the book are extremely well done though. An interesting plot and villains are along there with the best of crime fiction. The dedication to all those fighting to protect our precious wildlife gives us a clue that not all the bare bones are human.

Variety being the spice of life, I have given you cinnamon along with some red hot chilli to see you through the month. Enjoy!

Anne Bate

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What's the Real Estate Market doing?

Property sales statistics for Otamatea tell an interesting story. Rather than listen to nationwide trends and journalism that can often be very emotive, it's more useful to be guided by local market evidence.

According to Real Estate Institute of NZ statistics there were 9 residential property sales in the past three months compared to 27 in the same three-month period last year and 34 in the same period the year before. We have had a long quiet winter! Although having said that, I have experienced a doubling of buyer numbers throughout

the past few weeks, ever since the sun came out. I have seen a return of investors to the market and it's great to be working with first home buyers too.

The average sale price in Otamatea for the past three months was \$588,700 compared to an average rateable value of \$429,440. Rateable values are only a

very general guide at the best of times as they can only be based on the information held in the council property file. In Kaipara our rateable values were last reviewed in 2019, when they were set in line with market values. This tells us that our market values are on average 37% higher than they were in 2019.

Last year saw a very emotive market and a post-covid bubble that sent market values soaring by 50%, peaking in April 2022. Bubbles always burst, as this one has, leaving us to adjust our sights and carry on. For those selling and buying on the same market, the level of that market makes no difference. For those exiting the property market, the past few months have been a rocky ride.

The holy grail of real estate is to generate competition for your property. Multiple interest. Not just the first buyer, but the best buyer. There is a proven process to achieve this. A unique and carefully considered marketing plan is required to best match the needs of each client and each property and to find the best buyer. You only get one chance at a first impression.

The worst case scenario is to let a property go stale on the market. It becomes more and more difficult to achieve a property's full market value as buyers expect to pay less.

Right now it is more important than ever to choose an experienced real estate agent who has a flair for creative marketing, provides excellent service and who has the extra time it takes to get the best result.

I am back working under my own brand, Connections Real Estate, because it gives me much more flexibility and freedom to design a bespoke marketing plan to suit each property, its target market, and its owners. I run fewer listings and have greater control over the quality of my service from start to finish. I like to go the extra mile as that is where most of the "magic" of real estate happens! If you'd like a free, no-obligation appraisal for your property please call me on 021 103 6277 for a confidential chat.

Have a great Spring! All the best,

Nicky Reid

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Just a reminder...

If you have used eyeglasses you no longer need, you can donate them now. Lions collect them for their Recycle For Sight program. Prescription and reading glasses, sunglasses, plastic and metal frames - they want them all. Children's glasses are especially needed.

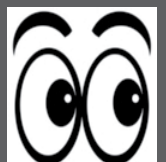
They are repaired, sterilised, then packed for delivery to Volunteer Ophthalmologist Services Overseas (VOSO) for distribution to those with poor eyesight in the Pacific Islands.



Robyn at Skelton's Drapery will gladly take your donated glasses, old currency and bottle tops where they will be collected by Lions.

PP

**BE SEEN...
LIGHTS ON**
In fog or rain





Maungaturoto and Districts Rotary

On the first Tuesday in September, we held our regular meeting where we decide the progress for the past month and the way forward for the ensuing one. We had a very successful sausage sizzle at Bunnings, where we also sold donuts. We were able to use our community connections and sell the extra donuts later in the day at the monthly market held in Maungaturoto. We are planning to have two more stalls at Bunnings on the 7th and 21st October, so please come and speak with us if you want to know more about what we do.

We are still planning to help the Country Club with the upgrade of their walkway (in conjunction with the Maungaturoto Residents' Assn). This cannot progress until lambing has concluded. As an affiliated member of the Country Club, we will be looking for other opportunities where we can help.

