

Annual Award Comes To Paparoa

Appreciation of the work being done by the community in ridding local peninsulas of stoats, weasels, rats and possums was shown at the recent Northland Regional Council Environmental Awards.

Pest Free Peninsulas Kaipara, led by enthusiastic Shaun Holland, was the winner in the Environmental Action In Pest Management category for an 'outstanding large-scale collaboration that empowers landowners to protect native flora, fauna, habitats, and birds from predators'.

This is the fourth year of Environmental Awards being given and NRC Chairperson Penny Smart says they

are their way of recognising and thanking those who share Council's mission to create a healthy environment, strong economy and resilient communities.

Shaun has been able to assist many landowners in their desire to have

widespread predator-free areas. Many living on Pahi, Te Pahi River and Petley Road Peninsulas, along with landowners from Whakapirau, Paparoa Village and Matakōhe are getting in on the action!

Our Lions Bushwalk undergrowth is very much improved with such low numbers of predators coming into the area- thank you to everyone who plays a part in this admirable goal.

Pestfree Peninsulas have a facebook page for contact details, news and views. The more people involved, the better!

Check out their work in this video:

youtube.com/watch?v=qGLdenRHyEk

Lorraine Rowlands



A native kauri snail shell



Shaun Holland and some of his fellow winners at the Awards Evening, flanked by NRC Councillor Jack Crow (right) and Paul Ralph from the Dargaville NRC Office (left).

Break In



Lions Firewood site has been broken into for the second time and a \$1000 dollar Lifan generator has been stolen. The thieves climbed over a fence into a locked area then simply walked away with it.

This is a valuable piece of equipment to the volunteers who source, split, stack and deliver the firewood.

The generator is used to operate a hoist/crane system than saves the volunteers having to manhandle big pieces into the splitter. The job has now been made much more difficult as many of the people involved in the firewood project are not as young as they used to be and now more volunteers are needed to do the job.

The theft also means Lions will have to beef up security around the site, including security cameras which link directly to a phone number for quick action.

It's a shame to think there are people in our community who would steal from such a hardworking organisation.

Police have been informed so if anyone has any information please get in touch with them.

Our local Lions do wonderful work and their firewood sales are important for their community fundraising

PP

Farewell To Betty and Ken

Paparoa Lions and Progressive Paparoa Inc recently held a farewell dinner for Betty and Ken Cairns from Paparoa Motor camp.

They have both been heavily involved with the community over their 16.5 years in the area- including PPI secretary, White Rock Gallery, helping wearable arts, assisting with community fundraising, mowing the walkway, building the market trailer, assisting with Lions firewood delivery and much more.

They will be missed in the community but will surely enjoy their retirement in Waihi near family.



PP

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Paparooa Press PP

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ADVERTISING

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Wastewater Project gains momentum

By now many of you will have had contact with Laurel Belworthy who is currently conducting the community consultation phase of this vital project for Paparooa's future. Some will have filled out the Community Survey and given your thoughts on the problem of wastewater pollution and some possible ideas for a resolution. Thank you for participating.

If you have not had an opportunity to have your say please contact Laurel on 027 7135 815. She is very happy to receive calls from interested people.

The survey is available online at www.paparooa.org.nz, or can be emailed to you. It only takes a few moments to complete, and all answers are completely

anonymous. The information and opinions that you provide are important to be able to determine a collective voice for Paparooa and to be able to plot a way forward.

Progressive Paparooa was extremely fortunate to receive a grant of \$25,000 from Foundation North to fund Laurel's work. The application for this grant by PPI fitted the Foundation's focus area of Regenerative Environment- Whakahou taiao. That is restoring the natural environment and having a clear and positive impact on the relationship between environmental and community wellbeing. Importantly the project has to be community led and place based.

During August Laurel will be holding further discussions with individuals and groups to complete the consultation phase. Watch out for notifications on the Notice

Board opposite Paparooa Store and shop windows. From that she will be able to draw conclusions that reflect the community wishes and some possible solutions. The final phase during September is to develop a road map and business plan that has practical and doable actions.



To ensure success it is critical that the widest span of viewpoints is heard. Everything is regarded as a valuable contribution however small. Unfortunately, this issue is not going away and doing nothing is not an option. Make sure you have your say!

PPWG

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We are now planning this year's event - an annual fundraiser that we have run for 37 years in a row.

As you will have noticed from Facebook promotions, we are now receiving good items that we can sell. Please, no TV screens, computers or printers.

Eileen can meet you at the hall if you have items to donate.

If you are able to help in setting up on the afternoon of the 3rd October (or at any time during the week)

please call Eileen - 021 142 0357

A reminder to our contributors!

We need all advertising material by the 15th of the previous month and all editorial copy by the 20th. We cannot guarantee the publication of any material received after these dates.

While we always welcome editorial content we reserve the right to decline or hold over any articles outside our regular columns.



Council Mark says – Democracy...

