



APRIL 2021

Fun & Games in Paparoa!

The annual Paparoa Family Fun Sports Afternoon on 13 March was a great collaboration between Paparoa Sports and Recreation Association, Paparoa Lions, Paparoa FENZ, and Sport Northland. It was wonderful to see families out there having good old fashioned fun together and seeing those children who at first were hesitant to undertake some of the activities get right into it, be supported by others and having lots of laughs and fun in a safe environment. Tug of war, egg throwing, water games, rippa rugby, t ball, the lolly scramble and a good soaking by FENZ at the end of the day, followed by sausage sizzle and Lions hot chips made for great memories for those children and families who will no doubt be back next year for more! Organisers from the Paparoa Sports and Recreation Association express their thanks to all the helpers, including Lions, FENZ, Betty Cairns and Roxanne Kelly from Sport Northland who come back each year to be part of the fun.



Still Playing The "A" Game



Back in the late 1940's a pre-teen school boy named Al Morgan developed a passion for table tennis. Growing up in Auckland he practised hard and played as often as he could and eventually played his way up to A-grade.

At 17 Al was selected into the Auckland junior representative team and later played for Auckland against Fiji. That same year he managed to beat the NZ number 2 ranked player (Garry Frew) in Whangarei and over a lengthy career beat five NZ champions in various tournaments, reaching the semi-final of the Auckland Closed Championship.

Al has special memories of one particular opponent by the name of Kerry Palmer (apparently also a Paparoa resident) who just couldn't beat him no matter how hard he tried. It wasn't until Al was unable to get to the NZ champs in Christchurch one year that Palmer went on to become the NZ champion. Later that year Al was playing in the semi-finals of the Auckland interclub championships when they came up against a team that included Palmer and this team actually dropped the reigning NZ champion because they knew that Al would beat him.

Al was fortunate enough to team up with some outstanding players to play doubles and mixed doubles including Jeff Jennings, Bob Jackson, Anne Mutch and Merle Rolston who were all champions in their own right.

Al was also an accomplished spin bowler in schoolboy cricket but he never continued as he

was far more interested in table tennis. He is also a very handy pool player as those who regularly attend the Maungaturoto RSA will attest.

Despite all his personal achievements Al lists his sporting highlight as coaching his sons U7's soccer team, lifting them from a team who were despondent and depressed, because they were continually getting thrashed, to becoming competitive, enjoying and even winning several games.

Al is still playing table tennis at Paparoa every week and at 84 years old is still the consistently best player. He is always happy to pass on tips and helpful advice.

Everyone is welcome to come and join us from 7.30pm on Tuesdays at the Paparoa Sports Pavilion.

Pete

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Paparooa Volunteer Rural Fire Force

Hi everyone- an update from your friendly local fire fighting people. A very busy March for us as you can see, after a relatively quiet start to the fire season. It must be noted that the few call outs through the first two months of summer is mostly due to all of you being sensible, so thank you!

Our fairly fresh crew going into summer have come a long way. We sent a crew up to the Ahipara fire at New Year's, and another up to a one day job near Whangaruru.

The whole brigade put in a sterling effort training for and competing in the wildfire pump racing demonstration at the Paparooa show, and attending all the variety of calls you can see.

Ngairē Rolleston has stepped up to become our station training coordinator, an important role for which she has already begun to demonstrate her school ma'am super powers. In the last week our two newest recruits Stacey Watson and Tim Aiken have completed the application process and been officially



draughted into the brigade, both of them getting to attend their first call outs! Yay! Also a big day for us with four women riding the truck the other day!

Turn out responses have been great, everybody is doing an amazing job.



If you want to burn in an incinerator, apply for a permit. It's quick and easy. We can check it out and grant an ongoing permit. If you suspect your incinerator is not compliant you can just apply for a small fire.

Recent callouts for your local Brigade.

- 2/03- Barn Fire- Mamaranui
- 10/03- House Fire- Tinopai
- 10/03- Kitchen Fire- Taipuha
- 11/03 - Commercial Building Fire- Mangawhai
- 13/03- MVA- Paparooa
- 13/03- MVA- Paparooa
- 17/03- Medical Call- Matakohē
- 21/03- Medical Call- Paparooa
- 22/03 - Burn out of control - Ruawai
- 23/03 - Fire in Vicinity - Te Kopuru

Current fire status as at 25/03/21

Restricted- Permit required.

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Cheers, Ken

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DVDs to Driveways

Nelson and Trish Stanley-Hunt moved from the Hibiscus Coast in August 2020 to their "forever home" in Paparooa. Purchasing what was known as "Franklin Gardens" was just what they needed. Nelson has land to play on his digger and Trish, has her own sewing shed - there's room for it all!



"Diggers R Us" is their earthmoving company and Nelson recently sponsored Paparooa School by donating his time and skills in creating

the bicycle track around the field and laying lime. He has over 55 years earthmoving experience, is passionate about how he does his job, and is looking forward to working locally. Nelson operates a 6-tonne Cat and has an 8 wheeler truck for hire. No job is too small - be it earthmoving, excavations, foundations, pile hole drilling, demolition, driveways, swimming pools or house sites- just ask!

Trish is a crafter and is using her sewing shed temporarily as "Once Upon a Thyme" Pop-Up Op Shop, 32 Franklin Rd, with items ranging from clothing to bakeware and everything in between

The shop is currently open on Tuesdays and Thursdays 10- 2, and the first Saturday of the month.

Once some building work is complete Trish is also hoping to run sewing workshops.





Council Mark says – Be Careful What You Wish For

By the time you read this, we will all have learned what the Government’s intentions are regarding its review of how the Three Waters – water supply, wastewater(sewerage), and stormwater are to be managed and supervised. This may not seem very exciting, but its implications are very far reaching, especially for a small council like Kaipara.

But first I need to provide a few words about Council’s income sources. We have some targeted rates which are charged for specific services to specific groups of customers eg, sewerage and drinking water. We also have fees and charges for specific things like building consents and health licenses. The rest of what council does (eg roading, parks and reserves, libraries etc) comes from the general rates and – shock, horror – this in my opinion amounts to a tax on your property, a land tax.

Prompted by the tragic failure of the Hastings water supply a couple of years ago, central government seems to be heading towards greater centralised control and oversight of the 3 Waters systems. This could amount to an erosion of our sovereignty, reducing our abil-

ity to make local decisions with and for our local communities. For me the core problem is not about who controls, but who funds the development and operation of these systems- these failures of sewer and stormwater pipes around the country are beyond the capacity of one stakeholder, the ratepayer, to fund. Some have suggested an increase in GST to address the funding shortfall, or even simply making rates not liable for GST as bank interest charges are. There are other options for casting the rates net wider to spread the burden (like making Crown land rateable for instance). Alternatively central government could offer credit for capital projects either at 0% interest, or at a low rate fixed for the life of the loan, or act as guarantor to the lending council that the rate will not exceed a fixed amount.

I look forward to seeing whether or not the government’s solution will address the funding issue. There has been a series of investigations of local government funding in the past, much wringing of hands but no action. Watch this space.

