

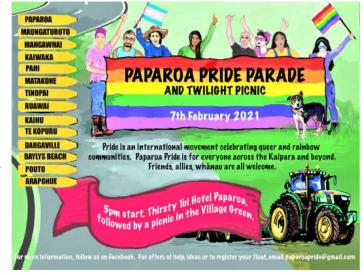
"Pride" is an international movement where towns and cities host events that celebrate and make visible Rainbow LGBTI+ communities. Takatāpui, Gay, Lesbian, Transgender, Intersex, Bisexual, Pansexual, Fa'afafine are some of the identies that are part of Rainbow Communities. A group of us from Paparoa thought it would be wonderful for the Kaipara to have it's own place for rainbow people and allies to gather, celebrate and be themselves proudly and safely in our district.

While there has been a lot of positive change for Rainbow Communities over the last few decades, discrimination and social exclusion are two of the key things that impact on wellbeing and are still experienced today. Rainbow sometimes about their ability to be "out" and open and whether they will be accepted. A rural Pride Festival creates a sense of visibility and reassurance that this is a safe and welcoming community.

Allies play an important role and are those who want to stand with rainbow people - whether you are parents,

siblings, children or friends of rainbow identifying people. Rainbow people are whānau, we are neighbours, we are dear friends to many of you. As an ally we appreciate you being with us and lending your support to this wonderful event.

The Paparoa Pride Parade and Twilight



Picnic is coming to town! But it will take all of us - rainbow people and allies to come together and be part of the Parade and Picnic so people from across the Kaipara are invited to be part of this inaugural event.

The Parade will leave from the Thirsty Tui Hotel and make its way to The Village

Green, where we will have a picnic and entertainment. Leading up to this over the January summer period there will be mask making workshops (think puppets and paper mache), community choir workshops (to sing at the picnic), a panel discussion and of course you will need to register your float (spruce up your ute or tractor). At the picnic we hope to have food trucks. Circus Kumarani and other performers- we welcome all ideas.

For the latest information find us on Facebook https://www.facebook.com/Paparoa-Pride or email us below.

We want you all to feel welcome - whether you are waving as a spectator, in the parade or joining us for the picnic. Sunday 7 February, 5pm start at the Thirsty Tui Hotel.

All ideas, offer of help and questions paparoapride@gmail.com

Cissy Rock



# 145th Paparoa Show Day 6th February 2021 - Save the Date!

This year's show falls on Waitangi day so hopefully more people have the day off and are able to come along to our A and P show.

If Covid behaves itself we should all be able to enjoy the chance to get out and catch up with lots of people and see the exciting things people get up to. As always there will be horses, cattle and goats, wood chopping, shearing, stalls and food. The indoor exhibits are always inspiring to see — there is still time to grab a schedule and see what you can make, create, grow or cook to enter. If the kids are bored there are lots of options for them to work on too.



# A reminder to our contributors!

February 2021 issue.

We need all advertising material before the 15th of January and all editorial copy by the 20th.

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#### Paparoa Press 🖭

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CIRCULATION 1,050 CONTACT US -

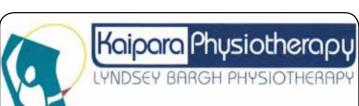
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- ph Vicky 021 248 4259
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- www.paparoa.org.nz

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# Total Fire Ban in Kaipara

A total fire ban has been in place in Whangārei and Kaipara effective from 8am Thursday 24 December. This means burnoffs, burn piles, bonfires, campfires are prohibited, as is the use of braziers, fire pits and incinerators. If you see anyone breaking the rules do not hesitate to contact the fire brigade as things can get out of control very quickly.

Principal Rural Fire Officer Myles Taylor says the ban means no open air fires are permitted across the Whangārei and Kaipara districts and all fire permits have been suspended. The ban on private use of fireworks also remains in place in some

"It's very important people follow the fire ban and don't light any outside fires or let off fireworks," says Mr Taylor.

"It's too risky. In the current hot and dry conditions a stray ember or firework could easily start a fire which would quickly spread."