In my May column I reported my concerns with the state of our part of the State Highway network. I have so far twice had the promise of a substantive response within 5-10 days. It may yet happen. To be fair though, there has been a flurry of repair activity along SH 12 in the last few weeks.

The lack of a response back to me has caused me to reflect on the potential impact of the proposed “3 Waters” reforms on our democracy. It’s a work in progress, but here’s what I have figured out what “democracy” means for me: in large measure it allows for citizens in a society to have a say regarding things that affect them, and that say has to make a difference. The following factors enable that to happen: the Rule of Law, Freedom of Speech, and Accountability.

The Rule of Law is important to ensure a fair and consistent approach in dealings between citizens and also between citizens and the State. A set of rules (laws) administered by an independent and knowledgeable judiciary is an essential part of this. This also provides for freedom of movement and freedom of association but sets limits to those freedoms. Freedom of Speech is important to enable citizens to express their views to each other and to the organs of the State. It means that it is

okay to disagree with someone but (in my view) it carries with it the responsibility not to incite violence or to defame someone else. There will necessarily be a tension between individual rights and the public good. Social media I regard as a bunch of children without parents, to put it politely. Cancel culture is a subject for another day.

Also, I can’t imagine a democratic society that does not require people in positions of power to be accountable for their decisions and actions. The ultimate means of calling elected representatives to account is at the ballot box every three years and the other main way to achieve accountability is via independent media including radio, television and newspapers including the digital versions.

So where am I going with this philosophical rant? Just think ahead a couple of years to the time when the Three Waters - drinking water, waste water and storm water - are administered by some appointed bureaucrats, say like Waka Kotahi/NZTA. If you have a problem with your water

or sewerage will you have an 0800 number to call, and a promise to respond within 5 to 10 days? Think about it. I think it was Winston Churchill who endorsed democracy by saying it is the worst form of government- apart from all the rest.

Mark Vincent
Otamatea Ward Councillor
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Feedback

Response to June I’ve Been Thinking opinion piece

In the June Press RS was wondering how many of us shared his/her “impatience with the Government’s OTT tendency to apologise to all and sundry for past actions committed in the name of Her Majesty”.

As a family we concluded that we actually would like to congratulate the government for their apologies for their past wrongdoings such as the dawn raids. These were blatantly racist against Polynesian overstayers, as Europeans in the same situation were not targeted. We wonder if RS had been rudely awakened by baton bearing police and immigration officials whether he/she might change his/her view.

Our belief is that we need more compassion and empathy in our country, not less, and support the government taking a lead in that.

The young people in our family also believe there is a need to understand the past to be able to work for an “exciting future” and we all look forward to learning more about our New Zealand history so, as a nation, we avoid committing further injustices.

Libby Jones and Pete Hames



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Northland District Health Board Elected member Libby Jones - New developments at our local hospitals

One of the objectives of the board is to get more services closer to home, which saves Northlanders having to travel out of the area, and creates a better all round service locally. Northland is the fastest growing region in New Zealand so it is great when we can provide our own specialist

services and improve services locally for patients.

Some of the particular challenges of our current hospital in Whangarei are being addressed while we wait for the new hospital that we are planning for.

Having two new extra theatres now open means that more surgical procedures can be delivered and procedures are less likely to be cancelled as a result of accidents and other acute emergencies.

The new cardiac catheter laboratory has now opened which has cleared our waitlist for outpatient angiography tests for heart problems, which were previously only available in Auckland. This is the first stage, and other cardiac procedures will be added over the year.

An Assessment Unit has been created next to the Emergency

Department to ease the flow on ED. It is currently only open during the day but has already saved many unnecessary admissions to hospital. Patients can now get the tests they need and have supports put in place without having to be admitted overnight. Waiting times remain a challenge at ED and this will start to make a difference with more space and more staff.

The new endoscopy suite also at Whangarei Hospital has improved our waitlist for colonoscopy and other procedures as well.

Other improvements are also being made at the regional hospitals, so rural patients can have more services closer to their homes too.

Stay well, mauri ora, Libby

Libby Jones
hames.jones@xtra.co.nz
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Depot Trust Announces Significant Changes

Paparoa County Depot Trust is a little-known entity that can potentially make a big difference. The Trust owns the Industrial Park in Depot Rd and earns income from the lease of the land and buildings and in recent years it has provided storage facilities for people's belongings. Its income has been growing and every year the trustees have distributed the surplus funds by way of grants to several local organisations. Last year \$15000 was distributed locally.

This year the trustees have made a couple of significant changes to its grants policy.

The Trust will establish an annual scholarship for a student graduating from Otamatea High School and pursuing further studies in the Primary Industries sector. The trustees decided that

scholarship, to be known as Paparoa County Depot Trust Primary Industries Scholarship, will be awarded following recommendation by Otamatea High School staff and carries a value of \$1500.

Primary Industries teacher at OHS, Marco Troost said "This scholarship will be a great help for students following careers in the Primary Industries. At OHS we have many students studying Primary Industries as well as the traditional science subjects."