Recently we had a talk from Robin and Ortrud James who were speaking about the Children's Hospital in Fiji that they have been involved with. At the moment there is accommodation for 27 youngsters who have congenital heart defects. Their operations are performed by teams of volunteer surgeons who come from various parts of the world, staying for 7 or 8 days. There is no cost for the treatment and the rooms have been set up so that a caregiver can stay with the child. It was interesting to hear how the Pacific Islands are supported in this way.

For a number of years we have sponsored Duffy books in Tinopai (and this year we co-sponsored the programme at Kaiwaka). We are asked to send a representative of the club to the school when these books are presented to the students. The following is what happened this year.

Talk about "value added" - Merv, Bron and foster grandchild represented Maungaturoto Rotary Club at the Duffy Books in Schools presentation at Tinopai in the middle of September. Diana Queenin, the Presenter, had an incredible knowledge of, and had samples of a wide range of fossils that kept all present spellbound. Who would have thought that a lady who had, among other things, spent 4 years as a Guide at the American Museum of Natural History, could be found presenting to 13 children at Tinopai Primary. As a result of this programme, each child gets two books of their own choice to take home.



Horseshoe crab

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Let this be a warning...

\$33,250 fine for tyre burning

A Northland man has been fined more than \$33,000 for an incident that saw dozens of large tyres burnt on a property south of Kaiwaka in early January last year.

The charges were discharging contaminants into the air from the burning of tyres, discharging contaminants (the remains of burnt tyres) to land which may have seen the contaminants enter groundwater and discharging contaminants (the remains of burnt tyres) to land in contravention of

the Proposed Regional Plan for Northland.

Firefighters responded to a call from a neighbour about a fire on the property, which was used for grazing livestock, and found a smouldering pile with visible flames and smoke. The area of burnt material was about 20 by 15 metres. There were large amounts of melted rubber and steel belting from tyres along with some unburnt tyres and about 13,600 litres of water were used to fully extinguish the fire.

Firefighters notified the Northland Regional Council about the fire and the council had also received coCplaints from nearby residents.

The defendant said that he had "burned fence posts and wires, and general farm stuff, and that a few tyres might have been scorched."

He then scraped up the remains and covered them with dirt.

He burnt all farm rubbish including fence posts, plastic and electric fence connectors and "there may have been some incidental tyres." He said he had not intended to burn tyres and told council staff he did not know the rules about burning and did not know he was not allowed to burn tyres. (FYI - you are also not allowed to burn any plastics for the same reasons.)

Burning tyres (and plastics) releases significant quantities of hazardous air pollutants into local air and produces large quantities of toxic oil which can contaminate soil, surface and ground water.

The judge said the production of thick smoke with associated noxious fumes should make any person realise that burning tyres is unlikely to be a permitted activity.

Options for disposal do exist. Tyres can be dropped at transfer stations for a cost of around \$25 a tyre.

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The Gallbladder and it's important

The gallbladder is a small pear-shaped organ located beneath the liver. It plays a crucial role in the digestive system by storing and concentrating bile, a digestive fluid produced by the liver. Bile is released from the gallbladder into the small intestine to aid in the digestion and absorption of dietary fats. Here are some key points about the gallbladder and bile:

- 1. Bile Production:** Bile is produced by the liver cells, specifically hepatocytes. It is composed of water, bile acids, bilirubin (a waste product from the breakdown of red blood cells), cholesterol, electrolytes, and other substances.
- 2. Bile Storage:** The gallbladder serves as a storage reservoir for bile. It receives bile from the liver through small ducts known as bile ducts and concentrates it by removing water. When needed for digestion, the gallbladder contracts and releases bile into the small intestine through the common bile duct.
- 3. Bile Functions:** Bile has several important functions in the digestive process:
 - **Fat Digestion:** Bile acids present in bile emulsify dietary fats, breaking them down into smaller droplets. This facilitates the action of pancreatic enzymes, allowing for better fat digestion and absorption.
 - **Nutrient Absorption:** Bile helps in the absorption of fat-soluble vitamins (A, D, E, and K) and dietary fats in the small intestine.
 - **Waste Elimination:** Bilirubin, a waste product from the breakdown of red blood cells, is excreted in bile and helps