"We will continue to monitor the conditions and fire danger level. Fire permits will be reinstated when it's safe to do so and when there is less risk of a fire getting out of control.

"We need the people of Northland, and those planning a holiday in Northland, to do their part to prevent a wildfire this summer.'

Go to www.checkitsalright. nz for more tips on how you can reduce the risk of fire this

#### Tertiary Education & Research Scholarships

Eight \$3000 scholarships are being offered to support students studying or training in areas aligned to work the Northland Regional Council does in the environmental, economic or community resilience fields.

Nominations for the council's 'Tū i te ora Scholarship' run until Sunday 14 February 2021.

Worth \$3000 each, the annual scholarships were offered for the first time last year to recognise and support students whose efforts reflect the regional council's key drivers and its mission of 'working together to create a healthy environment, strong economy and resilient communities'.

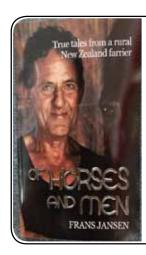
They also aim to build Māori capacity within Te Taitokerau with four of the eight scholarships available earmarked for Māori.

Applicants must be New Zealand citizens or permanent residents who live in Northland (or have family that does) or who whakapapa to Te Taitokerau.

They must also be enrolled (or have an intention to enrol) in a recognised tertiary course of study that directly relates to activities that council delivers and be studying at an undergraduate or higher qualification level.

Full eligibility criteria and application forms are available from www.nrc.govt.nz/scholarship.

All applications and supporting documentation need to be with council by Sunday 14 February 2021.



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# Paparoa Connections - Summer Projects Representatives from the project teams met recently at the Sports Pavilion.

The Mountain Bike Track in the bush at back of showgrounds has funding to build a kissing gate as the main entrance to the track. Currently, the track is accessed via the tennis courts at the showgrounds.

#### Pathways/ Connected Refresh the Village Green/ Sense of Place

A concept plan was created to show the following proposed improvements that could be made to this well-loved and used gathering space:

- Play elements throughout the Village Green
- The upgrading and relocation of the information board
- A walkway under the bridge to connect to the shops
- A mural on the water tank

A Refresh the Green session held during the Saturday Market on 21 November allowed a diverse range of people to view and add to the concept plan. A sheltered seating area, a protective feature fence, traffic calming measures to slow traffic at the car park entry (speed bump),a bbq and basketball halfcourt were among some of the new ideas gathered, as well as support for the overall plan. We are now working on a new improved plan to bring back to the community.

Surfaces are being prepared for murals – images of native birds have been proposed for the water tank mural. If there are local mural artists interestd in being involved let us know.

The all-weather track at the showgrounds is off to a flying start with a successful grant from the Depot Trust bringing in \$4000. Further funding applications are being made to add to the pot and make this track a reality. There is a high level of interest among families with children looking for a safe, off-road exercise area.

#### A&P Show - Saturday 6 Feb.

A stall site has been booked through KDC to showcase the Connections projects.

#### Come and give your feedback -

- Refresh the Green Concept Plan
- The mountain track video
- A Paparoa Connections Logo options

Please contact us at any time if you can contribute to any of the projects or want to know more. paparoa.connections@gmail. com

**Community Connections** 

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## Paparoa Library

I hope you have all had a wonderful break and said goodbye to what was a very off the wall year – 2020.

I'm sure a lot of us were glad to see the clock turn over to 2021 so let's hope this new year brings us everything we want.

Now for those of you who are avid readers and users of the Paparoa Community Library-here is a wee bit of a growling...

**OVERDUE BOOKS** - the list came in early December and it was long and there were a lot of very very overdue books. Please can you look at all the books you have on your shelves or wherever you store them and if they belong to Paparoa Library can you get them back to us ASAP! Often your book is one that someone has put a hold on and is waiting patiently to read.