The other major change is that the Trust will call for applications for grants twice yearly in November and May. This will allow organisations to receive support that fits in better with their activities rather than a once-a-year opportunity.

Trust Chair, Graham Taylor, said "These changes reflect a desire of the trustees to help young people and to support organisations throughout the year. For the major grants, the criteria remain the same and are available from the Trust on request. The trust's activities are a wonderful resource

for Paparoa. Not many small communities have this source of funding available."

Further announcements regarding applications for the scholarship and the community organisation grants will be made in Paparoa Press later in the year.

PCDT



Otamatea High reflected the old Otamatea Council area in its catchment and that for a rural area like ours a career in the Primary Industries was appropriate to support. It encompasses everything from traditional agriculture, horticulture, alternative crops and livestock, veterinary studies, research, and training. Anything that relies on the land for its production. The



INVITATION FROM MCCT Friday 20th August 2021

The public are invited to join Maungaturoto Community Charitable Trust for the Blessing & Public viewing of their newly completed Specialised Dementia Unit

Blessing 6.30am

Unit open for public viewing 1-3pm

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HarbourCare News: Planting Season Now On

We still have plenty of plants in the nursery so....

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 - you want trees for planting alongside waterways or erosion-prone land,
 - you prepare the site yourself and make sure it is adequately fenced,
 - it is not for a resource consent purpose,
 - you come and collect them from our nursery yourself,
 - and you are a member of HarbourCare Society (annual subscription is \$10)
- then the plants will be free, except as follows:

In order to increase the range of wetland plant species available, the committee has decided to purchase three types of sedges from another nursery because we haven't yet got around to growing them ourselves. The society will be subsidising the cost of these so we will be charging 50 cents per pot or \$10 per tray of 28 as appropriate.

If you need help with planting we may be able to arrange something, so please get in touch.

Mark Vincent, Secretary 021 0829 8037

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Racquet Sports Update

With no action on the tennis courts over the winter months, the focus has been on table tennis and badminton recently. Over the last couple of months some of our table tennis players have been travelling up to Whangarei to take part in their two person teams tournament.

Each week the individuals play against the two players from their opposing team and finish with a game of doubles.

Sumit Dua and Venkatesh Thite (of Thirsty Tui fame) so impressed the hosts that they were put into the top grade, where they came up against some very good and experienced players. They still managed to acquit themselves well and certainly improved their games over the weeks.

Al Morgan and Pete Hames teamed up and eventually just managed to win the B grade competition after a titanic battle in the finale. The third

Paparooa team was a bit of a mix and match of our local players depending on who was available on the night. While lacking consistency because of that, they still managed to win a good number of their ties.

In the meantime badminton has been well attended on Thursday evenings at the Paparooa Hall. We have a range of ages and abilities playing and always make new players welcome.

If you're interested in coming along to either table tennis or badminton feel free to give me a call.

Pete 021 0567163

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It's great to be part of our Community Op Shop, where everyone benefits. Locals get the chance to pass on surplus items and declutter, shoppers love their bargains, and the proceeds go straight back into our local community for various projects. What a great recycling facility we are!

Thank you for all your donations. Clean, quality and ready-to-sell items are VERY much appreciated. And thank you to all our lovely volunteers who keep the shop ticking. We have new stock arriving by the hour so it's well worth popping in frequently for all your clothing and small items needs.

If you need to donate or purchase larger items (furniture, tools etc) check out The Den on Bickerstaffe Road

We now have a Facebook Page and will try to keep you updated with items of interest.

On Behalf of our Team
Andrea

Letters from The Old Post Office...

It's another dank and dreary day. The wind beats an irregular rhythm on every ancient weather board. It feels like living in Wales again. But the people are taller.

Therefore, it seems meet to depress oneself even further. In a Leonard Cohen, Sylvia Plath, sort of way. I mean who doesn't resonate to the mortal words

"The heart shuts, the seas slide back, the mirrors are sheeted" (1), and similarly Cohen's, "A million candles burning, for the help that never came" (2).

Of course, Plath in her usual overly dramatic style was actually describing a bruise "Colour floods to the spot, dull purple." Can just imagine the farmers out there battling the elements stopping to put cursor to technical device in order to describe their latest injury. Possibly along the lines of:

"A digit lies, partly hacked off
The blood, the blood.

A kingdom for a plaster, For a pretty/handsome/other nurse. Oh sweet, there is the duct tape! She'll be right, mate."

Sorry, that was a little light hearted. Back to the dark.

It is the winter weather, the shortened days, the pale impoverished sun that leads one to reflections on one's past and present. (Sounds like a Dicken's script, just missing the future (3). Shrouded in the gloom of the first day of the week one thinks of missed opportunities, rather than the promise a new week may bring. Missed opportunities ranging from that friend you didn't meet, that job you didn't take, that rich man who bored one comatose (SUCH bad luck) to the yacht one left

Memories.....

in the Bahamas... What was I thinking...but there lies a tale (please note ambiguous spelling of lies).

