



Paparoa Community Showcase

The Community Showcase, organised by Progressive Paparoa, held on Sunday 30th July was well supported with 36 groups and organisations attending as well as another seven who were unable to be there but sent posters to be displayed.

It was so amazing to see the considerable effort that booth holders had put into presenting their organisations and to inform the public of what they do and attract newcomers to join them. The result was the hall being full of variety, colour, life and a palpable buzz that continued for the whole event.

Around 150 members of the community enjoyed visiting the booths and at the end of the afternoon getting to listen to some speak about their groups, while enjoying a great range of soups and breads. The 'Moroccan lentil' would have won crowd favourite if we had held a vote (thanks Janey).

From the work that we undertook in the

months leading up to the showcase we have been able to produce a booklet of information and contact details for 50 groups in the general Paparoa area. You can download a copy of the booklet from a link on our Facebook page or we are more than happy to email you a copy, please email us at progressive.paparoa@gmail.com

We would like to hear from anyone regarding the Paparoa and Districts Community Showcase, let us know what you liked, didn't like, why you came, why you missed it and what you would like to see next.



Scan the QR code for your feedback.

Lissie Cleave, Progressive Paparoa



Quince Cottage Antiques Opening

Paparoa saw a new store open in grand style on August 10th, with an evening of nibbles and wine, lots of local support and laughs. Quince Cottage is a new, (but old) house to the village, put in place between the Paparoa Store and Cliff House by Tony and Maggie Bozzard.

It's journey to becoming an antiques space came as they renovated, shifting a bathtub into the lounge, and then being gifted (in exchange for gin, so the story went) a counter top, which used to be the Paparoa Pharmacy counter. The idea may have had something to do with the gin, but when Tony gets an idea he runs with it- and he gets it done. He was spurred along in confidence by Dargaville antiques seller Gordon Walker.

Enter Virginia Di Somma who popped in for coffee and mentioned she needed a space for her bespoke perfumery business, Louise Allpress filled the linen room with beautiful antique linens and "it just came together." Maggie's passions are for fabric and she has many plans for future creative additions in this evolving space.



Tony says "it takes a village to open a shop" and this group effort has birthed something rather special in a beautiful space and is well worth the visit.

Quince Cottage is open Thursday, Friday and Sunday 11am-3pm, and Saturday 10am - 3pm.

Jenny



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Paparooa Press 

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

CIRCULATION 1,050

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Paparooa School news

Paparooa School Possum Purge is nearly here!!

Paparooa School's annual fundraiser is the Possum Purge and registration closes at 12.00pm on Thursday 7th September. This year we have big cash prizes for teams who bring in the most possums as well as a new prize up for grabs - \$200 for the most possums dropped off on Friday, Saturday and Sunday.

We also have registration bags which have a whole lot of goodies to make the possum hunt easier. The Les Tilby Trophy is now being given to one student who is nominated for showing our School values of Respect, Responsibility and Resilience as well as gun safety.

This year we have created a colouring competition for the younger students which has some lovely prizes in the prize packs.

Our Possum Purge Gala is being held on Sunday 10th September, starting at 11.00am.

We have bouncy castles along with face painting and music. There will be food available as well as some awesome raffles. The huge range of raffles include Meat packs, the Lolly Jar and Auction items. For those of you who love a good yarn, there is \$100 up for grabs for the best Possum Poem. Put your pen to paper and have a go. This will be judged at the beginning of prizegiving which starts at 1:00pm.



This year, the money fundraised will be put towards the repurposing of one of our classrooms into a kitchen. By having a dedicated kitchen space, the school can integrate practical culinary lessons into our curriculum, empowering students with essential life skills and promoting healthier eating habits. The kitchen will also serve as a hub for the Garden to Table program, where students can learn about sustainable food practices, and transforming it into nutritious meals.

We have limited registration bags left, get your registrations into Paparooa School. Pick them up from the school or Paparooa Store.

Email: admin@paparooa.school.nz or phone 09 431 7379.

Nga Mihi
Karyn Taylor
Principal



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OCS September News



Our community lunch this month is on Wednesday 6th at the St John Hall, Hurndall Street Maungaturoto. Morning tea is at 10am and lunch is

served at 12. If you haven't been to the lunch and would like to come please phone us on 431 9080 so we can cater for you.

Our calendar for September:

Community lunch: Wednesday 6th September

Free shopping trips to Whangarei: Tuesday 12th and Wednesday 27th

The van leaves at 9am from the Maungaturoto retirement village, returning after lunch. This is a free, twice a month service which takes the hassle out of driving and parking giving you the freedom to shop at your leisure in the city.

For more information please call us on 09 431 9080.

Best wishes from all at OCS



Council Mark says – in troubled times a smile goes a long way

I just want to correct the wrong impression some people have taken from a newspaper report a month or so ago. Just as Mark Twain said that reports of his death were greatly exaggerated, I can say that, just because I have resigned from a couple of council committees, I have not resigned from council itself.

If I had, you would now be having a by-election. My intention was to restore some balance in my life so I decided to drop out of the committee which dealt with the appointment of a new CE (job done), and the economic development committee. I saw my main contribution to that committee would be through the district plan review, and I remain a member of the working party which is tasked with polishing up the draft district plan before it is publicly notified as the Proposed District Plan. I remain also a member of the Awards and Grants committee, the Raupo Drainage committee, and as a council-appointed observer on the Adaptive Pathways project based at Ruawai. I also chair the Taharoa Domain Governance committee, and represent KDC as deputy chair of Volunteering Northland.

Apart from those formal roles, I also continue to attend (regularly but not always) meetings of community groups in the Otamatea ward, from the Maungaturoto Residents and Ratepayers Association in the east, to the Ruawai Promotion and Development Group in the west. This helps me to tune in to local issues as well as provide some background on what is going on at the council. Sometimes I even make suggestions which turn

out to be quite helpful!

A lot of what the council does over the next few years depends on the outcome of the central government elections taking place in October because of differing party views about the 3 Waters/Affordable Waters programme, RMA review and indeed the implementation of the Future for Local Government review. If these changes are all to be implemented, I can't see there being a Kaipara District council in a few years time, and if that is in the best interests of the people of Kaipara then I am bound to support it. I do not wish to encourage people to vote for any party in particular, although I do encourage you to vote. What I do sincerely ask you to do, is to treat our staff with respect in your dealings with them; the current uncertainty on top of recovery from a series of extreme weather events is putting a strain on the organisation's ability to deliver as well as it would like to. People who make a living



off the land are also feeling the pressure, both physically and financially. What we can do for each other is treat our fellows with respect and kindness - a smile goes a long way.