Book returns- Skelton's Draperv

We reopen at 11am on Tuesday 5th January

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

Contact Jas Futter, Library Manager 022 678 1474

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# Farmers' Market a growing thing

It has been a bustling scene at the Market the last few weeks. Customers seeking fresh vegetables are spoiled for choice with Trevor's great variety, Paul's good range of greens and newcomer Denny with great tasting potatoes and beans. He has a lifetime of experience as a grower which shows in the quality of his produce.

As the market is attracting many more locals and travellers please be considerate with parking. Keep clear of entrance ways and try to leave space for others to park. There is overflow space at the Medical Centre. With action on both sides of the road please be mindful when crossing. The buzz of activity in Paparoa on Saturdays is for all to enjoy.

The Market Manager has spent three days in training for a Traffic Managers qualification (STMS) which allows operation of the Traffic Management Plan. In other words - putting the signs and cones out! This benefits all as it makes Paparoa a safer place on Saturday mornings.

Earlier this year PPI conducted a survey of stalls and market customers. This showed widespread endorsement for the market as it currently is but contained some ideas for improvement. Some have already been implemented. Constructive feedback is always welcome as the market strives to serve the community.

With the statutory holidays falling at the end of the week the market was closed for two weeks over Christmas and New Year opening again on 9th January giving all a needed break.



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# Paparoa County Depot Trust From the files...

Christmas Social, Hazzard County and Bull Horns... You may well wonder what the above by-line really means and how are they connected? But read on.

Some of you may recall a television programme called "The Dukes of Hazzard" back in the 80's. To recap it was about the adventures of two young cousins and their souped-up cars cruising around and creating mayhem in Hazzard County, Georgia USA. There was even a sheriff called Boss Hogg.

Well, in Oparakau, a little rural district west of Matakohe there was a sign erected on the corner of Ovens and Oparakau Rds: "Welcome to Hazzard County", and two young brothers who lived in the area who erected this sign took on the persona of the Dukes boys. There was even a sheriff out there, her real name was June but locally she was known as The Sheriff. The Dukes Boys (as they were known locally) were a constant irritant to her and a constant source of hilarity of other residents in the area.

Meanwhile in Paparoa, under the old Otamatea County Council, the CEO was called Peter and he bore similar physical characteristics to Boss Hogg in the TV programme, so, to staff and others, Peter became affectionately known as Boss Hogg. He even drove a large white car.

Because the Otamatea County Council was a compact organisation having its headquarters in Paparoa (in what is now the Medical Centre) and its maintenance and contracting headquarters in Depot Rd (now the Paparoa County Depot Trust) there was

an annual Christmas Social in the Paparoa War Memorial Hall and all staff attended. It was at one of these occasions back in the early '80s where "Boss Hogg" drove his new council owned vehicle and parked it right outside the front steps of the hall. What happened next must have been meticulously planned.

A set of bull horns was produced and after somehow gaining access to the near new white Ford Falcon a few of the engineering staff who perhaps had rather over imbibed, fixed the bull horns by means of bolts to the car's bonnet.

Can you imagine a new Ford Falcon with huge bull horns attached to the bonnet? The perpetrators then proceeded to whisper to some in the hall "go have a look at Boss Hogg's car".

Needless to say, come the end of the evening the aforementioned Boss Hogg was not impressed.

The very next morning the horns were removed, by the same staff members, and on Monday morning meaningful employment discussions took place. From outward appearances no-one was forced to resign and the consequences were not widely publicised, however this little slice of history is well etched into the memories of the staff from those years and locals alike who recall that evening's activities

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Northland District Health Board Elected member

# Libby Jones - What's in store for your health & wellbeing in 2021?

While we have no control over the extent of the pandemic worldwide, here at home we know we can do our bit to keep ourselves, our families and the rest of the community safe - tried and true messages of good hygiene, tracking your

movements and contact with others and keeping your bugs to yourself.

Life throws us curve balls usually when we least expect it, and again we can't control when these happen, but we can be more prepared for these so we cope better and are able to "bounce back better", as well as enjoying life more by finding satisfaction and joy in our day to day lives.

Here are some well researched ways to build your life satisfaction and resilience. I know they all sound very obvious and straightforward, but they are practices, so just like getting better at anything they require practice.