Actually, have cheered myself up. Do hope that any distress the previous ramble has caused will lift. Am now lost in memories of opportunities taken. For instance: Briefly leaving a wedding to swim on a moonless night and losing the dress in the dark sand (the man in the shed was not pleased, when he finally discovered the sandily dishevelled guest lurking in the shadows. But the water was divine) dancing to a reggae band on Anegada, climbing Tokatoka and nearly falling off the top, cross country short cut adventure with younger daughter. Only took five hours and I knew we were going in the right direction ALL the time, just a few steep gullies and whatnots in between. She still refers to it as the great trek. Being sent out of a school staff meeting of 150 by the Principal. The drama teacher and I were only laughing. Quite loudly, and for quite a long time. But still...

Aaah, such fun. And will try to remember that "the world is puddle-wonderful." (4) Quite often.

Am also going to take up knitting, fluffy slippers, bits of string and kittens, channelling Julie Andrews. Or not. Did Julie Andrews aka impossibly clean, spit spot Maria take the occasional drink?? (occasionally throughout the day I mean).

Salut.



(1) From Contusion, by Sylvia Plath.

(2) From Cohen's song: "You want it darker".

(3) Reference to the ghost of Christmas past etc in Dicken's "A Christmas Carol".

(4) From "In Just", by E.E. Cummings.

Deb

Progressive Paparoa Inc AGM

Wed 18th August
7:30 pm

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Maungaturoto and Districts Rotary

June 29 saw our Changeover from one Rotary year to the next. Rodney Tysoe has agreed to stay on as President and we look forward to supporting him. Elaine, Past District Governor spoke about the new Satellite club at Mangawhai and what it meant for our wider community. The Paul Harris Fellow Award was presented to five very surprised recipients (Paul Harris was the founder of Rotary in 1907) and to give this award our club has to have contributed \$US1K to the Rotary Foundation (Rotary Charity Arm) for each recipient. The recipients were: Tim Magill, Vipin Chand, Bronwyn Ellison, Albie Paton and Eileen Parsons. President Rodney outlined the work we had undertaken during the year, then spoke of his aims for this year: Growth, service and publicity.

Having the inauguration of the Mangawhai Satellite club in the past year has meant growth in the East so we now need to focus on growth in our Club as a whole. This year's international motto is: Service to Change Lives.

Some of us were able to take up the invitation from Otamatea High School to a High Tea hosted and provided by the Year 10 Hospitality students. Not only did these young people excel in

the preparation of all the food, but also in the presentation. During the afternoon the students interacted with their guests in a very positive way. Thank you OHS for giving us the opportunity to be involved in this.

Our Club will continue to be involved with the new Satellite club at Mangawhai and the sailing activity. They will be meeting twice a month on a Thursday and of course, their members are welcome at our weekly meetings.

Our four driving mentors continue to provide restricted licence tutoring to people in our area. Last year we had 17 licence successes and already this year we have had two. The new car is going well and we are grateful to Dean Garnett for its upkeep. It is great to know we have someone we can depend on when we have a problem.

Eileen Parsons

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Art Journey for White Rock Gallery

From the start of our journey in 2015, first in Paparoa and then Matakoho, we are now White Rock Gallery Ruawai.

After a lot of hard work by members and friends moving everything from Matakoho to storage in Ruawai, then moving it all again into our new space, we are very excited to be all set up in the new Gallery. The new leased premises had to be cleaned and painted throughout. This was all completed with volunteer labour provided by members and friends and our thanks go to them all - we couldn't have done it without you.

We will be organising new street signage for the front of the shops which will be erected soon.

We now have a lovely bright airy space to display the eclectic mix of art and crafts created by our wonderful local artists.

New members are always welcome, so if you live in the Kaipara and create any art or craft, pop in and have a chat to see what benefits there are in belonging to a creative supportive collective which endeavours to foster art in the amazing Kaipara community. We also welcome 'Friends of the Gallery' to help man the desk and greet customers when they visit

White Rock Gallery will be open 7 days a week 10.00 to 4.00 at 8 Freyberg Road, Ruawai, where a warm welcome awaits you.

Email - whiterockgallerynz@gmail for further information.

White Rock Gallery Committee

District Plan Review

Kaipara District Council is calling on our communities to get involved in their District Plan Review.

There will be future opportunities to contribute to the different stages in the Plan development. Sign up to the online "People's Panel" to receive updates on where they are up to in the process, and to be advised when you can have your say.

The first opportunity to let them know what you think is coming up in August.

KDC will be seeking feedback through several Discussion Documents, providing a high-level overview of key issues, and suggesting ways to address these issues. You will be able to give your feedback on all of

them, or choose which ones you are most interested in.

