



Poetry & Song Lyric Competition

The Kauri Museum is excited to be part of 2019's PHANTOM BILLSTICKERS NATIONAL POETRY DAY on 23 August.

Writing poetry was a favourite pastime of many early settlers and those isolated out in the bush, so get your pens out and start writing! You can perform the poems at the Open Mic Night, at The Kauri Museum, on 23 August an event created for adult entrants to perform their work.

The schools' Poetry Competition runs from 24 August to 12 September and we look forward to hearing future poets read their poems at The Kauri Museum.

WHAT YOU NEED TO KNOW:

◆ The Kauri Museum Poetry and Song Lyric Competition for Phantom Billstickers National Poetry Day (23 August), is restricted to adults, aged 18 years and over. OPEN for entries NOW until 10 August. You will be expected to read/perform your work at the Open Mic Night on 23 August.

◆ The Kauri Museum Poetry and Song Lyric Competition for school students, ages 5-17, in three categories, will be open for entries from 24 August to 12 September, leading to performance (optional) later.

The theme for both events is 'VOYAGING - TO, IN, OR AROUND THE KAIPARA.'

Entries will be printed and displayed at the museum with the winning entries also published in Paparoa Press. Entry details can be found on the museum website www.kaurimuseum.com

YOU need your community ... your community needs YOU!

So you live in Paparoa, maybe you're a long-term resident or are you a relative newcomer? We can assume that you like it here and can probably list some of the things that make Paparoa a good place for you.

Have you considered what goes into making Paparoa such a good place?

Is it the physical location and environment or is it attributes such as the people and the activities that are available in the community?

So who makes those attributes the way they are for us all to enjoy?

The physical environmental: The Landing and Village Green are nice spaces because of efforts by PPI, the Showgrounds are maintained as open space by the NKA. The Sports Pavilion is maintained and operated by the Sports and Rec Assn. Paparoa Hall is maintained by the Hall Committee. The Bush Walkway is jointly managed by Lions and PPI. Paparoa Press and the Farmer's Market are long standing PPI initiatives.

On the community side there are the various committees named above plus a range of community service organisations such as Lions, local churches, Fire and Emergency NZ, Paparoa County Depot Trust, Paparoa Medical Soc, St Johns. All are

voluntary and help to make

our community such a great place. Pahi, Matakohe, Ararua and Tinopai all have similar groups.

Have you thought about lending a hand to these organisations to help make their activities stronger, or to ease the load on those stalwart supporters? Maybe you could join the committee, offer your ideas or help for a particular project. All these groups are fun to belong to with a chance to meet new people, have a say in how things are done and feel part of the community you have chosen to call home.

Do you just want to live quietly and enjoy the fruits of other people's endeavours? Or would you like to make a difference to the community you call home. Many of these organisations are holding Annual Meetings in the next month (see notices pg 18).

Why not find out more and contribute to improving YOUR community!



Zero waste living - Tuesday 27 August 1-2pm, Paparoa Hall

Love Kaipara invites Paparoa residents to jump on board the 'Circular Economy' and 'Zero Waste Living' revolution and start with this waste minimisation presentation. Learn how to shrink your rubbish bin and save money! Attendees are invited to a cup of tea and chat afterwards.

TOPICS TO BE COVERED

- ◆ The how and why's of a circular economy - how to reintegrate waste into the economic cycle
- ◆ Rural recycling - information and contacts for reusing/recycling products in the Kaipara District
- ◆ 'Home Hacks', fresh clean home recipes for zero waste kitchen spray, bathroom cleaners and more
- ◆ Zero waste shopping tips - how and where to get started

This community outreach presentation is part of Love Kaipara's 3-year education programme presented to local schools, businesses and communities; a project funded by the Ministry of Environment with the support of Kaipara District Council.

"As the economics of recycling become increasingly difficult there is a strong global trend towards shifting to a circular economy, and we are really wanting to push the reduce, reduce, reduce message. Reusing and recycling are the only options for what cannot be avoided in the first instance."

Ka Pai Kaipara - Join our educator 'Lady M' (Margaret Baker) for this waste minimisation presentation. We are changing people's attitudes on a bigger level. Every little bit helps. It doesn't matter where you are on your waste-busting journey - everyone is welcome to come along and join the discussion.

Victoria de la Varis

KAIPARA COMMUNITIES CAN!

Paparooa Press PP

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

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ADVERTISING

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15th of month

Publication date 1st of month

Libby's Councillor Corner

Local Government elections 2019

Are you wondering what is involved in being a Kaipara District Councillor?

Do you want to:

- Make a difference and make Kaipara an even better place to live and visit?
- Get involved in your whole district and be in a position to influence direction, policies and bylaws?
- Be a voice for your Ward? You represent the views of the constituents and the issues that may result from different decisions and actions being considered
- Help residents navigate through the council system, and advocate on their behalf where needed?

In my experience councillors need to have a broad understanding of the world and of people, not a narrow view with a particular bias. They need to be able to read quite a lot of reports and papers prior to meetings; they need to have at least one whole day a fortnight available to attend meetings, as well as another 1-2 days before meetings to read the material, and then another 1-2 days a month for other committee or regional meetings and they need time to speak with and to follow up on residents' issues.

Information evenings have been held across the district in the last week of July, but if you have missed these there is one on Monday 5 August in

the Ruawai Hall 5.30-6.30pm. Council staff and the Electoral Officer provide information on the Council, the Councillor role, election process and answer your questions. If you know someone you think would make a great Councillor encourage them to attend. Nominations close 16 August.

Are you enrolled to vote? To vote you need to be on the electoral role by 16 August. If

you are not sure, or need to update your address details since the last election, contact 0800 367 656. If you pay rates in this area but live in another area, you are eligible to vote, but you do need to complete a ratepayer roll enrolment form. Contact Kaipara District Council or phone the electoral office 0800 922 822.

Libby Jones, 021 208 0093
Councillor KDC/Director NDHB



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PPI AGM- what's in it for YOU

If you would like to contribute to the action around Paparooa come along to the Annual General Meeting on 21 August. PPI is looking to recruit new members to help with its full and varied programme.

JUST WHAT DOES PPI DO?

To list some - Paparooa Press, Paparooa Print Shop, Farmers' Market, village garden maintenance and development, the development of The Village Green, the playground and The Landing, the Bush Walkway (jointly with Lions), Paparooa events, liaising with KDC and NZTA, Paparooa Connections participation and funding of other Paparooa initiatives. Everyone in Paparooa benefits from these activities.

WHAT DOES IT TAKE TO BE A PPI MEMBER?

An enthusiasm for Paparooa and its community are essential attributes plus a desire to make a difference. Skills in secretaryship, governance, event management, IT, publicity and PR as well as general 'mucking in', will fill much needed roles. With some long serving members intending to step down there are opportunities for new people to carry PPI forward.

Come along to the AGM on 21 August, Paparooa Hall 7.30pm and find out more. PP

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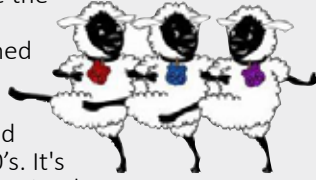
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Spring into a dance

Saturday September 7

Embrace the changeable spring season with a night of dancing at the Paparoa Hall. Get your friends and family together for a night of music, dance and community fun.

The band 'Stagetalk' will embrace the changeable spring season theme starting off with some old fashioned fun dance music to warm everyone up, then move into some classic rock and roll hits, and favourites from the 70's to the 90's. It's dance music to suit everyone ... or simply come along to enjoy the good 'old' music numbers.



Doors will open at 7pm; the music starting by 7.30pm. Drinks (non-alcoholic) and ice creams on sale on the night. BYO non-alcoholic drinks. Tickets are \$20 each with a family discount available. Pop in to pre-book with Robyn at Skeltons Drapery (4317 306), online payments can be made direct to the hall bank account (BNZ, Wellsford 02-0484-0105705-00) or you can pay at the door on the night.