Mark Vincent
Otamatea Ward councillor
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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 Paparoa Press are the author's own and not necessarily those of the editorial team or PPI.

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NKAA - News from the AGM

The North Kaipara Agricultural Association held its AGM on Sunday 13th August- and there was a good turnout of show supporters.

Discussion was had on how to get more support and helpers for the grounds, especially on show week. The idea is now, instead of asking for help in general, we will itemise specific tasks that need doing and see if people can commit to a smaller role. Even manning the gates for 1 hour or helping carry out some tables to set up the hall displays will be useful.

A well-deserved Royal

Agricultural Association medal of excellence was presented to Ross Battensby by our patron Trevor Brljevic (who also has a RAS medal). Ross has been an amazing worker on the show grounds for many, many years and the list of things he does is a long one. Everything from fencing, drainage and spraying to filling in potholes and pruning trees. Many of

us have been lucky enough to have seen his magnificent bullock team in action- rumour has it that he is working on a new team for the 150th show.

A big thank you to the committee and everyone else who has helped at the grounds and the show in the 22/23 season. Looking forward to the next one.

Janine Hames



Janine Hames, Ross Battensby and Trevor Brljevic

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White Rock Gallery is now comfortably settled in its new home at the rear of the Kauri Museum Post and Telegraph Office and the artwork is flying off the walls. At the beginning of

September the art works will be refreshed with some stunning new works. This will be of interest to the many local people who have supported us over our first month.

Our crafters are coming up with new work all the time. There is always new talent joining us. If you would like to join us, ask at the Gallery desk for a form to fill out. It is also possible to email for information at whiterockgallerynz@gmail.com. Several of our members produce 'upcycled' work, our newest member will also contribute work that's been refurbished from recycled materials. There is a growing market for these types of goods. Come in and have a look to get some inspiration for your own creations.

Next month the tourist buses will be recommencing their visits which opens up a whole new market. Most importantly, buy some individual gifts for your family and friends.

The Gallery is OPEN 7 DAYS 10am to 4pm.

White Rock Gallery Committee

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

At the market

One of the regular stall holders at the Paparoa Farmers Market is John Ware who trades as Matakoho Gardens. John had a long career as a primary school teacher with positions as varied as Waiharara, north of Kaitaia, to a sole charge position in Golden Bay and some years in Tokoroa.

In 1990 John was appointed as the principal at Matakoho School where he worked for six years, by which time he was ready for a change in career. John and his wife Therese purchased a property with a plastic house and for a few years grew sandersonia and calla lillies, but when the market for those fell away they changed tack again and put their efforts into propagating and growing succulents and bromeliads.

For the last five years John has been a great supporter of the Paparoa Farmers Market even though at times his sales numbers fluctuate. He enjoys

the social aspect of the market, getting to know the other stallholders and meeting new people, both local and those passing through. He always has a great variety of plants available and has good knowledge of the plants so can help with advice on how to look after them. Mostly they are very low maintenance plants anyway, so they make great gifts for those who are not necessarily green fingered!

Call in and say giddy to John every Saturday morning at the Village Green in Paparoa.

Pete



What goes on at the Depot Trust?

Quite a lot really! The trust owns the property on Depot Rd Paparoa (the short road at the beginning of Pahi Rd) that used to be the old council works depot.

It became redundant and the trust was formed to manage the asset on behalf of the community. Nowadays the buildings house Fraser Fabrications (a local engineer) and FENZ aka Paparoa Volunteer Fire Force. The rest of the property is leased to an oyster farmer and a storage facility with over 45 storage containers leased to individuals.

The income, after maintenance, is distributed twice yearly to community groups. The trust's task is to manage the asset and ensure

the income is accounted for. Its most important and most pleasurable task is to decide on the distribution of the surplus monies to the groups that apply for assistance. Run entirely by volunteers the trust meets monthly for a relatively short business meeting. Paparoa is very fortunate to have this source of income for community groups.

If this sounds like something you would be interested in finding out more about, why not come along to the AGM on 20 Sept at 4.30pm at Depot Rd.

Graham

Mullet Festival - Pahi Boating & Fishing Club

Saturday 23 September - weigh in before 4pm.

Starts Friday 23, 4pm.

Tickets \$30, available from GAS Paparoa & Maungaturoto, Paparoa Store, Pahi Store, or from the club.

One net per boat and MPI rules apply.



Prizes for heaviest mullet, fattest mullet and best looking mullet (hair).

There will be a bar operating, so no BYO, with hot food available at the clubrooms.

It's about people participating and having some fun.



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Discover the Magic of Paparoa Artisan Market - Where Creativity Comes to Life

For over a year, Paparoa has been home to a thriving artistic hub, the Paparoa Artisan Market. Nestled amidst the picturesque landscapes of our community, this vibrant market has been a beacon of creativity, uniting talented artisans, crafters, and food producers under one roof.

We have had over 60 diverse and passionate stallholders showcasing their masterpieces throughout the year. With an average of 30-40 stall holders each month, the Paparoa Artisan Market has become a must-visit destination for locals and visitors alike.

On the fourth Sunday of the

month, from 11am until 3pm, the market comes alive with an awe-inspiring array of handcrafted wonders. From exquisite candles, captivating artworks, and pottery, to the finest honey and olive oil, there's something for everyone. Some of the true gems of the Paparoa Artisan Market are the felted soaps, macramé pieces, and assortment of plants.

Supporting the local community has always been at the heart of the market and by attending you're not just purchasing exceptional handcrafted goods; you're directly supporting local artists and crafters in pursuing their passions and livelihoods. The market has fostered a warm and inclusive atmosphere where people come together, share stories, and celebrate the beauty of handmade craftsmanship.

As you stroll through the market, you'll be enthralled by the variety and ingenuity of the handmade bags, unique jewellery pieces, and intricately designed papercrafts. The dedication and love poured into each item is evident, making every purchase even more special.

Woodware enthusiasts will find themselves in paradise, exploring the natural beauty of the wooden treasures on display - from elegantly carved toys to rustic kitchen boards.