Focus on the things you *can* do something about.

**Practice gratitude** – count your blessings – as often as you can, but particularly in the morning and at night. This can help you feel better even when things are looking grim.

Keep your sense of humour **intact** – learn to see the funny side. If you find yourself taking yourself too seriously - find ways to lighten up.

Seek a higher perspective from the perceived problem or challenge - lift your sights so you can see a bigger picture.

Small indulgences are good *for the soul* – be very, very good and kind to yourself, especially if you are feeling fearful of the future. You deserve reassurance so give that gift to yourself.

Cultivate flexibility whenever we can't see a way through, there is always a solution just waiting in the wings to be discovered. Stay open to miracles.

generosity Practice with others. As emotions run high in times that provoke fear, give of yourself even more and don't take anything personally.

**Keep connected.** One of things that can bring us down is the feeling of isolation. Build and maintain safe relationships that uplift you.

Walk. Walking is one of the best physical affirmations of moving forward there is. As you walk, affirm to yourself "With every step I take I am moving forward in my life towards more and more wellbeing" or whatever resonates with you.

and consciously breathe. Bring yourself into the present moment if you find yourself fearing for the future it isn't here so there is nothing you can do with it.

With kind permission to share from author, facilitator and coach Amanda Fleming.

And from me - Smile and be grateful for each day.

Stay well, Libby Jones hames.jones@xtra.co.nz

# **GALLERY 28**

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#### Happy New Year to all friends and supporters of White Rock Gallery

White Rock Community Gallery want to wish a Happy New Year to all our lovely customers and friends who have supported us through the difficult months of 2020.

Your support has inspired our artists to keep creating and providing a continual array of art and craft to keep the Gallery displays new and vibrant. We are looking forward to, and prepared for, the challenges of 2021.

Big thanks must go to our loyal 'Friends of the Gallery' who help keep the Gallery staffed, we are very grateful to you all.

Thanks too, for the grant from the Paparoa County Depot



Trust, to help provide funds for new teardrop flags in the entrance to the Gallery (next to the Kauri Museum).

The new flags have been purchased and are now proudly displayed in front of the Gallery.

Do call in if you are passing and have a look at the all new Art Exhibition, and new crafts. All work created by our local Artists. Gallery open 7 days 10.00am to 4.00pm

**White Rock Gallery Committee** 

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# Council Mark says - Happy New Year

Here's some thoughts looking back over the year:

I didn't expect to enjoy the company of my fellow councillors as much as I have. There is a great diversity of viewpoints but a consistently high level of capability and contribution from everyone around the table. You are fortunate to have them as your leaders in these uncertain times.

I consider I have had a few little wins in helping people to resolve issues in their dealings with council (could do better), and I think I have been helpful in contributing to the important decisions which we as a council have had to make up until now (just hitting my

I have been thinking about the meaning of democracy, and this is where I have got up to: democracy is a form government which is answerable to its citizens; people have the right to express opinions which may differ from those held by others, and those opinions should make a difference to the way we are governed; stupidity is tolerated, but not compulsory. As Winston Churchill said: democracy is the worst form of

government – apart from all the

rest. A free press facilitates the

feedback loop between people

and government, and the Rule of Law ensures consistency and fairness in dealings between individuals and between the State and individuals.

With finalising our Longterm Plan in 2021 in mind the song for the day is: "You can't always get what you want" by the Rolling Stones... but if you try sometimes you just might find, you'll get what you need https://www.youtube.com/ watch?v=krxU5Y9ICS8

> Mark Vincent Otamatea Ward Councillor 021 0829 8037

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# Twin Streams – Wai Oranga Rua

We all know the Auckland property market is hot, but things have been heating up around here too. Local Real Estate agents are short of listings to meet the demand. This is reflected in the rapid take up of sections in Twin Streams- Wai Oranga Rua in Franklin Rd. Now that civil works are almost complete, and the shape of the subdivision is clear there has been a rush of section sales. While nearly all the larger residential lots have sold there are still several retiree lots available. These are ideal for those wanting to downsize and have a secure friendly environment without the sameness of a retirement village. Houses can be built to your own requirements and are yours to sell when the time comes.