The evening is being run by the Hall Committee. Come along, kick up your heels, and enjoy a night of community togetherness.

LR

Drumming class starts

Would you like to try something new? Drumming is fun, relaxing, accessible to all, therapeutic and provides an opportunity to connect in to your own natural rhythms.

A beginners class starts Thursday August 1st and runs weekly for four weeks at 4pm until 5.15pm at Paparoa Hall. Josie Scott of Dargaville is facilitating the workshops, held in Dargaville in the past. It's a brilliant opportunity to bring something fresh to Paparoa locals!



Cost is \$15 per class or \$50 for all 4 classes. If you miss the first night on 1 August - don't let that stop you from coming along to the next on Thursday 8th. Drums are provided. This is another initiative by the Paparoa Hall Committee to provide activities for your enjoyment. Come and join in, you may surprise yourself!

More info: Loraine 09 431 7290 or Josie 021 0223 8621.

Hall events for your enjoyment

It's a BIG THANKS to the people who came out on Saturday night (and the two wonderful supporters on Friday night) to the PAPAROA HALL when 'Hunt for the Wilderpeople' was screened.



Hunt for the Wilderpeople screened last month at Paparoa Hall

The atmosphere was relaxed, warm and very friendly but we had expected bigger audiences even though it was wintery outside. The hired heater from Cowleys worked wonderfully! The film is very funny and it caused lots of mirth, even for some of the audience who were seeing it a third time.

We are keen to have a further MOVIE NIGHT in, say October - if you have a suggestion of what film would be ideal, please contact Paparoa Press or Robyn at Skelton Drapery.

The icecreams and popcorn were winners and we were amazed with the very generous Tip Top donation of delicious

KAPITI chocolate sundae and berry sorbets. Thank you to everyone who had a hand in running this event, especially Mike Poyner and Craig Rosser.

The Hall Society committee run the occasional community evening like this to provide a meeting place for new and old residents. In addition any funds raised help with the ongoing running of the hall.

We would appreciate good support for the next '**Retro Spring Dance**' in September (see below). It is not necessary to enjoy dancing, come along to enjoy the music and conviviality.

Why not?

LR

Paparoa War Memorial Hall

Retro Spring Dance

Saturday 7th September 2019

7.30pm - 11.30pm

A night of 60's-90's classic hits

Live music by Stagetalk - the popular Auckland duo - performing classic hits

Dance the night away

Book a table for your friends and family

Ice-creams and non alcoholic drinks available

Tickets: \$20.00 / Family ticket \$50

Pre-book at Skelton's Drapery 4317 306

online payments: BNZ, Wellsford 02-0484-0105705-00

Door sales on the night.

Contact Megan 021 0233 1281 or email mstoneham@kaipara.govt.nz

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Otamatea High School wishes to hear from suitably qualified and registered teachers who wish to be considered for day relief.

Please send your CV to:

Deborah Cornhill-Davies, Relief Co-ordinator

email: deborah.cornhill@otamatea.school.nz



Quiz night success



The Museum Team won first prize at Paparooa Primary School's Annual Quiz Night! Congratulations to - Stephen, Daisy, Tracey, Marama, Mackenzie, Mary and Owen.

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School news & activities

Last term was a busy one for Paparooa School. We saw the completion of our AstroTurf court, allowing us to reopen our sports shed, and see our children re-engage with our stilts and unicycles.

This term, with a significant roll increase we have reopened our third classroom. This has lowered class sizes in each room, giving more teacher time to individual students. We welcomed two new teachers, Ashley Chewens and Sonia Latour. Students are excited to get to know them.

During the holidays a group of community members met to begin organising the schools 150th Anniversary or sesquicentennial. As one of the oldest schools in the Kaipara region, we are looking forward to celebrating with our community. More details to come as they happen.

At the end of last term Paparooa School had its annual PTA Quiz Night.



A huge thank you to our PTA for organising and to the massive turnout from the community. Reports are that the evening was a huge success, with some amazing costumes for the theme '4th of July'.

Term 3 is off to a roaring start with further enrolments expected this term.

Stay tuned for more from Paparooa School!

Simon Schuster



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St John Trash And Treasure

30th Sept to 4th October

Thank you to those who have already responded to my request for help. It is not too late to offer your help as well. Even two or three hours of your time would be great. We have a particular need for many hands when setting up on the Sunday afternoon and packing up on the Friday afternoon. We are also seeking donations for our multi-draw raffle. If you can help in any way, please get in touch.

Note the date is a week earlier than given last month as the second week of the school holidays coincides with our Area Committee conference.

Eileen 021 1420 357



St John

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At The Kauri Museum

THE KAURI MUSEUM'S NORTHLAND PHOTOGRAPHY AWARDS



'Weathering the Storm' by Chloe Smith.
Winner: Tudor Collins People's Choice Award 2017

Open now for entries until 12 August. The number of entries for this year's The Kauri Museum's Northland Photography Awards is expected to exceed those of last year. The theme **'This is Northland – Home of the Kauri'** is an exploration of our beautiful region where kauri once covered the land. Finalists will have their photographs displayed in the Museum. Get your cameras out to capture this beautiful country we call home. Entry details online at www.kaurimuseum.com

CREATING WITH KAURI EXHIBITION - until 30 September.

Nineteen amazing artworks have been crafted from kauri timber. Each exhibitor was given an open-ended invitation to create any type of work. The results: furniture, sculpture, jewellery, musical instruments, decorative pieces; there is something on display to suit everyone's taste. This exhibition is free to view.

KAURI REPLANTING PROGRAMME

This initiative, led by The Kauri Museum Board members, has already donated kauri trees to several of the local primary schools for planting in their grounds. Kauri trees are also being planted at other private land sites and will soon be planted on public land and road reserves with the co-operation of Kaipara District council and NZTA. If you would like to be part of this programme, now or in the future, good specimen trees can be purchased at the museum for you to plant yourself or you can arrange for the museum to plant them for you. More information on this exciting development for the future of the kauri can be found at www.kaurimuseum.com

EVENTS COMING UP

SETTLERS DAY - Saturday 5 October - theme 'Hearth and Home'
Entry to the museum is free for the day so come and see what we have lined up. Lots of tried and trusty stalls plus some new exhibitors based on this year's theme. If you want to be part of the action let us know and we will find a space for you.

ALL HALLOWS EVE - Thursday 31 October
This is one not to be missed, put it in your diary now - it's a new event guaranteed to be full of surprises! For those aged 12 years upwards.

Mary Stevens, The Kauri Museum

Empire becomes Zest



Jillaine has passed her 'Empire' into new hands, and from the 9th of August Paparoa will have 'Zest' as the place to be during weekends!

Jel looks forward to meeting the regulars and keeping the good art, cake and coffee rolling - the only big changes will be the faces behind the counter.

Note: As changeover takes place, the cafe will be closed for the first week of August from 31st July to 8th August.

Find out more in the September Paparoa Press when there will be a 'Spotlight' article about Jel. PP

THE KAURI MUSEUM

Real New Zealand Heritage

What's on at your Museum

- * 'Creating with Kauri' - to 30 September
- * 'The Perfect Accessory' - textiles exhibition to 30 March
- * Kauri replanting programme - ongoing

For residents of the old Otamatea District: Annual passes available

5 Church Road, Matakoho, Northland. p: 09 431 7417 w: www.kaurimuseum.com



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HEY, KIDS ...



Let's try a recycled project - a tin can wind chime

Inspired by last month's workshop at The Kauri Museum (see side bar at right), let's get crafting with old tin cans! (Don't miss these workshops next school holidays, it was great fun!)

You'll need one old clean can, with the bottom still in (if necessary take the paper off the outside).