For the health-conscious individual, the market offers a delightful selection of natural balms and skincare products to nourish your body and soul. But it isn't just about the



crafts; it's also a place where friendships blossom and community spirit thrives, often over a cup of coffee and muffins from the café. Visitors are welcomed with warm smiles, while the artists gladly share the stories behind their creations.

If you haven't yet experienced the magic of the Paparoa Artisan Market, make sure to mark your calendar for



24th September. Whether you're seeking a unique gift, a delectable treat, or simply a delightful day out, this artisan market promises an unforgettable experience. Join us in celebrating creativity, supporting local talent, and embracing the true essence of Paparoa's artistic spirit. Steph



Artisan Market
Paparoa Hall
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11am-3pm

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The Olfactory: Virginia Di Somma

Tucked in a room brimming with bottles, that smells like you could only imagine a perfumer's space to smell, you'll find Virginia Di Somma at work blending natural scents and bespoke perfumes to tantalise the senses.

Newly working out of Quince Cottage, on Franklin Road in Paparoa, 'The Olfactory' is a business born in 2015 but moving forwards in fresh ways. She is originally Christchurch born and raised, but in 2011 the earthquake destroyed her fashion business of 11 years, and she had 36 hours to leave the red zone. So she moved to Auckland, where her two daughters live, working various retail jobs and waiting for four years until the insurance was finally settled.

Realising she needed a fresh start, her sons suggested a niche business of unique perfumes, scents blended with the wearer's personality in mind and the idea struck. "I like working with people, like getting to know them deeper and offer a service that is meaningful and unique to them, and I love scent - but how do I learn this as a trade?" Naturally, one travels to Italy and France, visits the big perfume houses, and undertakes a course with an eccentric gentleman of world perfume renown. The group was taught how to distill oils, make tinctures, learn basic blending techniques and how to detect synthetic notes within a commercially produced scent. Upon returning to NZ she invested heavily into the new skill, finding only the most reputable oils and ingredients, as the difference between a perfume made with essential oils and marine extracts and the brands found in department stores are worlds apart. (Think McDonalds or farm to table cuisine). "When I learnt about the toxicity of synthetic fragrance, its harm to the endocrine system, in regard to upsetting the body's hormones, I knew it must be 100% natural or nothing."

But entirely natural ingredients add another element to a business, namely the raw ingredients which are much more expensive due to many factors. The processes of creating an ambergris fixative (instead of the usual petroleum based fixatives). This involves

using organic ethanol dilutant (made by Puhoi Organic Distillery) rather than cheap alcohol alternatives. The essential oils themselves are susceptible to changes as varied as weather, soil conditions and harvest times. (It's interesting to mention that designer perfumes retain such value, even though made from cheaper synthetic isolates, due to peoples attachment to the memory of a fragrance.



Chanel No. 5 for example, costs six euro to make and package, yet sells for far more, due to its designer branding and evocative memories rather than the fact that it was made with expensive raw ingredients.)

After three years of building the business, an 'off shelf' product called Trinity was designed, three different blends available through World Beauty Stores throughout New Zealand, a goal she saw achieved in 2018. In 2019 her mother turned 100 and 'NONNI' a scent reminiscent of two perfumes worn during Virginia's childhood, was born. Covid was the key ingredient that saw Virginia take the plunge and move to Paparoa full time. She purchased land with her sons during 2015, a block of daunting hills and stunning bush that originally had no access or amenities. Osaka, her son, built her an off-grid 'bach' and she decided that "If I survive the winter, I'll stay."

As she started to meet people, through taking three of her eleven grandkids to playcentre, connections were formed and renewed at Kaiwaka Revival Church, there was rarely a thought of being elsewhere. She built a perfume shed on the land, moving the business online to keep overheads down

and saw a boom time through the lockdowns, as people turned to online shopping to treat themselves. As the world began to reopen, she began working for other companies too, formulating natural scents for other people's brands such as shampoos, body lotions and scents to enhance sport and training performance.

'Quince Cottage' has come as a new chance to branch out and meet people again in a public setting, with visions ahead of running perfume workshops, in conjunction with Pheasant Lodge, and school holiday programs. Call in there and see Virginia in her sweet-smelling space, enquire about a bespoke perfume or view her range of pre-made natural scents, face, body and haircare products that will have you feeling like you've stepped out of a French perfumery.

Jenny

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AGM

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General business will be advised in the October press and emailed to members prior to the AGM.

All welcome. Current members will be able to vote.

If you would like to vote, membership is free, please fill in the membership form (scan the QR code). Or a link to the form can be requested by emailing progressive.paparooa@gmail.com



Head, Heart, or Hands

Communities are made up of people with a diverse range of skills, strengths and passions. Most people like to work in one way more than another and that is OK.

Not everyone is a committee person, some people like to be connectors and look after people, others love the creative aspects of trying out new ways of working and getting projects off the ground.

Thriving communities need a mixture of all of these strengths to care for our places and people and create great experiences for everyone to enjoy.

Is your preference Head, Heart or Hands?

If you are wanting to get involved in the community but unsure how to best contribute, think about think about what your preference is.

This may help you match with the right organisation or project or at least help you start conversations with others and find a place you can feel you are making a difference.



HEAD

You like focusing on:

- Goals, long-term thinking and planning
- The big picture
- New possibilities and opportunities



HEART

You like focusing on:

- Encouraging people to join in discussions and decisions
- Resolving conflict and listening to all viewpoints
- Helping to reduce tensions and lighten the mood



HANDS

You like focusing on:

- Project planning and execution
- Getting tasks done well
- Sharing tools, resources, and training to get the job done

From Libby Jones with thanks to Gail Fotheringham at KDC

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Progressive Paparooa update

The team at Progressive Paparooa (PP) were thrilled by the response to the Community Showcase held at the end of July and are grateful to all the groups and organisations who put in so much effort to promote themselves.

One of the main goals for our committee at the showcase was to sign up new members for PP so that we can involve members of our community more in our decision making. Membership is currently free and entitles you to attend our AGM as well as receiving invitations to attend any workshops or functions organised by PP. You can sign up when you see our Community Activator, Linda Allan, at the Paparooa Farmers Market most Saturdays.

Speaking of the market, we are grateful for our regular stall holders who have had to put up with the never-ending inclement weather over the last few months. We are always keen to have more stalls, especially any food or produce. Contact Linda 021 362 468 for more information.

PP also owns and manages the Changeable Sign located opposite the Paparooa Store. This is available for community groups and organisations to advertise their upcoming events or meetings and is free of charge. We want everyone to know what's happening in our community. Contact Graham Marks 09 431 7545 if you would like to use this service.