GROW WHAKATIPU Paparoa Inc

We are loving the sunshine at Grow Paparoa this month. It certainly lifts everyone's mood! In October it is time to be starting to plant out your summer vegetables. We have an upcoming workshop on tomatoes this month. This will be a four part workshop with the first on the 28th October. The initial part includes: theoretical information on types of tomatoes (heritage, hybrid, grafted), growth type (determinate and indeterminate), we will learn a DIY seed raising mix recipe, and some knowledge on pricking out, hardening-off and so on. In the practical section we will be looking at soil preparation, planting, staking and mulching. At the conclusion of the first lesson each person will take home two tomato plants, two stakes and enough fertiliser for their plants along with information sheets. The cost for the workshop is koha and we will supply morning tea but please bring along your water bottle!

The seed swap in conjunction with Paparoa Community Library is going well and we would love some further contributions. Seeds for the seed swap are in the large print section of the library. All seed is welcome, flower or vegetable, just mark the envelope with what it is and pop it in the box and maybe pick up something you haven't got.

Progress has been made on our new building for Aladdin's Cave our second hand shop. We would like to express our thanks to the Maungaturoto Op Shop for making it possible to insulate, line and paint the inside of our new Aladdin's Cave. We will also be placing an anti-vermin strip along the base of our building and all of this will make it a much more pleasant area for our volunteers to work in.

We have some volunteers to help us run the shop but we are still looking for someone to oversee the whole project. If this sounds like something that interests you please get in touch for some further information via email to janmaredallas@gmail.com.

Katie Fullerton



role in digestion

eliminate waste from the body.



4. Gallbladder Disorders: The gallbladder can be affected by various conditions, including:

- **Gallstones:** These are solid deposits that form in the gallbladder or ducts. They can cause pain and obstruct the flow of bile.
- **Cholecystitis:** It refers to inflammation of the gallbladder, often caused by gallstones.
- **Gallbladder Cancer:** Although relatively rare, cancer can develop in the gallbladder.

5. Gallbladder Removal: In some cases, the gallbladder may need to be surgically removed, a procedure called cholecystectomy. This is often done when gallstones or other gallbladder disorders cause significant symptoms or complications. After gallbladder removal, bile flows directly from the liver to the small intestine, but in smaller amounts and more consistently.

It's worth noting that while the gallbladder plays a role in digestion, its removal does not typically cause major digestive problems. However, some individuals may experience mild changes in digestion, such as adjustments to dietary fat tolerance, after gallbladder removal.

If you have specific concerns or questions about your gallbladder or bile function, it is best to consult with a healthcare professional who can provide personalized advice based on your unique situation.

Vicky

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Science Corner



Ferrets. Interesting creatures - some facts (from ferret-world.com)

- Ferrets have been domesticated for over 2500 years.
- They were used to run cables for TV, lighting and sound at Buckingham Palace for Princess Diana and Prince Charles' wedding.
- Until the 1980s Boeing used ferrets to run cables to inaccessible areas. Trouble is they often gave up or fell sleep on the job!
- Ferret legging is an old pub sport where people tied their pants shut with the ferret inside. Whoever kept the ferret in the longest was the winner. The world record is over five hours.
- Ferrets don't sweat so cannot live in a hot climate.
- They are obligate carnivores, meaning they can only eat meat.
- They share the same diseases as humans, including getting the flu and are used to develop the yearly flu vaccine.
- They live five- eight years and reach sexual maturity at four months of age.
- Female ferrets can be only half the size of males.
- They are born deaf and blind and with white fur that changes to adult colouring at about 35 days.
- If a ferret's head can fit through a hole, so can the rest of it.
- Ferrets are related to weasels but are larger and have a more robust body shape.
- NZ has the largest population of feral ferrets in the world and this is increasing.
- 700 were introduced to control rabbits in 1879 while 4,000 ferret-polecat crosses (the main variety that are here now) were released in 1884-1886.
- Recent research has found they are in Northland forests and can be vicious Kiwi predators. They are one of the few predators that will kill an adult kiwi.
- As a rabbit control they were not effective.
- Ferrets don't like areas of high rainfall or where there are few rabbits.
- They are not as common as stoats and like the possum can carry TB.