1. First decorate the can, painting it whatever colours you like. Maybe stick-on stickers, or sequins, or whatever you have.
 2. Using a thick nail, hammer a hole through the bottom in the middle. (get an adult to help you!) This will be where you hang the can from.
 3. Using thick string or twine, tie a big knot at one end, this end will be inside the can, and the other end will be tied to a tree when you're done, so make sure you leave it long enough to tie!
 4. Now you'll need holes around the top (now the bottom) of the can. 5-8 holes are best, using the nail and hammer method as before. To keep the can in shape, use a thin piece of wood inside the can to hammer the nail into.
 6. Poke string through the hole, and tie a big knot that will be inside the can.
 7. Then decide what to tie onto the end of each string! If you have old cutlery, it looks and sounds great, but if not, use shells, tin can lids (not sharp ones), buttons, beads, old tiny toys or even smaller painted tin cans.
 8. You could decorate the strings with beads if you like, just make sure you leave enough space on the string for the end piece.
- And finally - think about having each piece hanging close to the next, so they can make sound when moving around in the wind.
- Jenny

DIY Recycling Workshop

Masters 8 and 11 were unsure what they were in for as they headed into the DIY recycling holiday workshop at The Kauri Museum, but the appearance of friendly faces, tin shears and bolt cutters was enough to spur them on.



There were projects aplenty to make, all out of recycled bits and pieces, and the volunteers' know-how ensured some very cool things were created: robots, bird feeders, lanterns and wind chimes, all made from humble tin cans as the base object.



The workshop was very reasonably priced, and the kids had a great time, bringing home prized creations and tired bodies.

We'll definitely be coming back next time! PP

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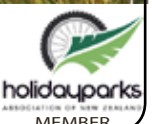
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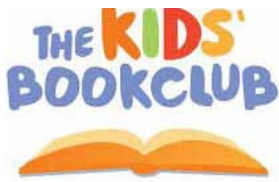
Paparoa's Unserious Book Club

Paparoa Library's 'Unserious book club' will kick off on Wednesday 14th August from 7-8.15pm and will run every second Wednesday of the month.

Read any book and give us your feedback either good or bad, socialise, have fun, be inspired and meet new people. Bring a gold coin for supper including wine/ other beverage or tea and coffee.

Spaces are limited. To book in (and/or for more information) call Jas on 022 6781 474

Books+
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=Book Club



Kids' Book Club

The kids' holiday programme at the Library was a huge success with a good attendance. It will certainly be on again in the next school holidays.

The next idea on the agenda is to start a 'KIDS' WRITING GROUP'. Library manager Jas is passionate about kids and their access to books and to creative writing opportunities. Check the library facebook page for more info and look for ongoing information in next month's Press.

Jas Futter 022 678 1474
Paparoa Community Library Manager

Book review

How Long 'Til Black Future Month?

by N K Jemisin



Short stories can take me a long time to read. I just get invested in a plot or the characters and to have to sharply reset when they end and start all over again drives me mad. I frequently end up giving up halfway through or need to pause so often that it takes me forever to read them.

How Long 'Til Black Future Month wasn't a fast read - but only because I wanted to savour every word. When I finished each short story, I couldn't wait to start the next one. Jemisin's book is a box of chocolates; each story more enjoyable and delicious than the last. They are thought-provoking and entertaining in equal measure and her imagination is mind boggling. I am a chronic guess-the-end sort of reader but all of these stories were twisty and surprising.

Jemisin writes with confidence and uses her craft well - she has something to say, in case you hadn't guessed from the title, but she is subtle, clever and always enjoyable. These stories are mix of fantasy and science fiction with a touch of steampunk thrown in for good measure. There are themes of social justice and compassion and the prevailing idea of a new world that could be better than we imagine, if we just tried a little harder. Her view of future reminds me a little of the worlds that Margo Lanagan creates (another seriously good short story writer) it's like viewing our world but it is a little off-centre. It is recognisable but the axis has tilted and somehow exposed us in our own complacency.

This book is on order and available soon at your Kaipara Libraries: kaipara.kotui.org.nz.

By the same author: *The Broken Kingdoms, The Kingdom of the God, The Hundred Thousand Kingdom, The Stone Sky, The Obelisk Gate, The Fifth Season*

Simie Simpson



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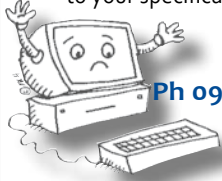
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Future Post – NZ plastic recycled fence posts

While putting up a fence around an old rubbish dump, South Auckland fencer and farmer Jerome Wenzlick was disgusted by the amount of plastic he was having to dig through. It occurred to him that maybe he could make fence posts out of unwanted plastic- and now he does.

'Future Post' is the Waiuku-based company he since founded with Waikato farmer Bindi Ground. Thousands of sturdy, recyclable fence posts are being made every week from a blend of granulated soft plastics and chipped-up milk bottles.



Bindi Ground and a pallet of posts

The posts weigh a bit more than their wooden counterparts and cost a couple of dollars more at \$15.90 retail. And, he says, farmers are saying that because of their benefits, it's a price they are prepared to pay. Posts are now available at farming outlets such as NZ Farm Source

The fence posts are black, come in a couple of different sizes, have one pointed end and can be cut with a chainsaw. The posts don't absorb water, can't be chewed by animals, won't break off at

the ground, don't need to be treated with chemicals and fencing staples hammered into them are less likely to corrode. When farmers are finished with them, the posts can be recycled! The company won an innovation award at National Agricultural Field days this year.

Soft plastic collected from Auckland supermarkets is sorted and granulated, then mixed with milk bottles before going through a New Zealand-



Jerome Wenzlick with fence post

designed and built extruder to melt and reform it into fence posts. The equivalent of 550 plastic bags goes into making each post.

Recycle bins for soft plastics are being reintroduced in 37 stores across Auckland, including Countdown and The Warehouse and there are plans to roll it out further to Waikato and Wellington if the capacity to recycle grows. Hopefully as this sort of innovation grows, Northland's plastic wastes will also be able to be recycled!

(Information from Radio Countrylife programme July 2019)

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BRIDGESTONE

E is for eek - Thoughts on food additives

Listening to food experts and other health-type advisers discussing how the food we eat affects our health, I was reminded of a list I was handed many years ago in the UK. The midwife of the time commented that certain well-known additives were considered to have a range of possible side effects.

Of course, some food additives are useful, they prolong shelf life and prevent certain foods separating in the jar. However, do we really need colour additives? In particular, the 'Southampton Six'. These are the six colours that a UK study suggested may have 'an adverse effect on activity and attention in children'. Basically, these are any foods or drinks that are red, yellow, green or blue (or a combination of these). Generally, they are identified in the range E100–E199.* In the 1970's a retired US paediatric allergist proposed that some children had an elevated sensitivity to certain elements of the diet, food colouring and other additives having an effect in particular, he believed. (If you are interested, he published a book on this subject- Feingold 1975). There have been many studies both supporting Feingold's findings and disputing them. However, it seems that the UK study by McCann et al. (2007), demonstrated statistically significant adverse responses in the study samples of children to the food colour issue.

Decide for yourselves but some of the links below might be useful: ncbi.nlm.nih.gov/pmc/articles/PMC3261946/
thewellnesscorner.com/article/.../The-dangers-of-artificial-food-colors
foodprocessing.com/articles/2010/colorants/

*E numbers - Food Additives, European Union (EU) According to this study the European Union require a warning label on foods containing them from 2010.
Deb

Plastic Pollution Challenge...

How can each one of us help?

Each year it is estimated that 9 billion kilos of plastic enters our oceans. That equals approximately 5 grocery bags filled with plastic for every 30cm on every coastline on the planet.

You may think what you do will not make a difference but in the words of a song from 'Les Miserables' "A flea can bite the bottom of the Pope in Rome". Everyone can make a difference. The changes you make grow exponentially through your family and friends and will eventually change the practices of huge manufacturing companies.

So I challenge you (and myself) to actively make a change in your life to reduce the plastic in our lives and help our planet.