The roading is almost complete and once open it will be easy to see just how attractive the subdivision will be.

**PCCT** 

## Mountain Bike Track Update

A little over a year ago a dedicated group of volunteers from the Paparoa Connections group did many working bees to build a mountain bike track on NKAA (showgrounds) land over near the team roping arena. Over the summer the track was fairly well used, but due to circumstances which included Covid and the gates having to be locked, the track has not been used much in recent months.

In December a working bee was held to get the track opened up again and it is now ready to be ridden. We have been granted some funding to install "kissing gates", but in the meantime to access the mountain bike track we ask that you park at the sports pavilion, wheel your bikes through the tennis courts (shutting the gates after yourselves) and making sure you also shut the gate into the hill area where the track is situated.

We encourage everyone to make use of this track as the more it is used, the less maintenance will be required to keep the weeds down. The design of the track means that beginners can do a short loop near the bottom of the hill, and more experienced riders can challenge themselves to get to the top of the hill and then enjoy the downhill ride on the way back.

For any enquiries contact Stu on 021 975 314



# I've been thinking ... My Soap of Choice... As a result of binge watching "The Crown" my thoughts have turned to the Royal Family. My

As a result of binge watching "The Crown" my thoughts have turned to the Royal Family. My memories of events, the "Crowns" interpretations and media snippets have all morphed into mush and I have no idea what is true and what is fiction. The point is, it doesn't matter. Quite seriously, the Royal Family has become my soap of choice.

All that conflict and drama in surroundings of opulence and glamour and the real historical context! The Netflix series has only got as far as the pouting Diana. Can't wait to see how the rest of it plays out. Will Randy Andy eventually stand trial? Will Megan become President of the US and Harry her devoted FLOTUS? (first lad) That would be one of the major ironies of history!

The problem is, of course, that these events happen in real time and I will just have to endure the suspense.

And the reality is that one member of this family is constitutionally our Head of State. The Queen is undoubtedly an admirable lady. Prince Charles seems nice enough and many of the causes we used to laugh at him

about have become politically correct and mainstream. William is also charming as is little George, but do we really relate to them as head of our country?

The system works well in the UK. To have a divide between the ceremonial and political leadership roles is an undoubted plus, freeing the PM from obligations such as cutting ribbons, patronising worthy organisations and entertaining posh visitors.

It's not quite so useful here, The vice regal Gov does not quite have the mana of the Queen.

But I cannot think of an alternative system which has any appeal. Remove the Head of State and transfer the ceremonial burdens to the PM? Electing a Head of State

would politicise the system which doesn't seem desirable. Whatarethejobrequirements? Well, reasonable intelligence and reasonably good looks, the ability to speak well, listen well, withstand long periods of boredom and the physical stamina to stand around and shake hands all coupled with personal charm and social adeptness. Frankly I can't see many able, successful people wanting the job unless it came with real perks or power.

By hanging on to the anachronistic Mountbatten Windsors we are getting, on the cheap, people who fulfil most of the requirements plus a few bonus imperfections to enjoy. An added bonus is their ability to breed, educate and train their own replacements. A bargain.

Cant wait for the next series of 'The Crown."

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# Letters from The Old Post Office... Faults...

Dear Reader, if you can bear to recall the last rant then you may remember that the focus was on the indescribable idiocy of those who choose to rate a natural feature. A feature of the landscape that may be centuries old, something that existed prior to our puny existence. And it was this idea of a review that triggered my mental faculties (the few that still survive that is).