Our AGM is coming up on Sunday October 8th at 3pm at the Paparooa War Memorial Hall, with afternoon tea provided and everyone is welcome.

Pete Hames

Letters from The Old Post Office...

Duvets

Murphy's law of the making of the bed, with particular reference to the Duvet.

Or simply yet another "adaption" by a geek in a linen manufacturing company who has NEVER had to make beds on a regular basis.

I imagine a special Hell for this genus along with techno geeks who update things just for the hell of it (and so too shalt they suffer) the inventor of the so called vacuum cleaner extendable cord and potato peelers that only peel when they feel like it and can openers specific to one type of can only. And, yes I know all petty, first world little irritants, but as Anita Roddick said, "If you think you're too small to have an impact, try going to bed with a mosquito".

"And so to bed," a phrase that Samuel Pepys was fond of concluding his diary entries with. Although, I bet he had nothing to do with the making of it. And I bet the housemaid didn't simply snap the sheets into place, as I read in some misguided text.

It is a well-known rule that:

Every fitted sheet may identify as one size, but is smaller by at least 12 straining centimetres

Every fitted sheet must be tried on the wrong way, at least once

If the sheet has stripes, one set will be vertical but the next, horizontal.

Every duvet cover is also very different (and no, I do not wish to celebrate their diversity).

If it fits lengthwise, then it will not width-wise and the converse naturally follows as night follows day (unless you live in Alaska, of course)

And Who has not been lost in the vast and arid corners of the duvet?? Disappearing bravely head- first into the blank white spaces, crying "I may be some time" then woo-hooing blasphemies as all your natural good humour disappears as rapidly as the ability to ease the duvet into the corners of

its cover. It never fits and there is always an unsightly bulge somewhere. Possibly caused by a dead sock. Or my brain exploding.

And, despite the claims of manufacturers as to ease of use, one needs arms the length of an orangutan. (Absolutely no disrespect intended to the orangutan. Many of whom display more intelligence than that of the modern humanoid.)

However, it seems we may well blame the Vikings for the introduction of the duvet. This bedding of the devil, this instrument of mental and emotional torture, may be added to the list of Viking crimes, along with pillaging and plundering their way around Europe circa 793 to 1066. (As a side note I have attempted to persuade NZ hand surgeons to mount an historic class action for the pain and distress caused by the genetic mutation Dupuytren contracture handed (pun intended) down through the Vikings' "invasive" actions. Strangely, they do not appear to take me seriously. (The surgeons that is, the Vikings do not care. Their legacy lives on.)

Please. Every time you go into battle with your duvet, remember to curse the Viking dogs.

It could go something like this...

"Thou art a base, proud, shallow, beggarly, three-suited, hundred-pound, filthy worsted-stocking knave; a lily-liver'd, action-taking, whoreson, glass-gazing, superserviceable, finical rogue; one-trunk-inheriting slave; one that wouldst be a bawd in way of good service, and art nothing but the composition of a knave, beggar, coward,

pandar, and the son and heir of a mongrel bitch. (King Lear, Act 2, sc 2.)

Deb

NB: I take no responsibility for the slander nor the historical accuracy of the above. In fact, any issues please address to the Editor. That is what she is paid for. She will be delighted.

Editor's note: No.



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BOOKS AND BOOKCLUBS

"The Life-changing Magic of a Little Bit of Mess," by Kerri Sackville, validates the view that keeping a perfectly tidy home is completely unnecessary and positively bad for you. Not a novel, it's in the non-fiction category, a "Bible of Home Imperfection." Hugely funny, I loved every page including all the charts and graphs supposedly to prove the points made, (or made up) and little comments also supposedly from the publishers denying any responsibility for the views expressed or the validity of any of the facts given. Thoroughly enjoyable. Highly recommended.

All this "brainwashing" of how to be a perfect housewife we mostly attribute to the 1950s. So climb aboard the time machine of period and place, namely a book, and read the diaries of "Nella Last in the 1950s". In pre-war Britain, 1937 to be exact, a social science study (Mass Observation) came up with the idea to have a random number of housewives write daily diaries of their lives in order to have a better understanding of what makes Britons tick. Three books have been published since containing excerpts from diaries written by an ordinary housewife, Nella Last, from pre-WWII, during the war, and post-war 1950s. A rather sad life and I am glad I was only visiting, but hugely insightful and informative.

If you are up for another walk in someone else's shoes, read "The German Wife," by Kelly Rimmer. Again set in pre-WWII, during the war, and post-war, but this time in Germany and 1950 Alabama, USA. What would you do if you were married to a rocket scientist forced to work for a regime you both didn't just disagree with but hated, while your children were being brainwashed and your best friend cruelly discriminated against? The alternative being torture and imprisonment, not just you but your children. The time machine of books again, taking you right there in the midst of it all.



Back now to the present day and our own set of problems. "The Music of Bees," by Eileen Garvin, is a story of three very different characters brought together to work in an apiary. They overcome their personal difficulties and band together to protest against a pesticide company threatening the local bee population and thereby also the orchards and livelihoods of the community. One of the trio, a teenage crippled boy is something of a bee "whisperer" and can tell the wellbeing of the hive by its sound, its music. Adding to the enjoyment of this book is that each chapter is headed with a bee-related fact. Fiction and non-fiction in the one book. The Author is also a Bee-Keeper.

Aaah! The music of bees as they buzz around our summer
Anne Bate

Medical Society manages key asset

Situated at the entrance to Paparooa, the Medical Society property is strategically placed by Skelton Bridge. When it was relocated from the old Nurse Cavell hospital site in 2018 the community gained a valuable and readily accessible facility for the long term. The specialist medical facility is leased to Coast to Coast Health Care Ltd who provide medical services. Another part of the building is leased to Paparooa Community Library.

The Medical Society's charter is to ensure the ongoing provision of medical facilities for the people of Paparooa and surroundings. The society's main concern is managing the property, which includes two residential tenancies that complement the society's income. Looking to the future, the whole property has potential for further development, as well as attracting other varied health practitioners to work in Paparooa.

If you have an interest in the health and wellbeing of the community, some experience in property management, or financial skills, you would be very welcome to join the committee. It meets only quarterly to suit members other commitments. The AGM is on September 22nd at 7pm, Paparooa Hall supper room.