More information, including the Discussion Documents, how to have your say and the events will be available on the council website from 16 August onwards.

kaipara.govt.nz/news/post/199-Reviewing-our-District-Plan

Is your dog registered?



Dogs must be registered before 31 August.

Pay on time to avoid penalty fees.



August Newsletter

Otamatea Kaipara Community Services - a wrap-around service agency based in the Kaipara.

We have a food bank with a support system around budgeting and planning, for families and individuals.

We provide a monthly community/senior lunch plus weekly and monthly entertainment mornings.

Our services include:

- **Counselling:** With highly professional and qualified counsellors covering all aspects of counselling for all ages, in issues with relationships, grief/loss, trauma therapy, anger management and more.
- **Family/Whanau support:** For help with a range of life's challenges
- **Parenting:** Visits to the home with one on one help for parents of children of all ages
- **Financial Mentors:** Help with finances, budget; with suggestions of ways to help make dollars stretch a little and to check that those on benefits are receiving all they are entitled to.
- **Seniors social events:** Monthly lunch, weekly fun and games morning, monthly chocolate bingo. Twice monthly free shopping trip to Whangarei (all ages welcome)
- **Banking online:** Help with personal banking online since cheques are no longer being accepted
- **Addiction support:** for those whose lives are affected by active addiction, access to groups and services.

Our Mission - In the community for the community

Our Vision - To support families and individuals to create a safe and nurturing environment for themselves.

We would like to show appreciation and thanks to our supporting funders, both from government and the local community.

If anyone would like to make a donation, please go to our webpage or contact our agency directly.

The Community House is open from 9am to 4pm, Monday to Friday. Services are available outside office hours by arrangement. Drop in or phone us for details.

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Community Dinner for Grow Paparooa

Grow Paparooa is hosting a fundraising dinner at the Sports Pavilion next month. Extra funds are being raised to support the group's food growing activities, in particular to contribute to the fantastic new rabbit proof fence at the gardens. The Spring and Gardening themed dinner is on Saturday the 4th of September at the Sports Pavilion. This is a first for the group and they are planning great food, live music, a quiz and raffles.

All going to plan the menu will feature plenty of lovely fresh vegetables from the gardens, which are next door to the Pavilion. The event will be like the very popular Sport and Rec Association dinners, and equally as likely to sell out. Dressing up (perhaps in your best gardening clothes?)

is encouraged - you're even welcome in your gumboots!

There will be prizes for the best dressed table. Tickets are \$20 adults, \$17 seniors, and BYO drinks. Contact Jan Dallas on 021 431 724 or Jenny on 431 6689 to book and to arrange payment. Don't miss out!

Tickets for one of the dinner raffles are already available - specially for those who would like to support the gardens, but can't make the dinner. This is for a trailer of firewood so

keep an eye out around the village or contact Jan or Jenny to organise tickets.

Grow Paparooa is also on the lookout for water storage drums, for a simple gravity-fed irrigation system being built to help get through the summer dry spells. Big blue 200 litre drums would be very gratefully received if anyone has spares, or a good source for other suitable drums.

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It has stinging hairs but soaking stinging nettles in water or cooking removes the stinging chemicals.

Nettles have a flavour similar to spinach mixed with cucumber when cooked, and are rich in vitamins A and C, iron, potassium, manganese, and calcium.

In its peak season, nettle contains up to 25% protein, dry

weight, which is high for a leafy green vegetable. The leaves and flowers are also dried to make herbal tea for use as a cleansing tonic and blood purifier. The whole plant is antiasthmatic, antidandruff, astringent, depurative, diuretic, galactagogue, haemostatic, hypoglycaemic and a stimulating tonic.

An infusion of the plant is very valuable in stemming internal bleeding and is also used to treat anaemia, excessive menstruation, haemorrhoids, arthritis and rheumatism. Externally, the plant is used to treat skin complaints - especially eczema, arthritic pain, gout, sciatica, neuralgia, and haemorrhoids.

Vicky

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Your Sacred Voice

Recently a dear mentor passed away. His name was Antion Vikram Singh. There are some people who live by a clear mission and purpose and who share their message with the world, and make changes no matter how big or small ripple out.

Perhaps their effects are felt right away or maybe some years down the track. Either way, their presence in your life has a catalytic effect that drives positive change in your life.

This was true for me... Antion's message was this: "Your voice is sacred." His mission was to help people unlock their voices that had been closed and shut down during childhood, helping them to express their humanness, their pain, their needs, their power.

I spent most of my life suppressing my voice, not daring to speak to the point where there was a disconnect from what my needs were, never mind being able to ask for them. I didn't dare to sing, not even "Happy Birthday" to a loved one because my voice would squeak. When I was young I got told I was "tone deaf" and that label stuck.

Through learning mantra and

toning at classes where Eandra Meredith, his wife, taught Kundalini yoga and Antion taught Naad Yoga (the yoga of sound) I have developed my voice, I now sing in public, including kirtan (devotional singing); I use it to heal myself and others, I will sing happy birthday for friends and it feels good!