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Friend or foe?

The gorse is flowering and presenting many culinary and medicinal possibilities...

Gorse flowers are known for being one of the Bach flower remedies, restoring hope and lifting those experiencing hopelessness or despair.

The tropical smell as you walk past has you thinking of coconut and mangoes...

The taste is delicate with a slight "grassy" aftertaste, much like a good olive oil. Eat them straight from the bush, add to salads or use petals to garnish cakes and desserts.

Pick by carefully plucking the flowers off while wearing gardening gloves. Shake in a colander to remove any spikes and bugs.

Here are a few things you can make with this golden gift.

Wine - sunshine in a bottle. There are many recipes online so have a look.

Tea - place a handful of flowers in a teapot, add boiling water and add a little honey if you like. You can also dry flowers for an uplifting tea when the flowering is over.



Vodka - fill a large jar with gorse flowers and pour in a bottle of vodka and infuse for between 3 days and 3 weeks, or until

From our family to yours Sweet Smelling Symphony

Over the past month I had the fragrantly exotic chance to enter a league of the 'A' list, the epitome of the celebrity - the creation of a personal perfume blend. Even more special is that my perfume is not hobbled together for the masses, it is a scent all for me and me alone. Could anything be more decadent than a bespoke perfume?

"Oil and perfume make the heart glad, So a man's counsel is sweet to his friend." Proverbs 27:9 So sweet is my friend Virginia de Somma, (whose name will be familiar to those who properly read their September edition of the Paparoa Press) that at her invitation I got to sit in her 'apothecary' in Quince Cottage and waft my nostrils over a range of oils. Although the process was a little deeper than that, starting with a series of questions seemingly unrelated to perfume, each more intriguing than the last, and a list of emotional words for the mood you are wanting to immerse yourself in.

For every plant, seed and flower on this earth has been creatively designed to be imbued with a unique scent, and every scent evokes a personal journey of memory, emotion and biochemical response in the body. The process of creating my personal perfume then moves into iterations, which

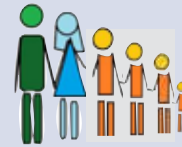
I will be selecting my favourite of shortly. After all, there's not a rush to have a designer perfume and all good things take time - but what a gift! Thank you Virginia!

Recently on RNZ there was a very interesting talk about research into scent and brain function I'd encourage you to find and listen to, particularly if you are older and interested in restoring your memory and brain function:

<https://www.rnz.co.nz/national/programmes/sunday/audio/2018902417/michael-leon-startling-research-on-scent-and-brain-function>

Have a sweet October!

Jenny



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Paparoa**

Ph: 021 850 983



bryce@brycethelocksmith.co.nz
www.brycethelocksmith.co.nz

you like the flavour. Strain and add sugar or honey to taste. Drink straight or with soda water.

Cordial recipe

4 handfuls of gorse flowers
600ml cold filtered water
Zest of 2 oranges
Juice of 1 lemon
150g raw sugar

Mix the water and sugar together in a medium saucepan and boil for 10 minutes. Remove pan from the heat.

Add the gorse flowers, lemon juice and orange zest. Stir in well and leave overnight.

Strain the liquid through a piece of muslin and pour into a sterile bottle and store. Refrigerate once opened.

Other uses

Love it or hate it, gorse can also be utilised in the garden. Cut branches placed around plants and garden beds will keep out rabbits and possums who might otherwise gorge themselves on the smorgasboard on offer.

Gorse is a wonderful nursery plant for small native trees and dies off when it loses the sun. It is also a great nitrogen fixer and, yes, is invasive and a real pest on farms.

Margie



PAPAROA FARMERS MARKET

**EVERY SATURDAY
THE VILLAGE GREEN 9-12**

Market Manager
Linda 021 362468
activator@paparoa.org.nz

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.

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.

Artisan Market - Fourth Sunday every month. Paparooa Memorial Hall 11am-3pm. Next market Oct 22. Email 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.