Graham



Marohemo Hall

Marohemo Hall - one of our many small country halls that have filled a vital role in the social life of our countryside and hopefully will continue to play an important part in the future.

A few facts.

Prior to the hall being built there was a Post Office and school near the proposed site.

Marohemo Hall was opened on the 10th January 1930 by the Right Hon. J. G. Coates who unfortunately was late due to his car being stuck in the mud on Ford Road.

Back then our roads were very narrow and winding, and in some places, muddy (hmm maybe still are in some places), so travel for entertainment was restricted. This meant that the hall was used frequently.

The school children often played games on the framework when workers were absent. (No health and safety rules then.)

The matai timber dance floor was a very important feature of the basic weatherboard and corrugated iron building and was polished to perfection by builder's workmen using a sack of sawdust towed by a motorbike while a man sat on the sack. The "ladies" was a can discretely hidden behind a curtain while the "mens" was outside in a handy patch of scrub.

The Adena lighting plant cost three pounds ten shillings second hand but needed a bit of repair which was provided by Mr Arthur Somner.

The kitchen was composed of two 4 gallon tins over a 2 burner primus put at the side of the hall (a real fire danger to the ladies long dresses as they swirled around the

dance floor).

The hall was used for many activities - dances, 4 church services a month, Country Women's Institute, concerts, children's Christmas parties, weddings, visits by a city drapery, table tennis and indoor bowls to name a few. (I think some of the games equipment may still be in storage?)

From 1952 -1961 Harry and Hilda Linton and helpers ran a very popular Sunday School for about 40 children - from tiny tots to teenagers with each year having a Sunday School Anniversary Celebration.

In 1933 a lean to was added to the hall for a kitchen with a copper for water heating to replace the dangerous primus set up.

1935 saw the introduction of the rural delivery mail service and Post Office closure while 1937 saw the school's closure with the introduction of the school bus service.

1953 brought more hall improvements with a stage being improved and maintenance work being carried out as well as a metalled car park being upgraded.

In recent times the hall has had considerable maintenance and up grades and is about to have sound baffles installed to improve the acoustics.

A great community asset! Keep an eye out for up coming community events!

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Empowerment Retreat for Girls

Have you got a daughter, niece or friend who is aged 12-16 and is keen to have fun, make friends and learn more about life?

Birthworker and Menstrual Advocate, Josie Gritten, is running a retreat for girls in Mangawhai this September. The 4 day wananga will weave games, creative activities and a deep learning around our bodies, cycles and our journey from Girls to Women. To be embraced and nourished as we navigate our way into adulthood is a great gift and Josie invites girls aged 12-16 to join her in this fun workshop.

"I'm so excited about this retreat," says Josie. "We'll be doing some really awesome activities, and the girls are going to have a great time! I'm so looking forward to bringing this to Mangawhai."

How we are held in our transition from Girlhood is of vital importance in our lives as Women. To be embraced and nourished as we navigate our way into adulthood is a great gift. To be taught how to listen to our bodies and to honour the ebb and flow of our cycles. How to navigate relationships and to openly discuss consent. To have a sense of autonomy instilled within us. How to stand in bravery and speak with courage for ourselves and for those around us.

The retreat runs from September 22-25, with limited spaces, and costs are



on a sliding scale from \$375. Contact Josie for details.

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Kaipara schools champion native planting in Paparoa

Kaipara schools have teamed up to plant hundreds of native trees and grasses on the banks of Paparoa Stream in the heart of the settlement.

The initiative is part of the Kaipara Moana Remediation, a programme reducing sediment flows into the Kaipara Moana by supporting farmers and groups to fence off and plant waterways and eroding hillsides.

Tinopai, Paparoa and Maungaturoto primary schools joined the KMR team, Te Uri o Hau, Enviroschools, Whitebait Connection and local volunteers over two days to do the planting.

KMR Community and Hapū Engagement Advisor Griffin Hope says the efforts of the students was awesome despite battling mud and rank kikuyu which made digging holes hard.

"The kids put in a huge effort with their enthusiasm and did a beautiful job of putting 550 plants in the ground. The area looks amazing. It will be something they can see flourish over the years and take pride in their efforts as the natives become established in that area.

The Kaipara Moana is the

largest harbour in the Southern Hemisphere, home to rare and threatened species and habitats. The harbour has major economic value as the breeding ground for New Zealand's snapper fishery. However, high sediment levels have put this at risk.

Funded by the Ministry for the Environment, Northland Regional Council and Auckland Council, KMR supports landowners across the 600,000 hectare catchment to protect and restore waterways and retire eroding hillsides.

As a Jobs for Nature investment, KMR also supports local, nature-based employment, training and accreditation. KMR is now supporting more than one in three landowners to take action to protect waterways, strengthen climate and flood resilience, and increase local habitats and biodiversity.

Thanks to KMR, over 950,000 native plants are in the ground, or contracted to plant, over 200 hectares.

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Maungaturoto and Districts Rotary

As mentioned last month, we now have a new President, Babe Kapa, and we have a structured plan for the ensuing year. We always meet on a Tuesday and the first meeting in the month will be a business one, where we will plan and review, at the Country Club. This will be our fish and chip night so we can all focus on the business in hand. We are planning to have speakers on the second and fourth Tuesdays, while the third Tuesday will be a bit of business but mostly focussing on fellowship. (At Centennial Hall at 6pm.) We continue to be well catered for by both the Netball and DOE groups at the High School.

We had a visit from our new District Governor who outlined not only his background but also suggesting the ways we could be involved with the wider organisation in the future. Our motto for the year "Create hope" has an emphasis on caring for each other. He is asking us all to be more aware of those around us and to be prepared to listen when someone we are talking to needs to share.



The showcase at Paparoa went very well, but it became very evident that most of the groups present were looking for volunteers. I would encourage you to look around in your community to see where you may be able to give an hour or two of your time. There must be areas that you are passionate about and I can assure you that the payback is huge. For Rotary we were able to showcase our Emergency Response kit and Driver mentoring. The latter is progressing very well with three new Mentors on board and students attaining their restricted licences. I should point out here that a Restricted gained in an automatic car means that it is only that type of car which can be driven. However, a full licence can be sat in either with no such restrictions.