1. Take your own shopping bags to the supermarket. (Most of you are already doing this! So that's an easy one).
2. Make or purchase a net vegetable bag or just put fruit and vegs in your carry bag - no need for another plastic bag.
3. Compost or bury food waste in your garden. (Yes, I know that may require digging a deep hole to stop rats or mice problems and the soil is hard when dry but it sure improves our Paparoa clay soil.)
4. Use reusable drink containers for your coffee fix and don't use plastic straws. Take away shops should have paper ones.
5. Don't use plastic film wrap, plastic cutlery and plastic bags for picnics and children's lunches. Beeswax wraps work well for covering food in the refrigerator. Reusable lunch boxes or other plastic containers with compartments work for packed lunches and can be used over and over again.
6. Dispose of rubbish correctly- never throw it on the roadside as it will just end up at the lowest point- our waterways and affect our fish.
7. Stop buying water bottles. Just get yourself a drink bottle and refill it from your tap. Saves money too.
8. Recycle more.
9. Don't use baby wipes as even flushable ones do not break down easily. Toilet paper is fine.
10. Cloth nappies are better for the environment- but I know this is a hard one as disposables are so much easier and pleasant to use for a busy, tired Mum or Dad.
11. Try not to use polystyrene (like that used by some food takeaway shops and for meat containers). San Diego has banned this for food and drink containers. It easily breaks up into small airborne particles and is not recyclable.
12. Use your voice (politely) to turn down plastic wrapped single use goods. "No straw please" or "I have my own bag thanks" or "Do you mind putting the food in my own container please?"

We Can Make a Difference!

Stella



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Bulk ecostore detergent ...

dishwash & handsoap

Maungaturoto Primary School and its PTA are passionate about looking after the environment and have achieved EnviroSchool silver status.

To this end, and as part of this initiative they have teamed up to supply the community with a swap-a-bottle station, selling **ecostore** dishwashing liquid and liquid handwash soap. Bring in your clean clear plastic bottles to swap (not compulsory - but it helps out) to the school office in Gorge Road and pick up a full bottle in exchange.

Additional items you can purchase are 'worm wee' (from the school worm farm), honey and coming soon, eggs! Please note this is only during school hours and it is cash only.

The school is also a collection point for 'Bread Tags for Wheelchairs'. Save your bread tags and drop them off and they will be recycled in South Africa. For more info on this initiative go to www.breadtagsforwheelchairs.co.za Every little bit counts!

One PTA member has taken looking after the environment a step further by becoming an independent consultant for NORWEX a cleaning system with the environment in mind.

For information on the **ecostore** fundraiser or Norwex please contact Kimberly 021 302 600





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White Rock Gallery News

On behalf of White Rock Gallery I would like to thank the community at large, The Kauri Museum, the artists and artisans themselves and Friends of the Gallery for your ongoing support.

Thanks to you, all winter sales have been steadily ticking over, which is truly great.

This is just a quick note to let you all know that from August 1st there will be a new show of art works and from the 10th a refresh of craftwork.

THANKS ALL,
Matthew

Winter days at the market

Paparooa Farmers' Market has generally been well patronised lately despite a few wintry days making visits a bit more fleeting. On the mostly sunny days there has been a great atmosphere with Salt River Band entertaining customers every second Saturday.

Market Manager Ruth says the market is in good heart with keen support from the regular stall holders and customers alike. We always expect the winter months to be a bit quieter and await the return of our seasonal suppliers.

There's always a choice of fresh vegetables and fruits, herb and vegetable seedlings, along with regulars such as Chapel Olive Oils, Auburn Eggs, KauriCoast Seafoods, Sweet Delights and Maggie's pickles, jams and takeaway hot soup. Plus theres always a bacon and egg sandwich on the go.

It pays to keep an eye out for new stalls that suddenly appear. You may be surprised!

Does your organisation have something interesting to tell the community?

We'll be happy to place your news
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contact **Paparooa Press**
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Otamatea Repertory Theatre presents

'WINTER RAZZLE-DAZZLE'

Saturday 3 August, 2.30pm

A creative showcase featuring some amazing costume creations by designer Corinne Te Whata and a dazzling variety of entertainment.

One show only.

Tickets at the door.
Adults \$10, Students \$2

ORT upcoming events

DINNER THEATRE COMEDY

Auditions for 'This is Your Captain Speaking'

Director, Peter Matheson has announced that auditions will be held Wednesday August 7 from 7-9pm at the Otamatea Repertory Theatre, Bickerstaffe Road, Maungaturoto.

Roles in the play are for adults and older teenagers only (not suitable for children). The show will be very interactive and Peter is looking for people who can 'think on their feet' and work as a team. Initially rehearsals will be twice a week and there will be six shows at the beginning of November, over three weekends.

It's a play, musical, pantomime, movie and a dinner show; it's madcap, a high-flying comedy. A great show for people who don't normally go to live theatre.

U ORT 2 B A ★

(You Ought to be a Star!)

Our popular holiday programme will run from Monday Sept 30 to Saturday Oct 5, 9am-3pm, with a public performance on the Saturday. The focus is on singing; children will learn a solo and be involved in group singing and duets are also possible. Group work will be presented at the performance and, for those who choose to, solos performed. Soloists will be judged and prizes/trophies presented to winners. Junior and senior categories will be split depending on numbers and ages.

The class is restricted to a maximum of 30 and costs are similar to Youth Theatre-\$100 plus membership.

Enquiries to Otamatea Repertory Theatre:
Maura Flower 022 354 2670
Peter Flower 021 164 8318

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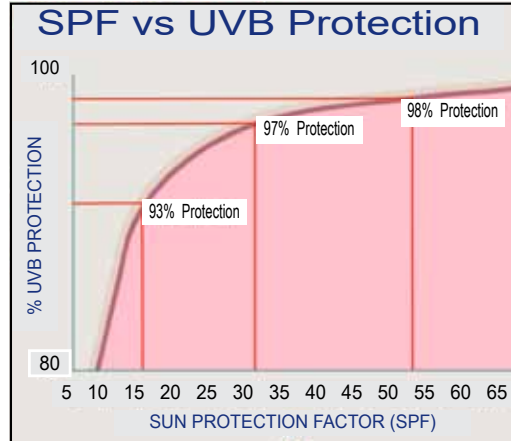
Sunshine and skin - Pt 2

Last month, I talked about protecting your skin even in winter and on cloudy days. This month, I'd like to touch on the subject of SPF (sun protection factor).

There is a general belief that sunscreens with a higher SPF give proportionately more protection. This couldn't be further from the truth. As can be seen from the graph, a sunscreen with an SPF 15 gives a 93% protection, increase the SPF to 50 by more than doubling the active ingredients and you only get an extra 5% protection. This is a trade-off most people aren't willing to make once they understand it. Having more active ingredients in a sunscreen is not always a good thing. These ingredients work by absorbing the UV rays to prevent them hitting the skin cells. In the process

of absorbing and neutralising the UV rays these ingredients turn into free radicals which then present a different set of problems to the skin. So a good sunscreen should also have a good dose of anti-oxidants to combat this issue. More on ingredients in the next issue.

Another fact that is not widely known is that the SPF measure only applies to UVB - the shorter UV rays that reach the epidermis (top layer of



the skin) that is responsible for redness, inflammation and burns. The measure does not apply to UVA - the longer, more insidious rays that can penetrate the skin down to the dermis damaging collagen and elastin tissues (please see Part I in the last issue).

So choosing a sunscreen based on SPF alone is not enough as you are only protected against UVB. Look for one with a broad spectrum protection guarding against both UVB and UVA.

Nina Quan, Skin Therapist
Skin Image Paparoa & Waipu

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Pets in the Valley

Isn't it interesting how things seem to happen in clusters. I hadn't amputated an animal's limb for a couple of years and then we ended up doing two in an afternoon, with another a few weeks afterwards. They were all quite different cases.