**Paparooa
Tennis Club Inc
AGM**
Sat 4th November
at 3pm
Sports Pavilion
All Welcome

**Progressive
Paparooa Inc
AGM**
Sun 8th Oct
3pm
Paparooa Hall
All Welcome



4 Hook Rd
Paparooa
Northland
phone
Sam Turner
022 317 1507

Paparooa Community Church

Connecting with God
Creating Community
Communicating the
Gospel



Church Service on Sunday at 10 30am
6pm for fellowship, prayer and sharing.
Everyone Welcome

WHAT'S ON - OCTOBER 2023

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

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

Manawapou - Tues 3 -Sat 7 Oct. See ad p3 and story back page for more info

Progressive Paparooa AGM - Sun Oct 8, 3pm, at Paparooa Hall. See p8 for more info

Paparooa Golf Club - Mixed Open Tournament, Sun Oct 8 from 9.30am. See p18

Paparooa Artisan Market - Sun Oct 22nd, 11am - 3pm, at the Paparooa Hall

Grow Paparooa - Sat 28 Oct ???, first of four, at the gardens. See p15 for more info

Paparooa Tennis Club AGM - Sat Nov 4, 3pm, at the Sports Pavilion

Buy Local Support Local



Bananaman!!

Paparooa Press would like to wish the outgoing Kauri Museum "marketing bod" (his words), Grant O'Neill, well as he sheds his corporate skin for a new venture.

He is splitting to spend more time with his bananas - which does sound more a-peel-ing than an office job.

So thanks a bunch Grant for your contributions and updates during your time there and good luck in the wild yellow yonder!

PP

Paparooa Golf Club
MIXED OPEN TOURNAMENT
SUNDAY 8th OCTOBER
Tee start off times
9.30am - 10.30am

2 men's divisions and
1 ladies division
ENTRY FEE \$35 includes
a meal

Prizes for Net, Gross, Stableford, Closest to pin, 2's

Enquiries to Bernie Browne 0272859940 or
Golf Club 0226781474
paparooagolf@gmail.com

Paparooa Volunteer Fire Brigade Join our team

It's Life
Changing

Contact Ken Ogilvy
021 129 4042



REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Anglican Church St Marks** Hook Road, ph 431 8193 or 431 6224 for services info
- Ararua Church** 10.30am every Sunday. All welcome Ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 021 056 7163
- 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 Cornes 027 368 7298
- Paparoa Mah Jong Group** 1st & 3rd Tues, Paparoa Hall 1.30-4pm, Sara 021 0774947
- 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 Box Fit** Every Wednesday 6-7pm, Stretching/Cardio/Boxing \$10, Paparoa Hall, Stacey Watson 09 283 9931
- Paparoa Dance to Music** Every Tuesday 10:30-11:30, Stretching/Balance/Resistance/Bands/Zumba, \$5, Paparoa Hall, Stacey Watson 09 283 9931
- 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 Kids Fun Class** Every Friday 3-4pm, Learning/Music/Dodge Ball/Limbo \$5, Paparoa Hall, Stacey Watson 09 283 9931
- Paparoa Library** Mon, Wed 2-4, Tues, Fri 11-1, Thurs 11.30-1.30, Sat 10-12. Library Manager 09 431 7555 during library hours. Returns Box at Skeltons
- Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa 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 4 Oct 9 - Dec 14. Ph 431 73 79
- 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** For info ph Sue 431 6224 or Pete 0210567163
- Yoga For Everyone** Monday 6-7pm Maungaturoto Hall, Tuesday and Friday mornings 9.30am Paparoa Sports Pavilion. Ph 027 294 4855
- Yoga/Pilates** Wed 10am adults (incl childcare) \$10, 11.30am little ones story yoga, \$5, or \$12 for both, Thurs 6.30pm \$10, Paparoa Sports Pavilion.