I was fortunate to join a Whangarei South Rotary club meeting a couple of weeks ago. I was able to not only catch up with one of our former members, Colin Smith, but also able to listen to Chris Farrelly, former Auckland City Missioner. It was interesting to hear of three different aspects in his life, and all had a Rotary connection. Chris was involved in not only the Northland DHB but also Manaia Health. More recently, he was one of the lead instigators in having "Homeground" in Central Auckland built. This is a fantastic 24/7 wrap around facility, including 80 apartments, for many formerly living on the streets. He did mention how important it was to listen to the people you were to provide a facility for, as without that input there may be gaps in the completed project.

We are hoping to work with the Maungaturoto Residents' Assn in upgrading the wharf area in Bickerstaffe road. We are getting advice about the best way forward and what would be the best types of trees to plant in that area. Obviously, this will not take place until after lambing is finished as the walkway is now closed.

If you happen to be over in Mangawhai on either the 2nd or 23rd of September, please come and buy a sausage from us outside Bunnings. We will be selling from about 8.30 to at least 1pm each day, and our delicious sausages from the local butcher will only cost \$2.50 each. We are also hoping to have donuts from Mark Ottaway, and these are a delight not to be missed.

Eileen Parsons 021 142 0357
Maungaturoto & Districts Rotary Club

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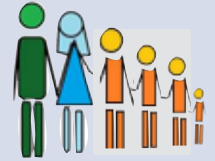


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From our family to yours 40 Reflections



Big shout out to all the 1983 babies celebrating turning 40 this year, there seem to be a good number of us - myself included. August was the happy month for me, and while there was no wild week long shindig, any 'significant' birthday is always a good time to reflect on what's happened in the past decade of my life. Approaching 40 was an okay feeling, nowadays its not considered THAT old unless you are talking to someone under 25, who regard all people over 26 as ancient.

I found a NZ Herald recently dating from 1981, and it contained some interesting items for sale that give you an idea of price changes over 40 years: a restored villa in Remuera was on the market for \$89,500, Snells Beach sections were available from \$8500, and 6 acres in Kerikeri of flat land with a brand new 3 bedroom house was priced at a whopping \$78,500! I know these prices are relative to incomes- but wow! No wonder people long to turn the clocks back...

I was going to share some interesting events from 1983, but upon talking to many older friends I realised they viewed the early 1980s in the not so distant past memory banks, and could clearly recollect things I wasn't around to remember... it did make me feel young. This is why it's nice to have older friends. Haha...

And a big shout out to the 1973 babies, celebrating their 50ths in 2023... namely my husband. And the friends who turned 30, 60, 70, 80, 90 and 100 this year too! Consider yourselves celebrated! Apparently I dont know anyone under 30, apart from children, so apologies to the 20 year olds, but you are too busy being young to sit around reading the Paparoa Press so I'm sure you wont be offended. Probably too busy being offended by everything else in the world, Im guessing... My advice - go out and change it while you still know everything. I'll just sit over here in my rocking chair 'talking' about it all for another decade to come...

Jenny



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2. Kale is nutrient-dense and contains vitamins A, C, and K, as well as minerals like calcium and magnesium. It also provides antioxidants that assist in liver detoxification processes.
3. Swiss chard contains phytonutrients, vitamins (A, C, and K), and minerals like magnesium and potassium. It also has anti-inflammatory properties that can benefit liver health.
4. Rocket is a peppery-flavoured green, rich in antioxidants, and contains compounds that support liver detoxification pathways. It is also a good source of vitamins A, C, and K.
5. Dandelion greens have long been used in traditional medicine for their potential liver-protective properties. They contain antioxidants and compounds that promote bile production, aiding in digestion and liver health.
6. Beet greens, the leafy tops of beetroot, are highly nutritious and beneficial for liver health. They are rich in antioxidants, fibre, and vitamins A and K.
7. Watercress is a peppery and tangy leafy green that is a good source of vitamins A, C, and K, as well as antioxidants. It has been studied for its potential liver-protective effects.
8. Collard greens are a good source of vitamins A, C, and K, fibre and antioxidants. They can support liver health and provide a range of other health benefits.

When consuming leafy greens for liver health, it's best to eat them raw or lightly cooked to retain their nutrient content. You can include them in salads, smoothies, stir-fries, or steamed as a side dish. Remember to wash leafy greens thoroughly before consuming them to remove any dirt or contaminants.

Vicky

GROW WHAKATIPU Paparoa Inc

We're all so happy to be seeing the signs of spring here at Grow Paparoa! We've been steadily seeing an increase in insect life and enjoying the bumble bees emerging around the gardens.

Thank you to those who responded to our plea for help with Aladdin's Cave when it re-opens. We are still looking for more volunteers. Even if it's only occasionally helping out, any time you can give is always appreciated.

In the garden it's time to be starting seeds and we have restarted the seed swap in conjunction with Paparoa Community Library. You will find a yellow box in the large print section of the library. Please feel free to take an envelope of seeds and if you have some extra please add to the box. Happy planting!

Katie Fullerton

Citrus, citrus, everywhere...

It seems that wherever you look there are glossy green trees covered in blobs of yellow, orange and green. There are lemons, oranges, limes, grapefruit, tangelos, mandarins, and more- everywhere!

What to do?! Well... it's very difficult to watch them falling to the ground- but they do at least feed the trees if left to rot.

The ones that do stay on the tree can of course be picked and used as and when you need them but, if you're like me, you may feel compelled to gather them and make things with them. Or, throw them out weeks or months down the track when you haven't got through them all and they've shrivelled up in the back of the vege drawer. Or worse...

I mentioned last year (and probably the year before that) that citrus- especially lemons, limes and oranges- can be thrown into the freezer whole. You then just grate off what you need (or the whole thing) from the frozen fruit and put it back. One of the best tips I've ever been given.

Then of course there's the old favourites like marmalade, cordials and curds. Or perhaps try making limoncello, candied peel or preserved lemon (great in Moroccan and Middle Eastern cooking). We all love a winter pudding, like lemon delicious, or a lemon or orange cake, or lemon meringue pie...

The possibilities are almost endless - you can even just eat some of them straight off the tree- and they're packed with vitamin C which is just what our immune systems need at this time of year. Isn't mother nature a wise old girl!

Squeeze some lemon, orange or lime juice into whatever you're cooking (unless it's got milk or cream in it in which case it'll curdle) over your veges, into a glass of water...

Google is your friend! The interwebs have thousands of recipes and ideas just waiting for you.