Mark Vincent
Otamatea Ward Councillor
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The 2021 Kaimanawa Muster

Paparoa resident Simone Frewin has years of experience handling these beautiful horses and offers a fantastic service to those keen to adopt a horse but are short on time and facilities.

She has purpose built facilities which she uses to handle her own and other's Kaimanawa horses, so if there's anyone in Kaipara District who would like to get a horse but doesn't have the facilities for the initial handling, she's happy to make these facilities available.

Simone has just taken on a new job so will be seriously limiting the number of horses she takes this year, and only handling foals & yearlings. Contact her through her "Kaipara Kaimanawas" Facebook page.

The Department of Conservation has completed its annual aerial survey and the official kaimanawa herd count is 506. In keeping with the KWHAG Management plan, that puts the target removal number at 206.

The pressure has been on to find a lot of new homes and by the time this goes to print applications will have officially closed, but email Kaimanawa Heritage Horses to discuss a late application. They will soon begin the task of doing home checks and for more information or an application form please visit their webpage at www.kaimanawaheritagehorses.org.



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Northland District Health Board Elected member Libby Jones - Social Determinants of Health

Long term or chronic health conditions in New Zealand, such as heart disease, diabetes, cancer and kidney disease cause much pain and suffering especially as we get older. We know that genetics, lifestyle and health care play a part in determining our health outcomes and wellbeing, but so too does our environment.

Social factors or what is known as social determinants of health are the circumstances in the environments in which people are born, grow up, live, learn, work and age. They impact our health and likelihood of suffering chronic health issues.

Housing, geographical location, education, job opportunities and income are some of the most common social determinants of health. Others are transportation, discrimination, violence, access to nutritious foods and physical activity opportunities, pollution, language and literacy skills. For example, if people don't have access to grocery stores with healthy foods, they are less likely to have good nutrition, and if they have damp cold housing are more susceptible to breathing and other conditions.

The local economy has an

impact on employment opportunities, which then affects income and the quality of housing and food choices. These can then affect the health and wellbeing of a whole family.

Impoverished regions generally have poorer access to fresh food. They are often called "food deserts," implying less availability of fresh food. Processed foods are accessible and convenient and are often cheaper than fresh, nutritious foods.

It's not just poor areas where unhealthy food choices are the easy choices. Research has found that 11 to 13 year-olds in Wellington were exposed to 27 ads for junk food every day.

Young Kiwis are growing up in an "obesogenic" environment, bombarded by the marketing of processed foods and takeaways.

We are lucky to have a local farmers market with fresh produce, community gardens, a relatively healthy rural environment, with local primary health care services – GP and physio for example, transport available to health appointments, and physical activity options. Do we also have warm dry housing, education, lack of discrimination and stable employment for all of our citizens?

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St John Heart Of Gold Appeal 5th to 11 April 2021

There will be a chance to donate in both Maungaturoto and Kaiwaka during this week. We are also hoping to have blood pressure checks available some of the time.

In conjunction with this appeal the Otamatea Area Committee is running a colouring competition at five primary schools: Kaiwaka, Maungaturoto, Paparoa, Matakoho and Tinopai.

There will be three age groups at each school and prizes will be allocated to each school separately. The ages are – 5 and 6 year olds; 7 and 8 year olds; 9 and 10 year olds. Competition will close on Wednesday 14th April and we hope to announce winners by 16th April.

Otamatea Area Committee

Paparoa Library

Paparoa Library is delighted to invite you to come and hear twins and fellow authors Rosie Boom and Penelope Foote. Rosie is the multi award-winning author of "The



Barn Chronicles. "Where the Jungle Calls" is her latest book about her exciting childhood in the jungles of Papua New Guinea. Penelope began writing "The Adventures of Romy" during a wet camping holiday at Kai Iwi Lakes, finally completing it in January 2020.

These wonderful authors from Whangarei are coming to Paparoa to read and share their heartwarming books with us.

Saturday 10 April, 11am on the Village Green

Bring a picnic blanket, the kids and be ready to be inspired. If you already own their books, bring them to be signed.

Book returns- Skelton's Drapery

Hours- Tues & Thurs 11am- 4pm, Saturday 10am- 1pm

Contact Jas Futter, Library Manager 022 678 1474

Excellent 2020 NCEA Results for Otamatea High School

Otamatea High School is very proud of our 2020 NCEA results, with pass rates well above the national averages (in brackets) across all levels

NCEA Level 1 (Year 11):	89.5% (71.6%)
NCEA Level 2 (Year 12):	92.1% (80.0%)
NCEA Level 3 (Year 13):	87.9% (72.3%)
University Entrance (Year 13):	66.7% (53.6%)

A special congratulations goes out to all our seniors who have been awarded NZQA certificate and course endorsements for the 2020 academic year. Students who gain 50 credits overall at excellence (or merit) level have their NCEA certificate endorsed with excellence (or merit). It is a considerable honour to be awarded such an endorsement. The following students gained overall certificate endorsements at excellence level.



NCEA Level 3: Maggie Hames, Juliana Bangcong, Jessica Evans. An additional ten year 13 students gained overall certificate endorsements at merit level.

NCEA Level 2: Cory Browne, Amy Lawrence, Jaden Sheppard, Alyssa Flannagan, Lola Smyth, Lilli McCarthy

An additional eleven year 12 students gained overall certificate endorsements at merit level.

NCEA Level 1: Billie Le Mesurier-Cowbourne, Alana Yardley, Michael Ferguson

An additional eight year 11 students gained overall certificate endorsements at merit level.

Students can also be awarded individual course endorsements. These endorsements recognise outstanding achievement in a particular subject. Students need to gain at least 14 credits at excellence (or merit) in a single course to receive an excellence (or merit) endorsement. The following students have done exceptionally well in receiving NCEA course endorsements at the excellence level for their efforts last year.

NCEA Level 3 Excellence Course Endorsements

Maggie Hames (Calculus, Chemistry); Jessica Evans (English); Amy Lawrence (Calculus); Cory Browne (Calculus)

An additional 39 level 3 merit course endorsements were also awarded.

NCEA Level 2 Excellence Course Endorsements

Amy Lawrence (Physics, Statistics, English, Biology); Cory Browne (Physics, Statistics); Jaden Sheppard (History, Photography); Lilli McCarthy (Art, Photography); Alyssa Flannagan (Physical Education); Brenda Ferguson (Chemistry); Arrick Corble (Photography); Emma Britton (History); Connor Sands (English); Jade Stables (Art); Sophie Gribble (Physical Education); Alana Yardley (Mathematics).

An additional 33 level 2 merit course endorsements were also awarded.

NCEA Level 1 Excellence Course Endorsements

Billie Le Mesurier-Cowbourne (Science, Physical Education, Geography, English); Alana Yardley (Physical Education, Science); Michael Ferguson (English); Joshua Sheppard (Physical Education).

An additional 22 level 1 merit course endorsements were also awarded.



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Pahi Wharf Upgrade To Begin

Construction work for the Pahi wharf upgrade is set to start this month. The project is part of Kaipara KickStart, led by Kaipara District Council and funded by the Provincial Development Unit, to grow the district's economy and increase community wellbeing.