The first was a working dog who had been in a traffic accident 18 months earlier where he had damaged his hip. He had been for referral surgery but he was still having some issues with the leg. This was probably a factor in him breaking his femur of the same leg when he wasn't quick enough to get out of the way of a bull. Post leg amputation he was a happier dog although trying to keep him quiet for a few weeks wasn't going to be easy!

The second was a young cat with multiple injuries from being hit by a car - badly broken hind leg, broken pelvis, broken ribs and damaged radial nerve of his front leg.



Orthopaedic surgery on the leg wasn't an option. The only other option was amputation (other than euthanasia). Since his nerve damaged leg was on the same side as the amputated leg plus he had the broken pelvis he had a harder road to recovery. However due to his sunny nature and the resilience of youth he has made great progress. Watching him trying to be a kitten and chase things while he was still fairly broken you knew things were going to be ok.

The third amputation was for a badly painful and swollen joint on a goat. Goat anaesthesia is supposed to be fraught with difficulties but this lad followed the text book perfectly and again was a lot happier on recovery than he was before - all he was interested in was food. Turns out he had a tumour in his bone - something I've only ever seen in dogs before.

So although amputating a limb is often not our first line of treatment it definitely has its place in saving animals lives.

Keep cosy out there, Janine

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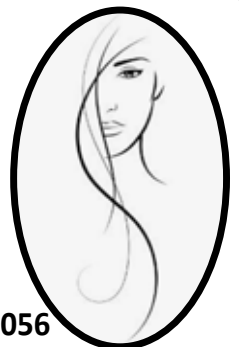


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Sound vibration of perfection

If you've ever gone to a yoga class at some point you've probably chanted 'Om' or 'Aum'. Why? 'Aum' is the original, pure sound vibration of perfection, in Vedic scriptures it is described as 'That which sustains everything'; when chanted correctly it sounds more like 'AAAOOOUUUMMMM' ...

According to Sadhguru, if you had no tongue you can make three sounds 'AAA', 'OOO' and 'MMM'. From these three sounds all other sounds are made using your tongue to disrupt the sound vibration.

The vowels, A, E, I, O, U resonate in the mouth without disruption. From an acoustic point of view they are 'pure resonance, pure order' and represent spirit, whereas consonants (B, C, D, F ... etc) are chaotic noise; they are disordered and represent matter.

When chanted properly, Aum is full of vowels which encourages order and harmony within our bodies, mind and spirit. It ends with MMMM, which helps that order to be incorporated into our bodies.

Interestingly this sound is still used today in many cultures, but as words and names get changed and distorted through the cultural use of language, the same has happened with Aum. In Christianity it is said as 'Amen' and in the Vatican is said 'AAAAAAAMEN'. Remove 'en' and you get 'AAAAAUUMM'. In Islam you will hear 'Ameen'. Again, drop 'en' and you get 'AAAAAUUMM'. In India, Aum has become Om.

Aum is at the root of creation and our being. When a person is fully silent within themselves, this is the vibration that is naturally felt within their body. Chanted daily, for just a few minutes, this simple yet complex sound has the power

to heal as it brings order to the chaos of disease whether you are in pain, lacking focus, or feeling disconnected.

How? Most of our body is made of fluid. When vibration meets water, the water will make patterns of beauty or discord depending on the sound. Harmonious sounds produce beautiful ordered patterns, whereas interrupted noise produces choppy ripples with no order. When your body experiences pure ordered sounds, the water in your body embodies that vibration and carries it into every cell. Not only that, water has a memory, and it will remember this pattern and way of being. The more often it is experienced, the longer the effects of harmony and order remain.



If you are uncomfortable using your voice, or want a more intense experience there are instruments which resonate on this pure vibration such as Tibetan singing bowls, gongs and tuning forks. The complex sounds created by these instruments when skilfully played are able to take you into states of deep relaxation, relieve pain, release past emotional distress and help bring clarity and focus to daily life and projects.

More info can be found at selfnurture.org. Learn how to chant 'Aum' with Sadhguru at selfnurture.org/go/aum

In Bliss, Carrie Marie



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Calling all volunteers ... & those that love them

Volunteers are the life blood of our local towns. Without them I wouldn't have passed my restricted licence last year, a friend would have missed hospital appointments, we'd have no local groups, ambulance, fire, library services; there would be no beautiful walkways ... and there are many, many other places where volunteers make a difference.

By appreciating **Our Angels** (the new name for 'Pay Bliss Forward'), we make them feel good; feeling good is contagious, as it radiate smiles and joy out to the world. Our 'Angels' are invited, if willing, to share their story, so bringing acknowledgement to the organisations which help to improve our community life and bring awareness to the opportunities that exist through voluntary work.

Are you or do you know a volunteer in our community anywhere from Kaiwaka to Ruawai and between who would benefit from a free 30min sound energy massage. (Healing sounds of singing bowls chimed onto your body; feel the harmonious vibrations in every cell of your being so that you feel relaxed, rejuvenated and blissful. Located in Paparoa. For more info: selfnurture.org) Yes? Contact me: Carrie 021 057 6184 or go online: selfnurture.org/our-angels. Our Angel's name will go into a hat and two names will be drawn each month.

What if someone doesn't want a sound massage? Do you have a service and a bit of time you would like to offer for free? Here's some ideas: dog walking, gardening, car valeting/cleaning, other holistic treatments, shopping, house cleaning. Add your offer here: selfnurture.org/my-offer-for-our-angels/ Or contact me for more info.

Together, let's say 'Thank you' to Our Angels and make our community even better!

In Bliss, Carrie Marie
021 0576 184, hello@selfnurture.org

Update on Beyond Yoga

Jenny is thankful to those who have been continuing to support her classes, and the 'slow rollout' of old classes continues in September, bringing back Matakohe Wednesdays, and Friday Chair Yoga class for Paparoa!

So why do Yoga?

Firstly, it's not a cardio class, you won't be mopping up sweat and feeling tired afterwards ... you'll hopefully leave feeling refreshed and balanced, but you might feel some new muscles the day after. Yoga is great for deep strengthening, flexibility and other physical benefits- but is also about aligning body with mind and spirit, to bring new

levels of awareness to daily life, transforming emotional or mental patterns that aren't serving you. Even just becoming aware of how you think and that you have the power to change your thinking can be a game changer. Break out of loops of negativity and empower yourself to change your life!

If you are already doing yoga at home- awesome. Carry on!



It doesn't need to be more intensive than seven minutes, but make it regular - like brushing your teeth! Jenny loves to support people to move into a daily practice at home.

If you want more info, find **Beyond Yoga** on Facebook or give Jenny a ring on 021 1143 370 or 09 2809 694.

- Mondays** Maungaturoto 6pm
Centennial Hall
- Tuesdays** Chair Yoga 9.30am
Paparoa Sports Pavilion
- From Sept 4th - Wednesdays**
Matakohe 5pm
War Memorial Hall
- From Sept 6th - Friday**
Chair Yoga returns
9.30am at
Paparoa Sports Pavilion

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Letters from The Old Post Office

The rose is yellow



A society grows great when old men plant trees whose shade they know they shall never sit in. (Greek proverb)

Bearing in mind the joy, the spiritual enrichment of the garden it was with wily guile that the man-in-the-shed was enticed northward. Amidst grumblings of work waits for no man, the dog, the picnic basket and the man-in-the-shed levered themselves into the ute and we were off.

Stopping briefly for mere physical sustenance (although necessary to keep things calm) and with an even briefer detour to sample cheese, the entourage finally disembarked in sunny Keri Keri. The citrus perfumed air greeted us and the background rush of falling water filtered through the standing remnant of forest. Breathing deep, the dog and I explored. Together we nosed at exotic plantings, exclaimed at the pineapples budding close to the earth, rubbed the skin of kafir limes and picked over ground-fall fruits. The man-temporarily-out-of-the-shed had a beer.