Margie



Pets in the Valley



Recently I had been watching one of my cats develop a limp in her front leg. Like many aging cats she had developed arthritis in her elbow. I had been feeding her joint supplements, but it was getting to the stage I was going to start her on some pain killers- when along came a miracle drug. Called Solencia, this is a monthly injection of monoclonal antibodies that works against some of the metabolites in the biochemical pathways of osteoarthritic pain. Essentially it stops the pain pathway of inflammation for arthritis.

I injected my cat and 2 days later I couldn't understand why she was galloping up and down the hall after me - until I clicked that she was enjoying running again. She can jump on the bed much easily now and after two months I can't remember which leg was the sore one. Truly an amazing pharmacological development that has improved her life- she is currently chasing a toy mouse in the lounge as I write this!



There is a version for dogs called Beransia, that now comes with a warning to keep dogs on leads after they start on a course because lots of dogs started running around again and, not being fit, tore ligaments. So now I'm hoping they are going to bring one out for humans because a lot of us suffer from arthritic pain as well!

Hope the calf day animals are going well.

Take care, Janine

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Science Corner



Plastic eating microbes and beetles



Sydney University scientists have been working on projects discovering ways for nature to deal with the problems humans make with all the plastic waste produced.

Untreated, much of this waste will still be here on earth in 200 years' time, or longer, and it's still growing day by day.

Two types of fungi - *Aspergillus terreus* and *Engyodon tium album* - both found in back yards in soil and on plants, where they normally live on rotting wood etc- will "eat" plastic- even poly propylene plastic (ice cream tubs, cling film, takeaway containers etc) one of the most difficult to break down. It takes 90 days to eat away 27% of the plastic, 140 days to complete the job after being exposed to UV rays- so a slow process. Unfortunately, when people dispose of rubbish the decomposable and recyclable plastic is often mixed with other material, making it only able to be dumped in land-fills.

Scientists are now working on ways to speed up the fermentation process that these organisms use to decompose the plastic- but it may take 3-5 years depending on how much is invested in supporting the project.

Some beetle larvae (super worm) can eat polystyrene.

BUT- of course this turns solid carbon into carbon dioxide. Hmmmmmm?

It is estimated that 400 million tonnes of plastic a year (in 2020) goes to land fill- enough to rebuild the Great Wall of China every 12 months.

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Food – Feeding our world

Back in the 1950s, the scary problem facing the world's growing population was starvation.

Then along came the development of intensive agriculture and super high yielding varieties of rice and wheat etc. This was heralded as saving our world!

But every up side has a down side. Nature is very complex. If you just consider how much food you can produce from one hectare - the side effects are enormous. Loss of insects, birds, plants, trees, pollution of waterways, pesticides, fertilisers plus the use of machinery and transporting costs are just some of the results.

The cheapest foods to buy often contain lots of salt, sugar and fat which cause health problems. The companies that manufacture these foods are only interested in profitability.

Many people (young and old) love the tasty food from these companies.

School lunches - a great idea - but not if the students don't like the food - not even lovely fresh apples - when the food ends up being fed to pigs!

Would a tax on salt, sugar and saturated fat make a difference? I don't know.



We, in our small area, have a wonderful group growing amazing beautiful fresh vegetables, "Grow Paparoa Whakatipu Inc". You can go and help this wonderful group Thursday, Friday and Sunday 10am-1pm and enjoy beautiful fresh vegetables- or learn to grow your own.

Our weekly Saturday Market also provides an opportunity to purchase local healthy food.

Stella



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Behind the scenes at the library...

New this month:

Two chromebooks are now available for use within the library- so come on in and enjoy our cosy environment and free wifi!



The **Community Garden seed swap box** is back at the library in time for spring.

Bring seeds or take some others from the box. Surplus Seeds in small envelopes or packets and labelled are always appreciated.



Visit: www.gardensillustrated.com/plants/make-your-own-seed-packet for instructions for an easy seed packet you can make from a sheet of paper.

Linda

September Gardening Notes

Spring is now well on its way, days are drawing out and before we know it daylight saving will commence.

Now's the time to think about preparing, especially the veg garden, by removing any pesky weeds, digging over the soil, adding a good dose of compost and manure. Then let it fallow until the soil temperatures rise and it's suitable for sowing seeds and planting summer crops.

If you have got older seeds and want to check their viability prior to growing they can be tested by putting the seeds in a glass of water and stir. The ones that sink may be still viable. I have placed seeds such as beans (climbing and dwarf), sweetcorn and various varieties of pumpkin between thick layers of damp paper towels on shallow plastic trays (meat trays are ideal) and sat them on the top of the hot water cylinder. Any sprouted seeds will show up in a few days which can be planted out either into pots, allowing the plants to establish before planting out, or into well prepared soil. Sprouted seeds can then be set out into the soil evenly spaced along the rows. An effective method if aiming for early producing veges in time for the Christmas dinner table.

Banana skins are a valuable source of nutrients for plants and can be used in various ways. Soak the skins in a bucket of water for a couple of weeks and use the potassium, magnesium rich mix to water indoor plants or help revive a plant under stress. Seedlings, especially tomatoes, peppers, and flowers love potassium. Banana skins can be cut up and mixed into the soil around established plants. They also contain calcium which helps prevent blossom rot in tomatoes.

Being hampered by fruit flies? Put in a bowl with vinegar covered with cling film with small holes. Fruit flies love it, problem solved.

Now is the time to start to plant rocket salad- plant some every two weeks to ensure a continuous supply of fresh salad greens. They can be planted either in a garden patch or in pots.



Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds.

Now is the time to start to plant rocket salad- plant some every two weeks to ensure a continuous supply of fresh salad greens. They can be planted either in a garden patch or in pots.

JR



Paparoa 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

Paparoa Library Manager
09 431 7555 (During library hours)

Weird rules

A **food safety** rule that states that a recently opened business in our district can't use fresh lemons from the bounteous crops in local gardens for their fresh salad dressing - and have to use bottled lemon juice!



And a Lyttelton restaurant owner is not permitted to buy fresh fish straight from the boats as they come into the harbour.

PP



**4 Hook Rd
Paparoa
Northland
phone
Sam Turner
022 317 1507**

Paparoa 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

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 Sept 24. 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
County Depot
Trust
AGM
Wed Sept 20th
4.30pm
FENZ Building
Depot Rd, Paparooa
All Welcome**

**Paparooa
Medical Society
Inc
AGM
Fri 22 Sept
7pm
Paparooa Hall
All Welcome**

Otamatea St John Trash and Treasure

2 - 6 October 2023

This is our major fundraiser (which has been going for 40 years) so it is now time to start sorting out items that you would like to donate. We are happy to receive items at the Maungaturoto Centennial Hall prior to the event, but please call before you drop them off so someone can be there. While our fundraiser is called Trash and Treasure, we do not want you to take us literally with the word "Trash".