How comfortable are you with your voice? What would it be like for you if you could release the lump in your throat and speak from a place of empowerment?

Join me on 11th August on a free webinar to learn simple techniques to open up the voice so you can experience your sacred sounds in a safe space with a small group from the comfort of your own home.

Register here: www.mindoverself.org/classes

In bliss,
Carrie

Pets in the Valley



Pekineses in the Valley

It is quite common for animals to be flown around New Zealand when they head off to a new home and a few travel further afield to Australia or Asia. But I don't think many animals would have travelled half way around the world to be rescued.

Pekineses Pumba and Sophie came 14,233km from Dubai, spent some time in quarantine and arrived at their new home in Paparoa. From one type of farming, caged puppy farming, to another kind of farm life on a small block was a massive culture shock.

At 10 and 12 years of age these little ladies are no spring chickens but learning to walk on grass, socialising with other dogs, living with cats, hens and sheep was all part of becoming New Zealand citizens.

At first Ruth had to take a dolls push chair with her to give the girls a ride when the hills were too steep or they just got tired from the new experience of walking places. Muscles and coordination are improving as time goes on and the push chair is used a bit less.

Apparently the recent frosts were not well received by these ex-desert dwellers!

Well done Ruth for giving these girls a better life in their golden years. .

Keep warm, Janine



REMEMBER!



Either way - it's 20k when you pass a school bus that's picking up or dropping off children. Let's keep them safe!

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Science Corner

Brazil Nuts

Facts: Where are they from? They are mostly from Brazil- and other South American countries.

Firstly- they are not nuts but seeds encased with many others in a shell weighing up to 2kg. The fruit pose a danger to anyone passing under the tree when they fall.

The Brazil nut tree is one of the largest - up to 50m tall with a 2-3m wide trunk - and longest lived trees in the Amazon.

The nut contains a diverse content of micronutrients especially selenium. But the ones from Brazil also contain radium which the trees deep roots have extracted from the sub soil. Not enough to cause harm unless you eat them by the handful like peanuts.

The wood from the tree is highly prized for use in construction.



Interesting bits of their life story:

Brazil nut trees are almost exclusively found in pristine forests. This is because they need a large bee (Euglossine bees- mostly females) to pollinate the flowers. The flowers have a lid on them and only these bees can gain entrance.

The male bees have to prove themselves to the females by visiting orchids for the single purpose of gathering fragrant chemicals from them. Without the perfume of these orchids mating does not take place and the bees will not reproduce or continue to exist.

These orchids can also only be found in wild pristine forests - many near the Amazon.

The nuts are then spread through the forest by a rodent called the agouti which is one of the few animals that are capable of chewing through the hard outer shell to get to the nuts. They then scatter and bury the nuts for later consumption which in turn spreads the nut trees.

Unfortunately, there are many fortune hunting businesses/ politicians in these countries who are intent on cutting down these forests to make way for new enterprises - which is a threat to the Brazil nut.

Stella

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Preserved Lemons

- 4 clean & dry lemons, plus the juice of 1 more, if necessary
- 40 grams sea salt
- Trim the ends off the lemons. Slice each into 8 wedges, removing the pips. Reserve as much of the juice as possible.
- Layer the lemon wedges into sterilised jars covering each layer with salt. Pack tightly, pressing down to release the juice as you go and leaving about 1cm of headspace in the jar.
- Top up with the reserved lemon juice and extra if needed.
- Refrigerate for 4 days, then flip the jar over for another 4 days before using. The peel should be soft. Rinse before using.
- Expect peak flavor and texture after about a month. Kept refrigerated, preserved lemons should keep indefinitely.

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Fat Adapting

What the heck! All those years of being told fat makes you fat, but carbohydrates make you fat! Many high carb foods are also high in calories. Foods like sugary drinks, white bread, pizza, cakes, and ice cream are known as simple carbohydrates and have very few nutrients. Complex carbs take longer to digest and come from things like whole grain products, vegetables, and fruits. Both are treated the same way in your body- they are all broken down into sugars during digestion.

The truth is your brain is made of 60% fat and many vitamins, like Vitamin D, K, A and E, are fat soluble. So our Brain needs good fat to help it work. But what is good fat?

Good fats, like flaxseed, avocado, olive and coconut oil, are highly nutritional for the brain. Many vegetable oils and margarine are highly processed and contain added ingredients.

We need to understand what a good fat is and how omega 3 feeds our brains and offers better nutrition.

There is even research showing how good fats can have positive results for sufferers of Alzheimer's, Parkinson's, and Dementia.

Vicky

August Gardening Notes

A good variety of winter producing vegetables and flowers thrive despite the fact we are in the doldrums of winter- everything is getting wet and glum.