However, Dear Reader, the man-out-of-the-shed was obviously mindful of the pertinent sayings of C.JoyBell.C that, "The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way that we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open. Do it. Throw yourself."

And, while throwing was obviously an action too far, it was with interest and enjoyment that we explored the kauri stands, the unusual ground covers and stood in silent amaze at the base of the tumbling waterfall. Of less delight was it to view the trespassers' fag ends and plastic.

Continuing to live and grow we surveyed the sunny vegetable garden, the composting toilet (the juxtaposition is deliberate) and a beautiful (allegedly) yellow rose. She wasn't actually in flower but the praise heaped on her beauty and fragrance was enough to guarantee my desperate desire for a cutting (or six) And, still following C.JoyBell.C's advice, harmonious agreement was reached and the ute carefully bore home a basket of fruits, several pineapple plantlets, bunches of kale, kafir lime leaves, and six rose cuttings in a wet towel.

Although a brief attempt at planticide was attempted, i.e claims of not seeing them in the tray of the ute, it was not really serious and the cuttings are now firmly bedded in the garden and 24 hour surveillance is in place.

Deb

THE BACK MAN

Paparoa

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Ron Grant - past Paparooa resident

With fond memories of a quietly caring man, we farewell Ron Grant, past designer and resident of the property 'Salt River' on Pahi Road.

Ron was born and raised in Dargaville, a great-grandson of the town's founder Joseph Dargaville. His father Ted Grant became Northland Manager for Dalgety's and the family shifted to Whangarei. After schooling in Auckland he became an architect, married Margaret Slade, and lived in Parnell for many years.



our area and moved to Kerikeri where Ron designed and built another property overlooking the inlet. Ron has lived in a unit in the Kerikeri Retirement Village after Margaret passed away 3 years ago. After a short illness, he passed away on 9th July.

For those local residents of 1994-2000, there are many great memories of Ron and Margaret when they lived amongst us. PP

(Thanks for information from Ron's niece Sue Plunkett)

In 1994, he and Margaret designed and built a home on the shores of the Kaipara, and planted many trees on the newly subdivided seven acres of a dairy farm. Ron was very keen on caring for the environment and harbour and began the 'Keep Paparooa Beautiful' group with like-minded people; this led to the beginnings of the Paparooa Press- keeping the community connected! When the old St Marks church burned to the ground Ron designed and project managed the rebuild.

In 2000 Ron and Margaret left

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Trans fats

WHAT ARE THEY?

- There are many different kinds of fats, but each is a variation on the same chemical structure. All fats are derivatives of fatty acids and glycerol
- Fatty acids can be saturated or unsaturated.
- Saturated means that they have no double bonds which could be broken (ie they are saturated)
- Trans fats are fatty acids (also called trans unsaturated fatty acids) made up of long hydrocarbon chains.
- Unsaturated means that they have double bonds which can be broken (ie not full up)
- Unsaturated fats can be 'cis' or 'trans'.
- In nature fatty acids are usually 'cis' which means the hydrogen atoms are on one side of the chain. 'Cis' fatty acids have a kink in the chain with the double bonds. Trans fatty acids have the hydrogen bonds opposite each other and stay in a long fat chain shape.
- In nature most unsaturated fatty acids are 'cis' and have a low melting point- often being liquid at room temperature.
- In manufacturing, natural fatty acids are changed by adding hydrogen atoms to become **trans fat**. This raises their melting point so the product remains solid at room temperature increasing shelf life and ease of storage.

WHERE ARE THEY FOUND?

Most trans fats in food come from manufactured products like margarine, chips, popcorn, pastries and cakes. There are small amounts found in meat and dairy.

It is thought that naturally occurring trans fats in animal products have a different effect on the human body than the artificially produced ones. Breast milk contains small amounts of trans fats.

ARE THEY BAD FOR YOU?

Manufactured trans fatty acids are detrimental to your health if you eat a lot of them. They can cause cardiovascular problems, raise bad cholesterol levels and contribute to diabetes. Naturally occurring **animal trans fats** may even be helpful to health but should not be eaten to excess.

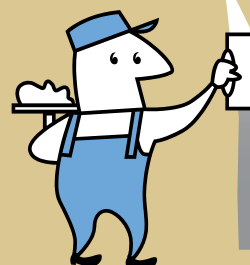
CONCLUSION

After reading many articles on the internet, I have found that there are many differing points of view. Generally it would seem that **trans fats** are not good for you and are worse than the saturated animal fats we were once warned about. So it goes back to the old story- 'everything in moderation'... Don't eat chips and donuts every day - avoid over processed foods - eat plenty of fresh fruit and vegetables.

Stella

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Mgto Connections day

Maungaturoto and Districts Rotary held a community connections workshop on Sunday June 23 with Gail Fotheringham (of Kaipara District Council) at the Country Club.

The afternoon was well attended, but mainly by presenters who found it was a great opportunity to 'mix and mingle'!

- One of the main goals was to tell people of the many services and activities available in our area. Over twenty five of these were represented and all attendees certainly learnt more about what is available.
- Secondly, to identify both positives and challenges experienced by those involved in volunteering and service
- And thirdly to identify and strengthen connections and common themes that could be worked on in the future.

It was obvious from the presentations that many local groups need some volunteer support, so if you have time to give just make contact and

find out more. Being involved not only supports a group but is a great way to meet new people. Even those who have been around for a number of years don't always know what is available and by building up a database, new arrivals will also be given information that will be invaluable to them.

There will be a follow up workshop focusing on generating ideas for promotion, recruiting and understanding changes in the volunteering sector and discovering projects locals may like to develop. This does not commit people to be involved in an organisation.

Everyone was thanked for coming and asked to personally invite two people to our next meeting which will be **Sunday August 11th, 2-4pm** at Maungaturoto Country Club.

Stella



Maungaturoto and Districts Rotary

Paul Harris Fellow awards

As one Rotary year ends we have had a change in leadership at both local and District level. We look forward to another year in which we can continue to support the community using the resources we have available.

During July we hosted our new District Governor, Ian, from Norfolk Island. A special highlight of the night was the presentation of Paul Harris Fellow (PHF) awards to Stella Clyde, a Rotarian and to Terri Donaldson of Maungaturoto. Both have made a huge contribution to our community through the years (Stella is also a longtime contributor to Paparoa Press). A PHF 'sapphire' was presented to Ken Littlejohn, past member for his ongoing support of the Rotary Foundation.

During the next six months Ian and his wife will visit all of the 40+ clubs in our District so he can find out what is happening in each club and offer support where he can.

On 24 August we are holding a luncheon to celebrate 50 years since the Club was chartered. We hope several original



District Governor Ian with Stella Clyde, recipient of 'Paul Harris Fellow' award

charter members will attend. If you know of anyone who may be interested, please call Eileen as we don't want people to miss out because they didn't know. There will be a very good speaker and an awesome meal. As Rotarians, we enjoy many interesting guest speakers, working bees and times of fellowship. If you are interested in joining us, please get in touch with any Rotarian.

Eileen Parsons 021 142 0357

Driver mentors needed



Maungaturoto and Districts Rotary, in conjunction with Te Roroa and Roadsafte Northland are looking for more volunteer driver mentors for learner drivers.

Since the Rotary car was purchased and driving lessons provided for people who have their learner's licence and need to qualify for their restricted licence, the programme has been a great success. Approximately 80% of learners have passed their restricted on the first attempt- the norm is 20%.

However, because this is so popular, we now need more driver mentors. The requirements are not huge and the number of clients each mentor has is a matter of personal choice (as is the time that they make available.) Training is given. If you believe you can help in any way, please get in touch.