If you have items and are unsure if they would be suitable, please call me.

Eileen 021 142 0357

WHAT'S ON - SEPTEMBER 2023

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

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

Paparooa School Possum Purge - Sept 9/10. See p2 for more info.

Paparooa County Depot Trust AGM - Wed Sept 20, 4.30pm, at FENZ, Depot Rd.

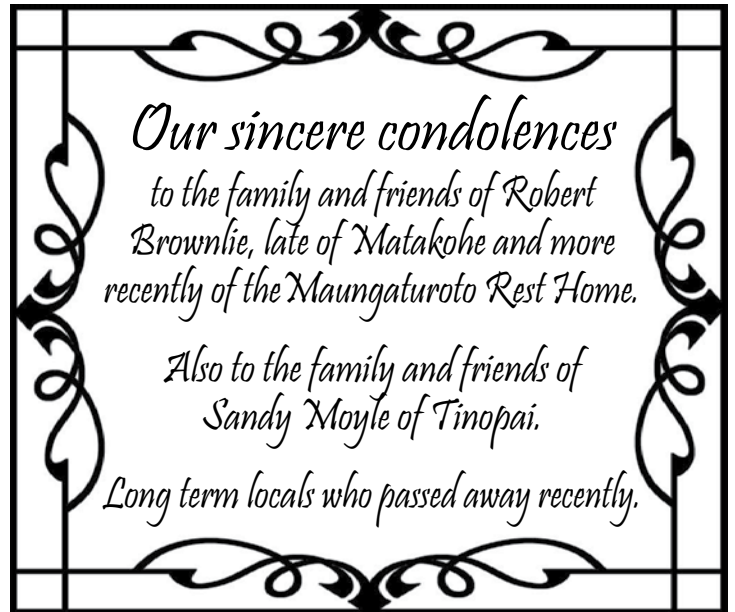
Progressive Paparooa Special General Meeting - Wed Sept 20, 7 pm, at Paparooa Hall. See back page for more info.

Paparooa Medical Society AGM - Fri Sept 22, 7pm, at Paparooa Hall.

Pahi Boating & Fishing Club Mullet Muster - Sept 22/23. See p5 for more info.

Paparooa Artisan Market - Sun Sept 24th, 11am - 3pm, at the Paparooa Hall.

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



A great effort!

Thanks, and congratulations, to the pupils of Paparooa, Maungaturoto and Tinopai schools for planting some 500 native plants on the stream side in Paparooa. This effort was supported by Kaipara Moana Remediation with a vision of enhancing the health of the Kaipara Harbour and builds on the work that Progressive Paparooa has done in years past. Remember the persistent bamboo over the road from the old Bank? Progressive Paparooa has continued to fund the removal of pest weeds in this area.

It's good to see the younger generation taking up the vision and putting in the mahi. The opposite bank will look great as the new plants gain a foothold.

Plans are in place to continue the planting around the riverbank of the Landing so keep an eye out for your chance to help out with this great project.

Progressive Paparooa



Belinda Davies, Vicky Hilton, Mel Birt and Gill McNaught working in the carpark gardens

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maungaturoto@orrs.co.nz
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SHOPPING THAT'S TWICE AS REWARDING.

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 Comes 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 2 Apr 24 - Jun 30, Jul 17 - Sept 22, 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

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



Paparoa Press CLASSIFIED ADVERTISING

Storage Available

In Paparoa: Secure 20 foot Containers - contact Gary Dallas 021 431 712 Paparoa County Depot Trust



Respite Elder Care

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LOCAL TIDES for

TIDES - CALCULATED for PAHI-WHAKAPIRAU					
DATE	LOW	HIGH	DATE	LOW	HIGH
1st	5.25	11.53	17th	18.09	12.19
2nd	6.10	12.37	18th	18.40	12.49
3rd	6.55	13.21	19th	19.13	13.21
4th	7.39	14.05	20th	7.38	13.57
5th	8.24	14.50	21st	8.19	14.39
6th	9.11	15.40	22nd	9.08	15.33
7th	10.04	16.39	23rd	10.10	16.45
8th	11.08	17.54	24th	12.28	6.26
9th	12.27	19.18	25th	13.51	7.50
10th	13.44	7.42	26th	15.02	9.06
11th	14.43	8.46	27th	16.00	10.07
12th	15.27	9.34	28th	16.51	10.59
13th	16.04	10.13	29th	17.37	11.46
14th	16.38	10.47	30th	18.21	12.30
15th	17.09	11.19			
16th	17.39	11.49			

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 SCHOOL09 431 7379

PARENT PORT Inc. free help for families Linda09 425 9357

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

Special General Meeting

Progressive Paparooa inc

To be held on Wednesday
20th September at 7:00pm
Paparooa War Memorial Hall

- All welcome -



This meeting is being called by the executive to vote on changes to our constitution (2003).

Current members will be able to vote and an offer is extended for you to observe our regular committee meeting immediately after.

If you would like to vote, membership is free, please fill in the membership form (scan the QR code). Or a link to the form can be requested by emailing progressive.paparooa@gmail.com.

Tea and Coffee will be available (maybe a cake as well - you will have to come along to find out).



Slightly Blue

On a wonderful sunny Saturday early in July local band 'Slightly Blue' played their first appearance at the Paparooa Market.



Jamieson Mishley and Lillian Duran from Cheshire, Oregon, in the USA had chosen just five days to spend in NZ. This was tacked onto their trip out to Australia - and they just happened to choose Northland to visit for those five days!

Passing through Paparooa after visiting the Waipoua Forest, and seeing the signs of a local market, they stopped by. They saw the stalls and the band playing - and the next minute Jamieson had his electric guitar out of the camper van and was plugging in! Obviously a well practised performer and musician, he stayed and played, and sang, and played some more.

By the time the market was finishing up, they had been easily persuaded to back track to see The Kauri Museum (they thought that would be only for half an hour or so!) and then to resume their plan to explore Mangawhai.



Slightly Blue, pictured at the market from left to right: Gary, Jamieson (visiting Northland from Oregon), Mel, Paul, and Michael

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