Review means to look over, to assess, and thus at this time of the year quite timely. A good time to evaluate achievements, failures, effort and, in my case character flaws. It has been brought to my attention (mainly by my beloved offspring) that my character can be less than

adequate. Stubborn, (I call it sticking to my argument), socially inept (they claim that I laugh at inopportune moments, or people) unusual dress sense (it is my own fashion and I will stick to it. Green and pink do so go together, you only need to look in the garden.) As an aside, it was a long-held opinion of the man in the shed that most unusually coincided with that of my offspring. Tentatively he might inquire whether that outfit and choice of colour were deliberate. The answer dear Reader, was "Yes!"

also question veracity of some of my dearly held philosophies. I will leave that there, make of it what thou wilst. Questioning and wonder is good for the soul. However, although they do not question my inherent wish to help people it must be stated that sometimes they wish I could just be ,well, *nice*. (and probably dress in a more sober fashion) Now nice is something I have often struggled with. Who was it that said "The Devil has the best lines!" And sadly, I concur. With the devil having the best lines that is. Never-the-less, to loop back to my initial argument I have reviewed, weighed up, and evaluated the last year. The new year resolution will be to attempt to be nice (please note use of the qualifying verb).

In order to support this fundamental character change, the plan is to spend

lots of time in the garden. The order for roses has been placed, the compost ordered and all systems are set to go. I shall wander under the fruit trees practising sweetness and light. My mantra will be, "Omm nice, Omm, nice." Breathe in, let niceness flow through the



body, breathe out, release that sarcasm. I shall smell the sweet scent of the roses so beloved by the man in the shed and be at peace. And nice.

PS If you do not recognise this embodiment of niceness wandering the village, just check out the clothing.

NB The offshoots may well bear in mind that thought from Zig Ziglar "You can complain because roses have thorns, or you can rejoice because thorns have roses"!

Deb

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## Rotary report...

On the 15th December, President Rodney welcomed us to the last night of Rotary for the year. Once again we were well fed by the DOE group from the High School. We have recieved awesome meals each Tuesday, courtesy of this group and also the Netballers. We appreciate the effort the parents and youngsters make to

provide us with a varied menu each week and to be able to help them with their fundraising.

The highlight of the evening was the presentation of the President's Scholarships (\$1,000) to Quintin Brown and Maggie Hames as Pres. Rodney found they both provided excellent applications and could not separate them. We are sure to hear more from these young people in the future.

We were finally able to get the builders of the seat outside the Paparoa Dairy together for a photo. Thank you very much to Trevor Rintoul for the timber and to Noel and Bryan who built it.

As mentioned previously we now have a new car for our driver mentoring and we are in the process of changing providers as Te Roroa is no longer operating. However, we have a new administrator in the form of People Potential in Whangarei so we are able to continue to operate as previously.

If you have recently applied to be mentored and have not heard from us please let Eileen know so the application can be followed through (021 142 0357).



We are still working towards repairs at Piroa Falls but the path to this wonderful feature may be impeded for a while



longer due to the heavy rain several months ago.

We hope to have a District 9910 Picnic day around the 20th March at the Kauri Museum. This will not only provide a chance for Rotarians to get together but

also give us a way of promoting this fantastic resource that is on our doorstep.

As we finish one year we look forward to the exciting plans we have put in place for next year. Should you wish to join us, please get in touch. We trust you will all have a happy holiday with just enough rain to keep our gardens growing.

Eileen Parsons, 021 1420 357 Maungaturoto & Districts Rotary Club

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# Northland Circus Festival is coming to Paparoa!



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Gala Show 7pm on Sat 9th

Free School Holiday Program

for 8-18yrs 9am-1pm 11-14th, Sports Pavilion

Buy tickets / Find out more at www.circuskumarani.co.nz

# **January Gardening Notes**

With the hustle and bustle of Christmas and New Year holiday break over, the gardening month of January is upon us. The fruits of your labour spent in the garden over the spring & early summer are ready to harvest- with early maturing crops of fruit, veges, and a splash of colour in the flower garden. The runner beans I sowed in pots last August and planted



out mid September are producing well. Regularly watering and picking the beans as they mature will prolong the harvest period. Successive sowings of beans every 3 weeks or so will, under favourable growing conditions, ensure continuous crops right into late autumn.