Until recently the wharf has been owned by Pahi Regatta Club. In a Council meeting last month, Elected Members approved the purchase of Pahi Wharf and a non-exclusive license for Pahi Regatta Club to occupy. The purchase price was for a nominal amount of \$1,000 (plus GST).

Pahi Regatta Club Commodore Darren Shephard is delighted the Council has taken ownership of the wharf, ensuring a collaborative relationship between Council and the community to look after and maintain the wharf.

"Pahi wharf is the home of the hugely popular Pahi Regatta every Anniversary Weekend, as well as being heavily used all year round. We can't wait to



see this important community asset undergo a much-needed upgrade so that it can better accommodate a wider range of boats and uses."

Kaipara Wharves Infrastructure Delivery Manager Mark Bell says the upgrade will be the second to be completed.

"The Pahi wharf upgrade follows on from the Dargaville pontoon, which was

completed in October 2020. The new pontoon has already seen a lot of action. It's been fantastic to see everything from waka ama to large commercial tour operators putting it to good use."

Mayor Dr Jason Smith is excited to see another Kaipara Wharves project begin its construction phase.

"Pahi wharf upgrade is another

piece of the Kaipara KickStart work coming to life, and will bring real, lasting economic benefits to our community. I am pleased to see the well-planned physical works begin soon," says Mayor Smith. "More access to the mighty Kaipara Harbour for more people, that's what this is about."

The Pahi wharf work includes upgrading the current wharf, a new gangway and pontoon, and will allow the wharf to better cater for a wider range of boats, including passenger ferries, oyster boats and charter operations, as well as recreational vehicles. Please note that the construction start date will be dependent on COVID-19 restrictions. Work onsite is expected to take up to twelve weeks.

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Tribute to "Gravy"

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It seems a little empty now
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Gravy's boat now drying in the summer sun
Salt crust a crystal
Fish scale a sequined mat.

Some time, sit on the beach at dawn
When the filling tide is liquid silver
Soundless, and you may see
Gravy and his beloved boat
At one with the sea.

Feb 2021

A Fisher St Kiwi.

Letters from The Old Post Office... In vino veritas

It has been asserted that one should never put pen to paper when the juice of the grape has been enjoyed. Clearly this is incorrect. Dylan Thomas is only one of many examples that bear drunken witness to the beautiful eloquence engendered by the indulgence of a drink (or six).

The liquidity of the following lines speak for themselves "It is spring, moonless night in the small town, starless and bible-black, the cobbledstreets silent and the hunched courtiers'-and-rabbits' wood limping invisible down to the sloeblack, slow, black, crowblack, fishingboat-bobbing sea."1

Obviously, we must agree with that Athenian comedian Aristophanes "Quick, bring me a beaker of wine, so that I may wet my mind and say something clever."

Well, dear reader, having wet my mind, it is time to come to the point even if the clever bit remains elusive.

It has been like old times in the shed. The man in the shed's shed has once again rung to the grind and scrape of machinery, the manly boom of masculine communication, the clink of green glass and

the clink of green glass etc etcetera

The dentally challenged, the aurally deficient and the follically deprived have all returned and toiled mightily. Shouts of, "Pass me that wrench" have been liberally misinterpreted. What wench? Where's a wench?" Oh, what a disappointment when all involved realise that they were shouting at such cross purposes, despite using a volume more appropriate to a distance of three kilometres.

Reassuring cries of "Hold that ladder still, you noddy!" Queries of "Have you turned the power off?" Answered by "What power?" swirled about in profusion.

And, dear reader, within moments, like flies to a you know what, that phenomena has re-occurred. It passes a mere woman in the house's understanding but through

some form of undetectable messaging one manly form in the shed immediately attracts another. And then another and another. Verily, it is a miracle. No need of signs here, in fact there were so many agricultural style vehicles parked up that many thought it was an early Field Day's gathering.

Be that as it may, much foregathering occurred and tribal affiliations strengthened. Many mighty minds were wet (and so often) and clever witticisms banded about. It was just like being in ancient Athens.

However, it does remain for the woman in the shed to say thank you and to pour another glass in homage. (No truly, a sincere thank you.)

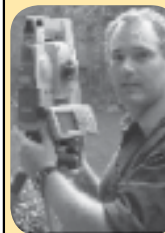
Cheers

1 - Dylan Thomas, Under Milk Wood

Deb



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OTAMATEA
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OCS in April

New! Senior/Community Lunch in Mangawhai.

How does a free lunch in Mangawhai every month sound? We're delighted to announce the launch of our monthly senior/community lunch in Mangawhai. Our lunches in Maungaturoto have been a special part of the community for over ten years, so we thought we would bring it to Magical Mangawhai for more people to enjoy.

Lunch will be held at The Community Hall in Fagan Place, behind the Mangawhai Medical Centre, on Thursday 8th April. We will be open from 11.30am and lunch will be served at 12.30pm.

Please note that if Auckland goes to Level 3, please assume our lunches, Chocolate Bingo and Fun & Games will not go ahead due to the risks.

Unfortunately, we had to cancel two regular events during Level 2 in March - Fun & Games and the Community Lunch. We didn't think it appropriate to hold these events with our communities' health at risk until Level 1. As the saying goes, it's better to be safe than sorry.

On that note, stay safe, everyone. Don't forget the guidelines given to us by the Health Department. Wash your hands regularly, scan QR Codes or sign in where possible, and be aware of the risks whatever you do and wherever you go.

APRIL CALENDAR

Fun 'n Games - Every Monday 10am, Footprints Room

Community Lunch - Wednesday 7th, 10am, St John Hall

Thursday 8th, 12.30 Community Hall Mangawhai

Shopping Trip - Tuesday 13th & Wednesday 28th.

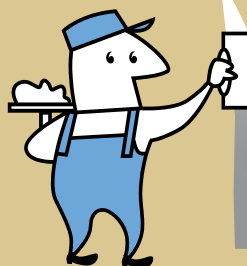
Departs 9:30 from the Retirement Village

Chocolate Bingo - Wednesday 21st, 10am- 12pm Footprints Room

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I've been thinking ... Philosophically About Hills.

I once travelled in Central Asia where the land stretches for ever without obvious variation. A fellow traveller remarked that he could now understand the likes of Ghengis Khan who just kept going, conquering and enslaving; kept going because there was no obvious barrier at which to stop...

I totally get that. Hills define my world. They divide the landscape: they provide orientation: they are home.

I love to count the layers of landscapes. By that I mean the number of ridges you can see if you take a vertical line on any view. Here is one such slice...

The lowest level is the mangrove covered estuarine flat. Then the ridges of sedimentary rocks,

mostly limestone which have been folded over the millennia. At some stage volcanic intrusions, bared by erosion which are represented by hills such as Pukekaroro and Cattlemount; and then the greywacke Brynderwyns, which to many signify the start of Northland.

The landscape is dynamic and the hills provide the drama of different colours and light, changing by the hour with the angle of the sun, the weather of the day, and the season.

No doubt Christchurch or Perth or Central Asia have their own subtleties and beauty, but give me Northland's hills any day.