Vegetables- especially brassicas like broccoli, cauliflower, cabbage, brussels sprouts, along with Swiss Chard (silverbeet) providing lush leafy foliage, and a variety of coloured stalks, are great for making mustard pickle or serving in a white sauce. Spinach and kale are rich in a variety of minerals especially iron and flourish in well drained soil enriched with compost, and your choice of animal manures. White butterflies and their caterpillars posed a threat to their foliage in the autumn and they are now challenged with slugs and snails- a sprinkling of slug pellets when planting takes care of them.

A variety of citrus, such as lemons, grapefruit and mandarins, come into their own and this year are producing bumper crops. Surplus lemons make great lemon curd, grapefruit for turning into marmalade can be cut finely in recipe lots and frozen to make up at a later date.

Lemons can also be made into a Citrus Cleaning Spray:

- Juice of 1 lemon
- 2 litres Hot water
- 4 Tablespoons Baking Soda
- 1/2 cup White vinegar
- Lemon Rind

Put water and baking soda in a large bowl and stir gently until the baking soda dissolves. Add squeezed lemon juice and vinegar to the mixture. Then drop in the rind to infuse. Once the solution has cooled down remove the rind and transfer the mixture to a spray bottle. This natural cleaner is safe and effective- vinegar is antibacterial, baking soda can absorb odour and help remove stains, and lemons are a natural disinfectant and give a fresh smell.



If deciding to grow an early crop of vegetables and flowers from seeds versus buying in punnets it is imperative to start sowing larger seeds, like pumpkin, in single cell pots or egg cartons. Sow beans and sweet corn singly in 6 cell punnets for 4- 6 weeks then harden off seedlings by putting out in a warm sunny spot until conditions are suitable to plant out into a well prepared and manured garden. Place under cover of plastic, glass, or on window sills in a warm north facing spot getting plenty of light, or the seedlings will become leggy and discoloured.

Use fresh sterile seed-raising mix each year and clean pots/trays thoroughly before reusing. Sow seed thinly and depth twice their size. Keep moist using a small spray bottle mister or from below, to prevent seeds becoming waterlogged and rotting. Continue successive plantings every 3- 4 weeks.

JR

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OUT & ABOUT AROUND TOWN

Condolences to the family of Jarvis Maw of Matakohe who passed away recently.

Paparooa's Farmers' market happens every Saturday morning, 9am- 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, olive oil, fish, preserves, live music and so much more. A great place to catch up with friends or make new ones.

Flax Weaving At Shop & Brew on Sundays. Bring some flax and learn under Naadi's tuition. Feel free to come in and try it out.

Maungaturoto Swim Club Unfortunately our club did not operate last year because we couldn't get enough coaches for Swimsafe. We would like to meet anyone who is interested in joining the committee.

We are usually able to utilize the pools at both Maungaturoto Primary and Otamatea High.

Phone Eileen - 021 142 0357 if you are interested in reinvigorating our committee.-

T'is the season of the Paparooa community organisations' annual general meetings; a time where residents may ask 'What could I contribute this year?' The Paparooa War Memorial Hall Society is one such, and the small group of happy locals who administer and maintain the Hall would like to have the assistance of several new members. As advertised, our meeting is at the Hall on Monday 9th August at 6.30pm. (We get through business quickly and the heater will be on). Please come along and help us out, after all it is just a few meetings a year. In the past we have organised a Retro Dance, a Dogs' Day funtime, and movies and we need to keep the Hall swinging.

Lorraine Rowlands, Secretary



Otamatea Quilters farewelled a very active & clever quilter & patchworker, Betty Cairns, who has been with us for 16 years. Betty has been very generous over the years sharing her knowledge & creating many community quilts which have been donated to Stand (Health Camp Maunu) Maungaturoto Rest home, Prem Baby Quilts, Hospitals & Plunket - all of which our club support. We wish Betty & her husband a happy retirement at Waihi after a very full life managing the Paparooa Motor Camp.

Joy Bonham

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.

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Ngā Taonga, Te Hononga Tāngata - The treasures that bring our people together.
Portraits of Our People Exhibition - Until September 12.

Paparoa War Memorial Hall Society Inc AGM - Mon 9th August, 6:30 pm, Paparoa Hall.
Paparoa Library AGM - Tues 17th August, 3:30 pm, Paparoa Library.
Progressive Paparoa Inc AGM - Wed 18th August, 7:30 pm, Paparoa Sports Pavilion.
Grow Paparoa Community Dinner - Sat 4th Sept, see article p10 for details.