Eileen 021 142 0357

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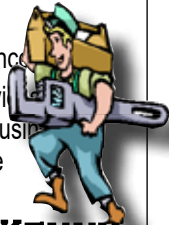
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Winter Xmas



A mid winter Christmas feast was on offer at the Thirsty Tui, Paparooa Hotel on the last weekend of July. Complete with Xmas tree and crackers, the set menu included entree, a beef fillet or confit duck main course and poached pears or rum and raisin pudding. It was good value at \$45 per person and the hotel was busy with locals and new faces alike. The cosy open fire added to the atmosphere along with some good wine. Looking forward to their Sunday roasts - see advert page 10! PP

I've been thinking about ... BIRDS

As a result of son-in-law's sending me a link to a site which he presumably thought might be good for my brain, I've been thinking about birds.

The authors had correlated research papers about birds and environmental factors in New Zealand's past. I admit the academic language was challenging, but the conclusions were so obvious I am ashamed not to have figured it out for myself.

NZ separated from Gondwanaland about 55 million years ago and became a land of ephemeral islands, arks of creatures which evolved to form a unique ecosystem. The islands were not, however, totally isolated. Birds from Melanesia, Asia, but mostly Australia came. Their chances of becoming established immigrants were linked with changing environments which created niches for new arrivals to exploit.

For example, mountain building altered the sub tropical climate of the Miocene, the rising alps creating cooler environments and rain shadow areas. During the Pleistocene glaciations areas of forest were replaced with shrub and grassland.

But the greatest change was the result of human intervention.

In the last 750 years nearly 50% of our avifauna have become extinct as a result of hunting, habitat destruction by fire, predation by introduced species (Polynesian dog and rat, European cats e.g.). Today many of our birds are in critical danger of extinction.

And the last 750 years have been a time of relative geological and climatic stability.

What happens now in a time of climate change, global warming and urbanisation? If past trends continue many of our birds will be replaced by different species either deliberately introduced or "blown in on the wind." Sadly, it seems inevitable that magpie, kookaburra, rosella and pelican populations will flourish.

Will the morepork continue to thrill with its pre dawn calls? Will flittering fantails, imperious tui or gentle kereru adapt and survive?

<https://www.frontiersin.org/articles/10.3389/fevo.2019.00158/full>

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Community Connexions

Arty Farties Inc.

John is on holiday in the South Island, Oamaru, visiting friends. Jan is in England, enjoying the new addition in the family. Gary is still here - but going soon. Sue brought her pet goat down to say 'Hi'. Aren't they (goats) lovely when they are little.

Some veges in the garden are ready, and the beautiful sunny days have given life to beautiful daffodils, jonquils, etc..

We need a good recipe for kale, so feel free to let us know if you have one.

Was out and about the other night and bumped into a couple of identities who informed me that the primary school students are impressed with our pataka (pantry, food swap-box) situated at our gate into Arty Farties. The idea is to swap something from your pantry for something from our pantry. (If you have any surplus food items then you may wish to share them too.)



Cheers from us all at Arty Farties
Anne

'Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity.'

From our family to yours Dear Mr McGregor ...



May I borrow your gun? Seems my dog is going blind and cannot see the rabbits that now live under the deck, and are eating every piece of exotic green cruciferous leaf that is planted in the veggie garden. I cannot survive on only eating dock ...

I need these greens, you see, to create the most delicious and healthy fermented pro-biotic substance ever to be paired with a fritter, hidden in a wrap or simply popped on the side of a rabbit sausage...

Imagine my recent surprised joy to see **Kimchi** in a local store - the Korean staple side dish of a thousand variations. Though it is simple to make, it's even simpler for this simpleton to buy a bottle premade. (Would my generation last a week without a supermarket? Irrelevant.)

For people who have never



tasted kimchi before, you will find the taste is a bit unique with the combination of salt, sour, spicy and sweet.

Aside from the rich flavor

of kimchi, these fermented vegetables are also rich in nutrients that provide you with a long list of health benefits. (See side bar this page for how to make your own)

Jenny

PS Mr McGregor wrote back to say that he and Peter Rabbit are now friends, and he is opening a vegan pie store. Oh well ... back to patrolling our cabbages...

Here's the dish on kimchi

김치 **Kimchi** comes from 'shimchae', a Korean word meaning 'salting of vegetables'. Not only part of the national cuisine, kimchi is Koreans's part of traditional culture of the Three Kingdoms since early 57 BC.

Kimchi is made by lacto-fermentation, the same process that creates sauerkraut and traditional dill pickles. In the first stage, cabbage is soaked in a salty brine that kills off harmful bacteria. In the second stage, the remaining Lactobacillus bacteria (the good guys) convert sugars into lactic acid, which preserves the vegetables and gives them that wonderful, tangy flavor.

Ingredients are simple: Chinese cabbage, daikon radish, carrot, onion, garlic, ginger, Himalayan mineral salt and chilli (flakes, red pepper powder or diced fresh- as hot as you like). Find more online at feastingathome.com/how-to-make-kimchi/.

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The garden in winter

With citrus coming to the fore producing good crops of oranges, lemons, grapefruit, mandarins and limes, it's a good time to make up your favourite marmalade recipe. A batch can be made up now and subsequent batches can be cut up and frozen in bags until required.



At monthly intervals during August and September varieties of beans, pumpkin or sweetcorn seeds can be placed between wet layers of paper towel on a tray in the hot water cupboard to sprout before planting in punnets. Tomatoes and peppers can be sown directly in punnets and placed in a warm spot under cover (plastic house) to germinate and grow - and to be ready to plant out when conditions are favourable. This way your plants get a head start for normal sowing time and provide early season produce.

Prepare ground and plant out strawberry plants, manure well and mulch with pea straw. Providing they're growing in fertile well drained soil, fed and watered over the summer months they can crop for up to 3 years. It pays to replace any old and weak plants each year to ensure continuous crops.

Brassicas - broccoli, cabbage etc, and leafy greens - silver beet, spinach, kale, and carrots will be coming on if you have managed to keep up staggered plantings in the last couple of months. Guard these plants with a sprinkling of slug pellets. Did you know ... a serving of kale has more absorbable calcium than a glass of milk'

Jan R

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Otamatea Harbour Care Society (Inc)

AGM

**Tuesday 6 August 2019
7.30pm**

The Country Club
Bickerstaffe Road
Maungaturoto

All welcome

Progressive Paparooa Incorporated

PPI

Notice of AGM

**21 August
7.30pm**

**Paparooa Hall
All welcome.**

Paparooa County Depot Trust Inc.

AGM

**Wednesday 14 August
4pm**

Training Room, Paparooa Fire Station, Depot Rd, Paparooa

All welcome.

**Vacant positions:
Secretary and Treasurer**

OUT & ABOUT AROUND TOWN

On the mystery of missing hall chairs the hall committee reports that they know no more. Hopefully it's just a community thing where chairs have gone to the wrong location by mistake, but if anyone knows better, please let the hall committee know. (Robyn at Skeltons or Loraine Rowlands 431 7290).

Likewise the mystery of thefts from Fulton Hogan's workplace at the Matakoho Bridges Project. Unfortunately nothing was forthcoming from last month's front page article. Please call the police 105 if you have any information.

Our condolences to Sue Skelton and family on the passing of George (see tribute back page).

We also note the passing of Ron Grant. Ron and wife Margaret lived in Pahi Road from 1994-2000 (see article pg 14).

The price for notices on Paparooa's Changeable Word Sign (situated opposite the Paparooa Store on The Landing) has been increased. It is now \$10 per time but an annual subscription is still \$25. Contact Graham Murray 431 6324.

Due to popular request the Hall Committee's **Dog Day Out** will happen again this year. Keep Sunday 20 October free and prepare your pet for the competitions. Look out for more details closer to the time.

'Zest' is the new name for the former 'Empire' in the main street of Paparooa. Jel Davenport is taking over the business from August 9. Note: closed for the week 31 July-31-August 7.

Response to the Hall Committee's annual request for donations/subscriptions has been favourable so far ... Thankyou to those responders.