Far hills are the Brynderwyns. In front of them the intrusive volcanic, perhaps overlain with sedimentary rocks. SH 16 follows the ridge in front of these hills. Nearer are mostly limestone sedimentaries and the muddy river bank...rocks in progress

RS

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Cheese at the Green

It's been a long 14 month break for local cheesemaker Jas Futter. She stopped her cheesemaking classes before the big lockdown as she and her husband Noel were selling their property in Paparooa. But fear not! The old Fromage at Franklin has started up again and has a new name, "Cheese at the Green".

The same hands on cheese making classes will be held in a custom built container not that far away- officially starting classes on Monday 5th April.

"I'm really excited with my new setup!" says Jas. "Its taken a while to get it all together and we're fully solar, gas hot water and a stunning view out the big window at the end of the room. And of course my lovely herd of goats have joined us again." Check out the 'Cheese at the Green' facebook page and local facebook pages for advertising of upcoming classes.



Shop Local Support Local

Talking Peanuts

The Kaipara Kai Hub Team have been busy managing crop trials, engaging with local growers looking at crop diversification, and supporting the kick-off local projects. A field day was held at the Te Kopuru trial site on Monday 15th March.

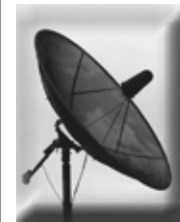


The trial crops are now ready and the farm is looking lush!



Thank you to everyone that was involved in the field day: Pic from Pic's Peanut Butter, Ministry for Primary Industries, Mayor Smith, Plant & Food Research, Farmlands Cooperative Society Limited

Keith the TV Guy Freeview digital TV



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Satellite dishes, decoders, cable etc., supplied and installed.

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Fresh from the Hen House

Wasn't the A&P Show so much fun, a huge thank you to the organising committee for all you do. The vibe at the show was amazing this year, the variety of events was exciting and of course, for us at the farm, the indoor section captivating.

Congratulations to HONK SHEPPARD who won Class 7 - Heaviest Hen's Eggs and S WATSON who came second... I think it was the best show I've been to in our 18 years in Paparoa. Our chickens also loved dining on Rebecca's prize winning heaviest pumpkin which weighed in at 17 kg and the second prized marrow, plus the carrot tops etc from Miriam's first prize 'basket of organic veges'.

You often hear the phrase 'Whole Food' banded around, this means "foods that are closest to their natural state, including unprocessed fruit, vegetables, whole grains, eggs, whole fish, skinless poultry and lean red meat." eggs.org.nz explains, "Eggs are the perfect natural whole food and are packed full of nutrients and minerals essential for good health. Eggs are nutritious, quick and tasty and have the highest nutritional quality protein of all whole food sources. They are "nature's own healthy multivitamin" and they contain unique antioxidants and nutrients that many people are deficient in. Whole foods Research shows that dietary patterns that include more whole foods result in higher nutrient intake and an increased quantity of antioxidants.

Eggs are also packed full of protein which is a vital source of energy but its main role in the body is growth and repair. Protein helps in the formation of muscles, hair, nails, skin and organs, such as the heart, kidneys and

liver. The protein found in eggs is considered to be of the highest quality, providing the right amount and balance of amino acids to match human requirements."

What more could you ask for.

With kids back at school, eggs are a great inclusion in the lunchbox, hard boil a dozen of them and have them in the fridge ready to go. They even come in their own environmentally friendly packaging that is biodegradable! When hungry children arrive home from school, 'Microwave Scrambled Eggs' satisfies little tummies. It is so easy they can make it themselves.

All you need to do is

Beat 2 eggs with 2 tablespoons of milk in a microwave-safe coffee cup until yolks and white are well mixed.

Cover with plastic wrap (leave a small gap as a steam vent). Microwave on MEDIUM-HIGH for 45 seconds, stir and cook for another 45 - 75 seconds, stirring several times during cooking.

Cover and let stand for 30 seconds to 1 minute before serving. The eggs will look slightly moist, but will finish cooking upon standing.

I've also heard of Mum's making this for a quick on-the-go breakfast for their kids to eat in the car on the way to school or as a snack between school and sports practice.

Enjoy autumn, our chickens are definitely enjoying scratching in the fallen poplar leaves.

Rebecca

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**Maungaturoto and Districts Rotary**

The idea for the sailing group for youngsters at Mangawhai, is making good progress. Because daylight saving is soon to finish, we will probably not be able to actually undertake this activity until next spring/summer. In the meantime, we have a number of ideas in hand so that we can make speed at that time. There is also a possibility that we may be able to get some kitsets and with the help of the Mangawhai Men's shed, put them together.

While only a few Rotarians were able to help with cycle track at the Primary school, the community spirit really showed through over two recent weekends and this is developing into a fantastic asset. Well done to those youngsters who dreamed up the idea and then were prepared to take it through to fruition. As you will have seen, the track goes around the perimeter of the field which includes a hill.

We are continuing to work on the upgrade of the Piroa Falls and it is hoped that this will be completed before the weather gets really wet again. I understand that there is a platform being constructed to be placed over the washed out section. Once this is in place, access will be much

more manageable for a wider range of people.

As far as our driver mentoring scheme is concerned, we are still trying to get the car sign-written as it is those businesses who have put up the funds to enable us to buy the car in the first place. We now have several students sitting their restricted in the next month or so. We have had one success this year, so we hope this is the first of many. We are very fortunate to have a good pool of Mentors, but if you feel you could help us in this area, please get in touch with us. Training is quite basic and hours of work is dependent on when both Mentors and students are available.

Early in April we will be having our District conference at Copthorne in the Bay of Islands. This is not only a chance to meet with other Rotarians from our District (which enables an exchange of ideas and projects) but also to hear some excellent speakers. And if you wish to become part of Rotary, feel free to talk to any Rotarian to find out what is involved.

Eileen Parsons, 021 1420 357

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**How to tell if you or someone
you care about needs help**

Even if you are close to someone, it can sometimes be hard to tell how much emotional pain they are in and whether they need help and it can be equally difficult to recognise it for yourself. Often, it's something small that can make you think something isn't quite right - and more often than not, that hunch will be right. They may become antisocial, change eating habits, have mood swings, be anxious, cry a lot, drink or take drugs, lack self care, or harm themselves. You might see it in yourself or in someone else, or someone could see it in you.

Where to turn for help

The best first point of contact is to visit your GP or hauora or offer to go to a GP/hauora with your friend or whānau member. They can help assess what further support might be needed.

Below is a list of some of the services available in New Zealand that offer support, information and help.

All services are available 24 hours a day, seven days a week unless otherwise specified.

National helplines

If you or someone you care about are in immediate physical danger to themselves or others, call 111. For more information see mentalhealth.org.nz/in-crisis.

Need to talk? Free call or text 1737 any time for support from a trained counsellor

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Youthline – 0800 376 633, free text 234 or email or online chat

Remember it's okay to get support for yourself when you're supporting someone you care about.

Kauri Museum - Old School, New Roof

Work has started on the upgrade to the museum's heritage buildings. The former Matakoho school is registered category 1 with Heritage New Zealand Pouhere Taonga, while the Matakoho Post Office is category 2. The builders began last week, with a team working on repairing and replacing the roof while others started on repairs to the windows.