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, Maungātūroto
Grow Paparoa Thur/Fri/Sun 10am to 2pm at the Community Gardens
Holy Trinity Anglican Church, Maungātūroto, 1st & 3rd Sundays, 10am;
 2nd & 4th Sundays, 4pm. All welcome
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.
Maungātūroto Opportunity Shop Open Mon 10-1pm Wed 10-3pm Fri 10-3pm
Maungātūroto and Districts Rotary Club Maungātūroto 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 Maungātūroto Green Ph Tony 431 6026 or Brian 431 6884
Pahi Hall available for hire Ph Tina 431 7411
Paparoa Community Church Sundays 10.30am, 4 Hook Road, 431 6795 or 431 7520
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 2 May 3 - July 9, Term 3 July 26 - Oct 1. 4317379
Paparoa Toy Library Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
Paparoa Volunteer Rural Fire Force (VRFF) 1st and 3rd Monday of the month
 6.30pm Depot Rd ph Ken Ogilvie 021 129 4042
Plunket Ready Steady Wriggle Mon 10am Sports Pav. Tina Ball 021 033 5128
Selwyn Centre Thurs 9.45am for over 65's, St Marks, Hook Rd, Ph Sue 431 6224
Sports Pavilion Functions Venue Bookings ph Jane Bailey 431 6148
St Mary's Catholic Church Maungātūroto 10am Wed, 4pm Sunday
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
Yoga Monday 6pm Maungātūroto Hall, Tuesday 9.30am Chair Yoga Paparoa Sports
 Pavilion, Tuesday 4.15-5.15pm, and 5.30pm Matakohe Hall. Ph 0211143370



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LOCAL TIDES for August 2021

TIDES - CALCULATED for PAHI-WHAKAPIRAU					
DATE	LOW	HIGH	DATE	LOW	HIGH
1st	10.43	17.14	17th	11.38	18.15
2nd	11.40	18.17	18th	12.52	6.48
3rd	12.44	6.36	19th	14.04	8.03
4th	13.49	7.41	20th	15.07	9.10
5th	14.46	8.40	21st	16.00	10.08
6th	15.34	9.33	22nd	16.47	10.57
7th	16.16	10.18	23rd	17.29	11.41
8th	16.54	11.00	24th	18.09	12.21
9th	17.31	11.39	25th	6.34	12.58
10th	18.08	12.17	26th	7.11	13.33
11th	6.35	12.56	27th	7.47	14.09
12th	7.15	13.36	28th	8.24	14.46
13th	7.58	14.19	29th	9.04	15.28
14th	8.44	15.03	30th	9.49	16.20
15th	9.35	15.59	31st	10.45	17.25
16th	10.32	17.02			

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

Maungātūroto 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, Maungātūroto.09 431 8969

LIONS CLUB PAPAROA President Jim Rowlands..... 09 431 7290

MAUNGATUROTO PHARMACY 09 431 8045

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

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

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PLUNKET Helpline 0800 933 922

PAPAROA PRIMARY SCHOOL 09 431 7379

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

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Upgrade To The Playground

A new piece of play equipment and a top up of cushionfall at Paparooa Playground have recently been installed courtesy of Kaipara District Council



The Clean Car Programme - How will it affect you?

Well, if you're buying a used vehicle that's already registered, it won't affect you at all. It only applies to newly imported vehicles, new or used, being registered in NZ for the first time and is a one-off fee.

The rebate scheme started on July 1st and the high emissions fees start January 1st 2022. For the first six months, the rebate scheme will only include fully battery electric vehicles (BEVs) and plug-in hybrid vehicles (PHEVs), but from 2022, it will be calculated for all newly imported vehicles. The Clean Car Programme is based around a vehicle's CO2 emissions, meaning that it doesn't matter what sort of powertrain it has. Some of the most popular small petrol cars in NZ will be eligible for a rebate, like the Toyota Yaris (\$3620) and Suzuki Swift (\$2340). The "cleanest" ute currently available here is the Nissan Navara and will only incur an \$830 fee. The popular Mitsubishi ASX crossover will cost just \$540 more (also available as PHEV). There are electric utes on the horizon but RHD versions may take a while to filter through- and the prices will keep coming down as the EV fleet size increases.

The issue of utes being targeted is not true as the same fee will apply to new high emission cars as well- with many incurring a far higher fee than some of our most popular utes. There is obviously still a huge need for vehicles capable of doing particular jobs (like utes, vans and commercial vehicles) which is why you will still be able to buy them. The scheme is designed to make us aware of the emissions our vehicles produce and assist us to make better choices. It's worth noting that in other countries running similar schemes vehicle manufacturers have modified already available models to comply with lower emissions levels. With luck we will see those manufacturers roll those vehicles out in NZ. Meanwhile, check out the Rivian ute and Ford F-150 Lightening online.

In terms of rebates, the most you can get back on a new pure-electric vehicle is \$8625, and that moves down to \$3450 if it's a used import. It's a similar story for PHEVs, which will get \$5750 back if new, and \$2300 as a used import. There is also a rebate value cap, meaning that you won't get any money back on an EV/PHEV worth more than \$80,000.

Go to nzta.govt.nz/vehicles/clean-car-programme/ or for a guide to how this will affect all cars available in NZ you can follow this link: driven.co.nz/news/clean-car-calculator-driven-s-guide-to-the-clean-car-scheme/



Nissan Leaf BEV



Mitsubishi ASX crossover PHEV



Ford F-150 Lightening BEV



Rivian R1T BEV

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