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

Paparoa Press CLASSIFIED ADVERTISING

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For Sale

Boat mooring for sale at Pahi - up to 9 metre vessel Ph Steve 0274 936711

Rental Property/Room Required

Hello, Kia Ora, I'm Amber and I'm looking for somewhere that allows pets as I have 3 cats, 2 lizards and a rooster. I'm 29, social and outgoing, experienced in looking after animals, and farm & garden work, plus have my own transport. Please contact me via text or call any time with any questions, suggestions or offers so that we can relocate. Thank you, Amber, 0204 0729 223.

LOCAL TIDES for October 2023

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	6.45	13.13	17th	7.01	13.22
2nd	7.27	13.54	18th	7.36	13.57
3rd	8.09	14.35	19th	8.15	14.36
4th	8.52	15.17	20th	8.59	15.22
5th	9.36	16.05	21st	9.52	16.21
6th	10.27	17.02	22nd	10.57	17.36
7th	11.30	18.16	23rd	12.14	6.18
8th	12.49	6.49	24th	13.33	7.38
9th	14.09	8.08	25th	14.42	8.49
10th	15.10	9.13	26th	15.40	9.48
11th	15.55	12.19	27th	16.29	10.39
12th	16.32	10.41	28th	17.15	11.25
13th	17.06	11.16	29th	17.59	12.08
14th	17.38	11.48	30th	6.21	12.49
15th	5.55	12.19	31st	7.03	13.29
16th	6.28	12.50			

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

MAUNGATUROTO PHYSIOTHERAPY Caitlyn Bloxham..... 09 431 9062

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..Manager 09 431 7555 during open hours: 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

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

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

Aroha Silenzio; Director of "Manawapou"

Paparoa based mother of 3 and writer, Aroha Silenzio, has written the play 'Manawapou' and is directing the powerful performances at Mangauturoto's Otamatea Repertory Theatre, which is open for public viewing from October 3 - 7.

Aroha learnt her craft whilst studying acting at Toi Whakaari, the Maori Theatre Collective based in Wellington, and this play took a year to write. She has lived in Paparoa for seven years, at the back of a bush block, after escaping Auckland.

"Manawapou" means 'Life force' or, is 'anything to support life' and the play shines light on the lies our young people are told - that they are worthless, that they have no hope or purpose, that their lives don't matter. The central message of the play is "that we have choices in life, no matter our situation or circumstance, that we have the power to choose. Challenge is what shapes us into adults, its essential- the expectation to feel happy all the time isn't real."

The play is aimed at teenagers, young adults, in fact all adults; she has recommended it is definitely for those aged 13+ as it doesn't shy away from mature topics.

New Zealand's tragic suicide rates are not to be glorified, but without



From left, Aroha Silenzio, Marnie Jane & John Hampshire in rehearsal mode.

discussion and tools to prepare them mentally, young people can fall for the lie that their life doesn't matter, when the opposite is true.

The play includes a 'Manawapou Mahi' at the end, an interactive time of creative response.

See www.ort.org.nz for all show dates and booking information.

Jenny



Calling Gardeners

You may have noticed we have no gardening notes this month.

This is because, after many years of tireless service "JR" is ready to pass the trowel onto someone else.

We can't thank her enough for her work.

If you're a gardener and would like to step into some very hard to fill gumboots please contact me at:

press@paparoa.org.nz
Margie

5 Questions for Lea Dodson

How long have you lived in the area? I moved here from Hamilton in 2000.

What brought you here? I had a daughter living in Whangarei and wanted to be closer to her, plus I was ready for a change of direction. I just loved the area and found a piece of land on Pahi Rd and built Blechynden Estate Cottages.

How do you fill your days? I run the cottages and volunteer at Paparoa Library. I also have a craft group at home once a week, love my garden, and just pottering. There's not enough hours in the day!

What do you like about the area? The community. It's just wonderful. When I was building I would come home and find plant cuttings, or a pumpkin, all sorts of things, on my doorstep. I still have no idea who was leaving them but it was lovely.

What things would you like to see happen here? The roads are terrible. There are slips and potholes on Pahi Rd that have been there for 10 years. I often hear the screeching of brakes when cars have near misses trying to avoid them. They really need fixing.



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