The painter has also been here, spraying tinted undercoat on the parts of the building where there are no repairs to be made. The parts of the



roof which has already been upgraded looks amazing.

The Creating with Kauri exhibition has been dismantled and all unsold pieces of jewellery returned to the



makers. Work is underway on our new exhibition 'Portraits of our People'. This exhibition was inspired by works in the collection that were painted by Rose Palmer. Rose was a teacher at Huarau School. She married Richard Smith of Matakoho in 1916 and moved to Richard's home, Glen View,

on Matakoho Wharf Road. She had had drawing and painting lessons in Auckland before becoming a teacher and after marrying continued her art practice, with a particular focus on painting portraits of people from the district. The Kauri Museum has two of Rose's portraits in their collection, one a portrait of Mary Palmer (Accession Number 1995.601), later Mrs Joseph Brljevic of Huarau, and the second

of Jeannie L Ariell (Accession Number 2004.617). The exhibition is open to any local artist. If you are interested, please email mstevens@kaurimuseum.com for details.

The work for the exhibition must be a portrait of a local person, by a local person, and can be in any media that the artist wishes to use.

Management of The Gumdiggers Café was resumed by the museum at the end of last

year. With chef Jules Kidd, now the café manager, the food offering has developed to an extremely high standard and is much appreciated by museum visitors and casual customers. A makeover of the café building is part of the museum upgrade and is programmed for later in the year.

School holidays are not far off and we will be running our regular holiday hunt for the younger folk. There is a new hunt with a different set of objects to be found. The hunt is very popular and we have been told that some children return every school holiday time as they enjoy it so much.

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when you pass a school bus that's picking up or dropping off children.

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What's the buzz...



Waiheke came to Paparooa on the 20th March 2020 bringing much talent and entertainment.

Tanya Batt and her husband Peter, retold the story of Mary Bumby, a pioneer woman who was one of the first to bring the honey bee to NZ. Dressed in a full crinoline and managing to artfully dodge the roses on her grand entrance into the garden of The Old Post Office Guesthouse, Tanya aka Mary Bumby, held the audience in her thrall. The play (written by

Tanya) was funny, clever and informative. We sang, laughed and some even kind of danced to Mary's direction. All went away feeling that they had had a very enjoyable hour or so, several carrying gifts of seeds to help us do our bit feeding the bees.

For more info check out Tanya Batt's FB page.

Deb





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Monarch Butterflies

There are plenty around at the moment and the caterpillars are starting to form chrysalises- in some strange places...

How long does it take for a monarch butterfly to leave the chrysalis?

The process from egg to butterfly is weather dependent and also depends on the regional climate. It can take about four weeks in the peak of the summer in warmer climates. The egg takes 5-10 days, the larva/caterpillar and pupa/chrysalis each take about 10-14 days.

In winter, autumn and spring it takes a lot longer (if it happens at all – they can continue to breed throughout the year in Auckland, Bay of Plenty, Nelson-Marlborough and Northland).

The process slows down in cool weather; in this way we can 'use' the climatic conditions to speed up or slow down the creation of a butterfly.

When the pupa is ready to hatch, the shell will be transparent and you can see the dark colours of the butterfly's wings folded up inside. The transformation happens suddenly and if you turn away for a few minutes you will usually come back to find a butterfly.



Starbright Wellness

New clinic Opening 9th Feb
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- Free talks and workshops
- Flinchlock Release
- Alexander technique, Crystal Attunements
- Tea and coffee available
- Raffles fund raising for Hospice

Starbright Wellness Talks
Sunday 11th April
Paparooa Memorial Hall

11:00 Cholesterol Myths and Solutions with Vicky.
11:30 Magical Organic Farming with Teri.
12:00 Rapid Transformation Therapy with Kathryn.
12:30 Yoga and Wellness with Jenny.
1:00 Nutritional Ketosis "What is it and which fats are good for me" with Vicky.
1:30 Flinchlock Release and the benefits with Pepe.
2:00 Alexander Technique with Maggie.

More talks TBE

From Te Pahi School to War

Born in the Kaipara in 1876, possibly in Whakapirau as her parents were living there in 1915, Florence Winifred Upton was the second of six children. Florence (noted as Winifred on school examination results) attended Te Pahi School and it appears she started late, as she was in the same class as a younger brother. Whilst at School Florence was a good student and passed all her examinations.

Florence finished at Te Pahi School in 1894 and some time after this began training as a nurse at Auckland Hospital. She became a registered nurse in January 1912 but resigned in September 1912. She then returned to Northland to work at Whangarei Hospital.

After WWI broke out Florence applied, and was accepted, to work on the Hospital Ship Maheno. She was on the 2nd Charter which left NZ in January 1916, part of medical contingent that was made up

As each voyage was over capacity, and many of the wounded came straight from the front covered in mud and vermin, the work conditions were difficult. Once there were enough wounded New Zealand soldiers to be transported the Maheno set sail for home.

Upon returning to New Zealand Florence resumed work at Whangarei Hospital. The matron was going to serve on the 3rd Charter of the Maheno so Sister Upton was appointed as the acting matron during her absence.



Later she began training as a midwife, becoming registered in 1920. Shortly after this

of about 7 doctors, 14 nurses, and 65 orderlies. After a refit in Southampton the Maheno had bed space for 600 wounded.

During the time Florence was on the Maheno the Battle of the Somme began, and the Maheno navigated a mined English Channel between July and October 1916 to transport and treat wounded soldiers. The Maheno made 14 return voyages from Southampton to Le Havre or Boulogne transporting over 14,000 wounded soldiers.

in 1921 Florence moved to Mount Eden, lived with her parents, and worked as a private nurse until 1923. She moved back to Northland and became the Matron of the Bay of Islands Hospital, working there until she retired in about 1933.

Not much is known about Florence in her retirement and she died in May 1958. Her army enlistment paperwork offers a description, as follows: Florence was 5' 5" (165 cm) tall, weighed 160 lbs (73 kg),

had a medium complexion, blue eyes, and dark brown hair.

She was a remarkable woman who worked in a caring profession most of her adult life and during that time she would have seen the highs and lows of humanity, including the horrors of war

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THE HERBALIST Hibiscus

Hibiscus tea is an herbal tea that's made by steeping parts of the hibiscus plant in boiling water.

It has a tart flavour similar to that of cranberries and can be enjoyed both hot and cold.



There are several hundred species of hibiscus varying by the locations and climates, but Hibiscus sabdariffa is most commonly used to make hibiscus tea.

Research has uncovered a range of health benefits linked to drinking hibiscus tea, showing that it may lower blood pressure, fight bacteria and even aid weight loss. Be careful if pregnant.

Vicky



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Pets in the Valley



Kittens, kittens everywhere but not enough homes to be found. Taking on a new kitten is a bigger responsibility than the cute little fluffy thing appears, but if anyone feels they have something missing, and have the space, we have several looking for homes. There is a great deal at the moment that hopefully is still going which is an SPCA funded \$10 Chip and Snip opportunity to spay and microchip cats. So if you have some half wild cats hanging around, grab a trap to catch them and then get them desexed. By just ignoring them the wild cat population just grows and grows and these animals have a poor quality of life.