August is the month for AGMs. See notices for Progressive Paparooa Inc (PPI), Paparooa County Depot Trust Inc (PCDTI) and Otamatea HarbourCare. Please consider taking an interest and to bring new input into these organisations. All are looking for new people to step up to take an active role in the activities they engage in.

HOOK, LINE & SINKER

The fishing is still a bit up and down.

Sometimes you get a few, other times none. But anything caught has been a reasonable size, with some gurnard, kahawai and a few snapper.

Just keep trying!

Happy fishing!



OCS news

Hello to everyone,

We hope this winter hasn't been too harsh for you or your property. The season has brought its usual abundance of citrus and leafy green vegetables, so it does have its good points. We are grateful for donations of surplus produce which we are able to pass on to others. Hopefully not too many of you have suffered colds and 'flu this year and to date, we are pleased that it seems to have missed most of us at Community House.

Talking about the weather brings us to comment on the slight drop in numbers at our monthly seniors' lunch. Most of the regulars came along in spite of cooler days and while it is tempting to stay inside and keep warm - getting dressed up in all our warm clothes to enjoy a day out does a lot of good too.

A happy group is enjoying our 'Fun & Games' mornings at the Anglican Church Footprints room. Come along and join in - the next one is planned for Monday 12 August, but just to be sure we suggest you phone in to confirm this date. This is also the venue for Chocolate Bingo, on the third Wednesday of the month.

Don't forget the free bus trips for shopping in Whangarei; the second Tuesday and fourth Wednesday of the month.

If you or someone you know is feeling the need for our services, call in or phone for help with counselling, parenting, social work, senior support, financial mentoring or addiction support.

Best wishes, from all at OCS
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WHAT'S ON - AUGUST 2019

The Kauri Museum open 7 days, annual passes available for Otamatea residents
Exhibitions: 'Creating with Kauri' to Sept 30
 Textiles: 'The Perfect Accessory'
 The Kauri Museum Northland Photography Awards: 13 Sept-16 Oct
ORT Razzle Dazzle Showcase afternoon 3 August 2.30pm (see page 13)
Zero Waste Workshop August 27, Paparoa Hall (see article front page)
Retro Dance September 4, Paparoa Hall (see article and advert page 3)

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
Arty Farties Thur/Fri/Sun at the "Tile Shed"; Garage Sale Sundays 10am to 2pm;
Badminton Thursdays 7pm Paparoa Hall \$2 students, \$3 adults ph Pete 431 6822
Exercise to Music Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
Farmers' Market Every Saturday 9-noon, Village Green. Contact Ruth 021 433 969
Grey Power Last Wed in month, 1pm, Anglican Church Hall, Mgto
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, Carolyn Poyner 4316008
Mahjong twice monthly on a Tuesday. Call Marian Harkness 431 6332.
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 Sherryl Corbett 431 7127
Paparoa Community Church 10.30am every Sunday, 4 Hook Road 431 7106
Paparoa Garden Circle 2nd Wed of month Marg Bailey secretary. 09 280 9897
Paparoa Hall Functions venue ph Robyn 431 7306 or a/h Loraine 431 7290
Paparoa Library open Tues & Thurs 10am-4pm, Saturday 9.30-12noon
Paparoa Lions Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
Paparoa Playcentre Tuesday and Thursday 10am-1pm Visitors Welcome
 ph Bianca 431 6730 txt 021 782 456 or ph Jane 431 6148 paparoa@playcentre.org.nz
Paparoa Primary School Term 2 - 29 April - 5 July; Term 3 starts July 22
Paparoa Toy Library Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
Paparoa Volunteer Rural Fire Force (VRFF) 1st and 3rd Tuesday of the month
 6.30pm Depot Rd ph Cohan 431 6668
Plunket Ready Steady Wriggle Mon 10am Sports Pav. Tina Ball 021 033 5128
Qi gong Anamana Studio, Pahi Road. John 021 135 3222
Selwyn Centre Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193
Sports Pavilion Functions Venue Bookings ph Jane Bailey 431 6148
St Mary's Catholic Church 10am Wed, 6pm Sat, Maungaturoto
Table Tennis Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
Tennis Winter play Friday mornings 9.30am: ph Sue 431 6224
White Rock Gallery Open at new venue The Kauri Museum 7 days
Yoga Chair Yoga - Tuesdays & Fridays, 9.30am Paparoa Sports Pavilion \$7/class
 Monday: 6pm Mgto Centennial Hall: ph Jenny 021 114 3370

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

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LOCAL TIDES for August 2019

AUGUST TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	4.59pm	11.01am	17th	6.07pm	12.18pm
2nd	5.47pm	11.52am	18th	6.29am	12.51pm
3rd	6.34pm	12.41pm	19th	7.02am	1.23pm
4th	7.05am	1.30pm	20th	7.36am	1.57pm
5th	7.54am	2.20pm	21st	8.12am	2.33pm
6th	8.45am	3.10pm	22nd	8.51am	3.14pm
7th	9.37am	4.04pm	23rd	9.36am	4.03pm
8th	10.33am	5.04pm	24th	10.30am	5.04pm
9th	11.34am	6.11pm	25th	11.35am	6.16pm
10th	12.42pm	6.42am	26th	12.47pm	6.41am
11th	1.49pm	7.50am	27th	1.57pm	7.51am
12th	2.48pm	8.52am	28th	2.58pm	8.56am
13th	3.37pm	9.44am	29th	3.52pm	9.53am
14th	4.20pm	10.28am	30th	4.41pm	10.46am
15th	4.58pm	11.08am	31st	5.28pm	11.35am
16th	5.33pm	11.44am			

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 Secretary Mark Pilkington09 431 7369
MAUNGATUROTO PHARMACY 09 431 8045
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NKT RECYCLING Huarau Road 10am - 2pm Mon-Sat..... 09 431 8304
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Lions remember their passed members

On a recent beautiful sunny Sunday afternoon, Paparoa Lions were pleased to honour three of their recently passed members, Ian Budd, Bryce Cullen and Max Wilson. It was an absolute pleasure to welcome their widows, Pam, Anne and Ngaire, and their families to a ceremony at the grove of memorial native trees on the Lions Bush walkway. While trees for Ian and Bryce had been planted earlier; Max's tree was planted by his children, grandchildren and great-grand children on this day. Memorial plaques were beside each tree.

Max was a Charter Member of Paparoa Lions in 1978; he was instrumental in not only helping with the development of the walkway but also did a lot of footwork and engaged people to help unearth the history of the Pa site. Bryce was a Charter Member of the Maungaturoto Lions Club and transferred to Paparoa a few years ago, and Ian was a long serving Paparoa Lion. Collectively the three members had served our community for nearly 90 years! All three men are remembered for their tireless service and great sense of humour.



Pam Budd & son Martin Budd



The Wilson clan plant the tree for Max. - Ngaire Wilson surrounded by children, grandchildren and great-grandchildren



Anne Cullen & brother-in-law Bill Cullen

After the ceremony, everyone proceeded to the Sports Pavilion for afternoon tea and more catching-up on times past. Thanks go to Roger Martin for providing transport along the walkway.
Jim Rowlands, Paparoa Lions Club



George Skelton - community man

Our condolences to Sue and family on the death of George. He was born in Pahi and attended Paparoa School junior classes until the family shifted to Auckland. After living in Wellington for many years, George and Sue shifted back to Pahi in 2008, happy to be near the water again for fishing etc. He became involved in several local organisations including The Print Shop when PPI leased a printer to be available to the community and for printing the Paparoa Press. He also played a major role in Paparoa's 150th celebrations of 2012. Actively involved in Otamatea Repertory Theatre his great achievement was writing & producing the play 'Alan Adair' by Jane Mander. He was a stalwart of St Marks Paparoa and as co-ordinator of Selwyn Centre Paparoa he will be sorely missed each Thursday when 20 or so Seniors meet for exercise and friendship.

Joy Bonham

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