Ironically I have a very lovely cat trying to help me with my typing right now! She was found up a tree as a little wild kitten and turned into the nicest cat I've ever had (also the fattest but we won't go there!). She has also been the most expensive cat I've ever had with taking on a car and breaking a leg when she was young and recently having \$1000 spent on her for hyperthyroid treatment. So having a cat is not without issues but the return in unconditional affection is priceless.

Have a lovely autumn, Janine



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Celebration!

White Rock Gallery are celebrating their 6th year in operation.

We were born from an idea in 2015 to have a local Community Art Gallery showcasing local artistic talent. Mooted by Stuart Robertson and Janice Booth, a meeting was called and over 40 people attended showing that there was definitely a need and enthusiasm for such a project. Space was leased in a privately owned building in Paparooa, that also housed the Paparooa Community Library. (Now the Paparooa Medical Centre). A name was chosen after much deliberation and White Rock Gallery was on its way. A very hard working committee got it all going, along with super keen members, and it has gone on to be very successful and filling a need in the Community to support local artists and crafts people.

In 2018 the building was sold and White Rock Gallery was homeless for about 6 months. All the furniture etc had to be stored away until new premises could be found. In September 2018 the Gallery was offered an awesome space to lease next door to the Matakoho Kauri Museum. With no premises being available in Paparooa the members were very grateful to the Kauri Museum for the offer. Once again the Committee and Members pitched in and got it all set up and operating again by Labour Weekend 2018. Since the move to Matakoho, White Rock Gallery has seen members come and go, but there are always a hard working core of enthusiastic people who believe in the advantages of a Community Gallery to foster creativity in the local area.

The Gallery has been blessed with help from lovely volunteer 'Friends of the Gallery' who help out with roster duties and this input is invaluable in keeping the Gallery open 7 days a week, only closing on Christmas day and Anzac day morning.

New members and 'Friends of the Gallery' are always very welcome.

The AGM of White Rock Gallery Inc. will be held in the Paparooa Hall on Tuesday 6th April at 7.00pm. All welcome to come along, see what we are about, and join us for supper after the meeting.

White Rock Gallery Committee

The Paparooa Toy Library

Open for toy hire every Wednesday from 10.30am - 1.00pm.

Located at the Paparooa Community Church, Hook Rd, Paparooa. There's a huge range of beautiful, clean, expensive toys available to hire each week, for very little cost.

If you need more information phone Hilery on 431 7330, or pop in and have a look.

April Gardening Notes

As you harvest the last summer vege crops, completely clear and weed the garden. It will help remove any insect pests and fungal diseases harbouring on those spent plants. If the garden was mulched at time of planting with newspaper and lawn clippings there will be little or no weeds to remove. By now the mulch will have broken down, be enriched with humus and very easy to dig over. Apply a dressing of your preferred fertiliser - which may include a mix of lime/superphosphate. Any sections of garden not required for growing winter staples can be sown with a green crop mix of mustard/lupins to grow over the winter months and be dug in early spring. This crop has many advantages - the soil has had a spell and many of the lost nutrients can be replenished; over the wetter winter months there is less chance of soil becoming compacted and waterlogged; and there will be very little weed growth amongst the crop.

Aphids, whitefly and scale insects are still around and a temporary fix is to spray with diluted soapy water followed by clear water, or a longer lasting spray of a light solution of conqueror oil with water.

Deciduous trees shedding their leaves, can be raked up and added to the compost heap to break down into valuable compost over the coming winter months ready to be added to the garden come spring.

Pumpkins by this time should be fully mature and have virtually fallen off the vines. Harvest these, dip the stems in a copperox solution to help prevent rot forming over the coming winter months and store in a cool, dry, aerated spot. Ours are on a shelf under the eaves of the garage.

My early sowing of broad bean seeds in pots are coming up and will soon be ready to plant, guaranteeing a consistent row. Remove runners from Strawberry plants and pot up into potting mix ready for planting out in winter.

Autumn is the best time to lift Dahlia Bulbs. Simply ease your fork under bulbs, and lift carefully removing soil, soft and rotten bulbs.

Store in a cool dry place away from sunlight and protect from mice. They store well in mesh sacks and leave until planting out in spring.

Its not too late to plant spring flowering bulbs. This year I've planted a mix of hyacinths, ranunculus and freesias in pots/troughs which should give a welcome 'splash of colour' dotted around in vacant spots of the garden and on the terrace.

Upcycling: A Plastic Bottle Planter.

You will need:

- A clean, empty plastic bottle,
- A utility knife,
- Garden gloves & a mask,
- Newspaper,
- Potting mix,
- Plants,
- Acrylic paint,
- Paintbrush,
- Glue,
- Decorations, eyes, etc.

Working on the newspaper, cut the bottle in half with the knife, shaping ears on one side. (Put the top in your recycling.)

Paint the bottom half however you want and, when it's dry, glue on your decorations.

When the glue has dried fill with potting mix and pop in your plant. Make sure you wear gloves and a mask for this step.

If you need it to drain you can poke a few holes in the bottom before filling.

JR



SILENT TRACKS IN OUR GREAT WALKS! WHERE ARE THE BIRDS?

I recently had the privilege of walking along beautiful bush tracks in the Mavora Lakes, Greenstone valley and Routebourn area. It was sad to hear very little native bird life. Only one bellbird over 6 days, 3 robins, a group of pipets in the grasslands, a few kea on the tops and plenty of geese on the wetland areas. There were traps set all along the way to catch rats and stoats and I'm sure possum traps hidden away in the bush. No 1080 had been used in the area.

I hear more native birds in my garden. Is it the time of the year down south for no birds to be around?

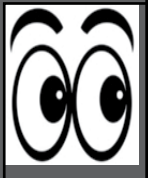
I hear that the Heaphy Track now has bird life again – only a few weka, a few robins and some bellbirds were there when I walked it about 5 years ago. So, it's great to hear that birds are returning in some areas.

I don't have the answers as to where they have gone – but it makes me very sad.

Stella



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 **HEY, KIDS ...**

Did you know that the stars seen in the Northern Hemisphere aren't the same as the ones seen in the Southern Hemisphere? While some stars can be seen both north and south of the Equator, there are some stars that are seen only in the Southern Hemisphere.

Just as in the Northern Hemisphere, the southern night sky is divided into constellations. There are 88 constellations in all; 32 of them are found in the Southern Hemisphere. The northern constellations were mostly named by the Greeks over 2,000 years ago, but they couldn't see the southern constellations since they lived in the northern hemisphere.



The southern constellations were only named a little over 500 years ago by Europeans down here on big boats.

Now we have modern tech, so you can use a website such as this, <https://www.skymania.com/wp/southern-hemisphere-sky-chart/>, you can plot the time and location where you are, and then wander outside to gaze up and see what you can identify! Or using <https://www.tomsguide.com/round-up/best-stargazing-apps>, find a great app for your phone to make it even easier spot and name the stars!

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Neutral Journalism...



The Merriam-Webster dictionary defines neutrality as the quality or state of being neutral; especially refusal to take part in a war between other powers.

Does neutral mean uninformed? Sometimes, but I would argue, politely, sometimes not. Because neutral doesn't mean you aren't participating in life/war/whatever- it means you've made an informed decision not to participate in something that is morally, ethically or just personally not right for you. Say for example, a brand new vaccine. An informed decision comes from knowing all sides of the fact. Merely printing "safe and effective" lots of times in media articles does not actually make something safe and effective.

In New Zealand, Medsafe has granted 'provisional' release to the Pfizer Covid-19 vaccine, and has written a report with 58 conditions to its release- yet we are told through media that it has been agreed to and is safe for release to all. Some of the concerns are about 'molecular mimicry, potentially causing an autoimmune process'. The documentation shows that the trial does not finish until 2023, so if you agree to have this injected into your body, you are a participant in the trial. Pharmaceutical companies are free from indemnity - meaning, if they permanently damage you, with say Bells palsy, or you have a miscarriage, or your grandma dies 25 minutes after her shot- you cannot hold them accountable.

There are tens of thousands of doctors, nurses and even pharmaceutical vaccine makers internationally voicing many real, and credible concerns. Look at the VAERS website if you want to see the damage happening globally, after only a short time. The facts are staggering, and we have a media blackout... Because if people began to actually, neutrally, critically question ALL information they would begin to question everything - which is why we must find our own information if it is not being provided.

I do not write this to tell you what to do. I am neutral to what you want to do to your own body. I am asking you to respect my, and others, freedom over our bodies, freedom our forefathers bravely died for, to simply question.

Jenny

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Science Corner



Viruses – Not All Bad?

After yet another level 2 alert about that nasty Covid19 virus, most of us tend to think that viruses can only be bad - that the world would be a better place without them. Think no more polio, measles, ebola, flu, AIDS or common colds and of course Covid19? Wouldn't this be a great thing?

Actually, no.

We live in a world of viruses that are immeasurably diverse and abundant. Many viruses bring adaptive benefits to life on earth. There are more viruses in the sea than stars in the sky. There are two lengths of DNA in our human genome that came from viruses, without which pregnancy would be impossible. Viruses help protect us from cancer and contribute to our immune systems. So, viruses can be terrible or benign or helpful.

What is a virus? Well, it's not a living cell. It can't reproduce unless it is inside a living cell as it needs the complicated machinery from the cell to reproduce. It's very tiny – although some larger ones have been found recently living in amoeba. It is basically a piece of DNA or RNA wrapped in a protein capsule. Sometimes it has a membranous envelope to protect it and help it stick to cells.

If the cell is unlucky, many new viruses get made as it takes over the reproductive system such as the Covid19 does on the epithelial cells of the airway in humans. If the cell is lucky the virus may just sit back and make a cosy spot to hang out or it may back engineer its self into the host's genome and bide its time. A genetic dispatch that could be good or bad news. Larger viruses such as Ebola and small pox tend to kill more people as they carry viral proteins as well as genetic material. This viral protein tend to overwhelm the bodies defence mechanism.

The down side of the virus's agility is that they can sometimes switch hosts. In the original host the virus maybe sitting quietly doing no harm and biding its time, but when it gets into a new host, a human, the old rules don't apply and suddenly it may change it's tactics and explode in abundance causing misery and death and a pandemic.

Coronaviruses are more likely to cause widespread epidemics because of their capacity to change. They are single stranded RNA viruses that readily mutate giving a huge genetic variation upon which natural selection can work. Measles, SARS and rabies are examples.

So, viruses give and viruses take away. They are very difficult to place on the tree of life and everything is very complicated. Even the most, simple virus is complicated.

Our natural world has a very tangled connectedness and humans are just one part of this network so we must not destroy it.

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Matakohe School News

New Principal Rosemary Lonsdale has settled into her role and she and her partner are now coming to grips with owning a feijoa orchard!



The school will be farewelling Christine Birt who is retiring on Friday April 9th.

Thanks to Kaipara Kumara and More FM Northland the school has kumara to sell as a fundraiser for camp. These can be purchased from the school office at \$5 for a 1.5kg bag.



HOOK, LINE & SINKER

The fish are biting. A good feed to be had by all including the little snapper.



Happy fishing, be safe,
A Fishermans Wife

OUT & ABOUT AROUND TOWN

Paparooa's Farmers' market is happening every Saturday morning, 9am - 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, olive oil, fish, preserves and so much more.

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.

"Once Upon a Thyme" Pop-Up Op Shop, 32 Franklin Rd. Trish Stanley-Hunt has items ranging from clothing to bakeware and everything in between

The shop is currently open on Tuesdays and Thursdays 10- 2, and the first Saturday of the month.

Condolences to the Pasley family on the recent passing of Ian who was a long-time resident of Ararua and Paparooa before retiring to Whangarei.



Got feijoas coming out your ears? Feijoa Fritters

Makes approx 20 Fritters

Ingredients

- 50g butter
- 1 egg
- 3/4 cup milk
- 1/4 cup sugar
- 1 cup flour
- Pinch of salt
- 1 1/2 teaspoons baking powder
- 1 cup feijoa flesh, finely diced
- 1 tablespoon butter



Method

1. Melt the butter in the fry pan you will use to cook the fritters. Once melted, set aside to cool.
2. Mix the sugar, sifted flour, pinch of salt and baking powder in a bowl.
3. In a separate bowl beat egg and milk together.
4. Make a well in the dry ingredients, add egg and milk mixture and combine vigorously so there are no lumps. Add the cooled melted butter and mix thoroughly. Finally, fold through feijoas.
5. Add tablespoonfuls of the mixture to a medium-hot fry pan until bubbles start to appear on one side. Flip and continue to cook until golden brown on both sides. If necessary, add more butter to help the fritters cook.
6. Transfer cooked fritters onto a paper-towel lined plate (to absorb any extra butter) and cover so they remain nice and hot while you cook the remaining batter. Serve warm.

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Zumba Kids

Coming to Maungaturoto in Term 2! (Starting 3rd May)
Hey Everyone! My name is Natasha.

I am very excited to be running Zumba Kids classes at Maungaturoto Primary School

Zumba Kids classes are a fun way for children to learn how to move their bodies to music in a non pressured environment

Come along to party and exercise, bring your friends and make new ones I am now taking enrolments for Term 2 and look forward to seeing you there!

Class times: Monday - Age 4-6, 3.15pm. Age 7-11, 4.00pm

Cost- \$10 per child (Discount \$20 per term if term paid in full)

Please ph 027 606 6889, email or FB message for enrolments

Email- Zumbakidswithtash@gmail.com

Facebook- ZumbaKidswithTash



WHAT'S ON - APRIL 2021

- The Kauri Museum** open 7 days, annual passes available for Otamatea residents
Ngā Taonga, Te Hononga Tāngata - The treasures that bring our people together
School Holiday Hunt - Contact Museum for details
- Easter Christian walk through Paparoa** - Good Friday, 9am
- Author's Talk** - 10 April, 11am Village Green. See p4
- White Rock Gallery Inc. AGM** - 6th April, 7.00pm Paparoa Hall
- Starbright Wellness Show** - April 11. See p12
- Sheep Dog Trials** - April 9, 10 & 11, Marohemo. See March Press

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
- Ararua Church** 10.30am every Sunday. All welcome Ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 431 6822
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 Ph Rose 431 7418
- Farmers' Market** Every Saturday 9-Noon, Village Green, Graham 027 475 4490
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Maungaturoto
- Grow Paparoa** Thur/Fri/Sun 10am to 2pm at the Community Gardens
- Kaipara Marching Team** Weds 4-5.30pm, M'gto, Ph Rose Plunkett 431 7418
- Line Dancing** Thurs 10am-noon Paparoa Hall Ph Rose 431 7418
- Mainly Music** Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520
- Matakohe Garden Circle** 1st Weds each month, 1pm, J Mackinnon 431 6689.
- 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 431 7411
- Paparoa Community Church** 10.30am every Sunday, 4 Hook Road 431 7106
- Paparoa Garden Circle** 2nd Wed of month. Contact Raylee Over 431 6880
- Paparoa Hall** Functions venue Ph Robyn 431 7306 or a/h Loraine 431 7290
- Paparoa Library** Tues & Thurs 11am - 4pm, Saturday 10am - 1pm
 Manager Jas Futter 022 678 1474. Returns Box at Skeltons
- Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Playcentre** Tuesday and Thursday 10am-1pm Visitors Welcome
 Ph Kirstin 431 7373 txt 021 525 425 or Jane 431 6148 paparoa@playcentre.org.nz
- Paparoa Primary School** Term 4 Oct 12 - Dec 16, Term 1 Feb 2 - Apr 16. 4317379
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
- Paparoa Volunteer Rural Fire Force (VFFF)** 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** 10am Wed, 4pm Sunday, Maungaturoto
- Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
- Tennis** Mondays 9.30am, 6pm Tuesdays Ph Sue 431 6224, or Pete 431 6822
- White Rock Gallery At The Kauri Museum** 7 days 10am-4pm Ph 021 0267 8241
- Yoga** Monday 6pm Maungaturoto Hall, Tuesday 9.30am Chair Yoga Paparoa Sports Pavilion, Tuesday 5.30 Matakohe Hall. Ph Jenny 0211143370

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

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

LOCAL TIDES for April 2021

TIDES - CALCULATED for PAHI-WHAKAPIRAU					
DATE	LOW	HIGH	DATE	LOW	HIGH
1st	8.16	14.42	17th	7.49	14.07
2nd	9.05	15.32	18th	8.31	14.51
3rd	9.59	16.28	19th	9.24	15.45
4th	10.03	16.34	20th	10.28	16.51
5th	11.18	17.50	21st	11.40	18.03
6th	12.38	6.32	22nd	12.48	6.47
7th	13.50	7.50	23rd	13.48	7.49
8th	14.46	8.50	24th	14.41	8.42
9th	15.32	9.36	25th	15.33	9.30
10th	16.11	10.15	26th	16.16	10.16
11th	16.47	10.50	27th	17.03	11.02
12th	17.21	11.23	28th	17.49	11.49
13th	17.53	11.54	29th	6.11	12.36
14th	6.07	12.25	30th	7.00	13.26
15th	6.39	12.57			
16th	7.12	13.30			

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

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

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

HOSPICE KAIPARA Dargaville Hospital 09 439 3330

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

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

LINKING HANDS Health Shuttle Service, Maungaturoto.09 431 8969

LIONS CLUB PAPAROA President Alistair Banks 09 431 9167

MAUNGATUROTO PHARMACY 09 431 8045

MAUNGATUROTO REST HOME 09 431 8696

NKT RECYCLING Huarau Road 10am - 2pm Tues-Sat..... 09 431 8304

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

PAPAROA LIBRARY Free Membership. ContactJas 022 678 1474
 Tuesday and Thursday 10am-4pm
 Saturday 9.30am-12midday

PAPAROA PLAYCENTRE paparoa@playcentre.org.nz

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

PLUNKET Helpline 0800 933 922

PAPAROA PRIMARY SCHOOL 09 431 7379

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

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

PODIATRIST / FOOTCARE Jayne Short 022 542 0477

YOUTH & WHANAU FOCUS South Kaipara, Rose09 431 7418



Paparoa School - Busy Times!

What a busy time we have had since the end of February! We enjoyed a visit from the Big Feelings Tractor Trek on 26th February, which was followed by an extremely successful working bee on the 27th. We are very grateful to all school community members, and staff, for giving up their day to help make our

wonderful school look even more fabulous – not only were the grounds tidied up, but an old wooden structure was demolished, and the bike track was compacted. We completed our Swim Safe lessons with Kirsty, held our



L to R: Kingitanga Briggs, Scarlett Stephenson, Sophie Taylor-Rose, Alex Ball

own school swimming sports on 8th March, and joined Tinopai and Matakahe schools at Matakahe for an interschool swimming competition on 11th March. As always, it is terrific being able to connect with students from other schools, and we had an awesome time. A group of students will be representing our school at the Southern Zone Swimming Competition on 19th March to be held at Ruawai College.

Our most exciting event, BY FAR, was the official opening of our school bike track on Monday, 15th March. The School Council organised an exciting Wheels Day, and we also held our own Tryathlon. It was fabulous to see the children's energy and enthusiasm for the day. We hope that our local community will also enjoy this facility too.

We are looking forward to the Duffy Role Model Assembly on 1st April – always a highlight of the year. Term 1 finishes on Friday, 16th April. Term 2 starts on Monday, 3rd May. We wish everyone a safe and enjoyable holiday.

Julie Harper



Harley Ross (Yr 5) accompanies Jed Holland (Yr 2) from the pool to the running track in the tryathlon



Max Moore cycling in the tryathlon

Toy Library Colouring In Competition...

The results are out! Thank you to everyone who entered! Doing this for the first time we had had no idea what to expect. It was a tough job deciding the winner as each piece was so special and we could see the effort gone into. The other winning entries, are on display in Skelton's Drapery's window



Grand Prize Winner

A huge round of applause goes to Billie Smith (4). We loved her choice of colours and care and effort, her love of the colour orange made us smile. She gets to enjoy a whole term of borrowing toys from the Toy Library for free.

Well Done Billie!!

2nd Prize: Scarlett Maw who won a term's Subscription at the Toy Library.

3rd Prize: Thane Hames who is going to enjoy borrowing Four Gold Star Toys. Finally a special shout goes out to Mia Smith (2) who won our 'littlies' competition. Your prize is waiting at the Toy Library.

Rebecca

5 Questions for Denny Clayton, Organic Veg grower

How long have you lived in the area? 1 Year in Matakahe, where we moved from Whangarei.

What brought you to the area? Karen wanted a place with a water view and somewhere we could grow our vegetables.

What do you do here? I grow organic vegetables to sell at the local markets.

What do you like about the area? Friendly people in a lovely environment, but still nice and quiet.

What things would you like to see happen here? Better parking in town and a way to slow down the traffic passing through.



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