As mentioned in a previous gardening

notes article, the washing machine outlet pipe is attached to an elbow connected to a length of spouting pipe reaching out the laundry window to feed into buckets below. Good for

watering larger plants and fruiting trees as and when it becomes available during the typical dryish period we are currently experiencing.

Effective water management has a huge bearing on plant health and growth. Too little water results in plants being put under stress, wilting and leaf drop attracting pests and diseases, while overwatering can cause roots to rot and plants to die.



Mulching in between rows when planting will reap benefits, protecting the surface roots from heat damage and reducing evaporation from the soil surface. It also suppresses weeds which compete for water and soil nutrients and the soil is kept cool with moisture kept consistent over a longer period of time.

Garden Hygiene - removing any dead or dying leaves, branches, stalks, fallen leaves and dead flowers will promote strong healthy regrowth, aids good airflow and reduces potential for fungal infestations.

To maximise growth during the growing season and to give your plants the best possible chance of withstanding disease and insect attack it is imperative to feed them regularly. Planting time is a good opportunity to apply soil fertilisers to promote good root growth and during active growth plants will benefit greatly from spraying the foliage with a quick acting liquid fertiliser mixed to manufacturer's specifications.





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# Festive lights set the scene

Glowing shade sails are lighting up the playground in Paparoa. Some towns encourage residents to light up their houses for Christmas and we are lucky that some do it voluntarily. The displays are a lovely sight. Thanks to those residents whose efforts made Paparoa sparkle at Christmas. Some of our shop's windows were lit too!

Public lighting comes at a cost, but PPI has stepped up and lit the shade sails. Strings of solar lights complement the vibrant colours of the sails. While not actually a traditional Christmas Tree it was a lot easier to decorate and equally effective. Thanks to those volunteers who manned the ladders (pictured are Gary Dallas and Shoh Biscocho). With the likelihood of a Matariki celebration on the cards the lights might be switched on mid-winter too.





## Fresh from the Hen House

I don't know about you, but I have definitely, eaten too much good food over this Christmas period. Thankfully having access to so many healthy free range eggs means losing those extra kilos doesn't take too much effort. I quote from www.eggs.org. nz "The all-natural, high-quality protein from eggs helps build muscle and allows people to feel fuller longer and stay energised, which can assist with weight loss.

Recent research undertaken in the USA, showed that an egg breakfast, compared with a bagel breakfast of similar calories, has been shown to lead to greater feelings of fullness and reduced food intake at later meals, resulting in a significant reduction in BMI and waist circumference.

Luckily, it's easy to create a nutritious breakfast. Pair eggs with fruits, vegetables, whole grains, and low-fat dairy foods as part of an overall healthy diet.

I also find having peeled, boiled eggs in a container in the fridge to snack on during the day helps me to resist reaching for the

chocolate or a biscuit.



Our farm open day was lovely time to meet locals and some from as far afield as Auckland and Whangarei. Everyone enjoyed seeing the free ranging chickens, learning about chickens from James and even giving some chickens a cuddle. Our next farm open day will be in February.

heard that during that holidays a pair of chickens walked into Paparoa Library and said, 'Buk Buk BUK.'

After a bit of thinking the lovely librarian works out that the chickens desire three books, and gives them to them. Around midday, the two chickens return to the library and say, 'Buk Buk BuKKOOK!'

The librarian decides that the chickens desire another three books. The chickens leave as before. The two chickens return to the library in the early afternoon, approach the librarian, looking very annoyed and say, 'Buk Buk Buk Buk Bukkooook!'

The librarian is now a little suspicious of these chickens. She gives them what they request, and decides to follow them. She followed them out of the library, down to the park and, up to the bridge. At this point, she hid behind a tree, not wanting to be seen. She saw the two chickens throwing the books at a frog in the river, to which the frog was saying, "Rrredit Rrredit Rrredit...'

Rebecca





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### PPI takes the reins for future action

Call it what you will but nobody likes to think of having to deal with our wastes. Be it sewage, effluent, black water, grey water or just wastewater, it is a fact of life and more so in an urban situation where it becomes concentrated. Most of us hope that the council will have put systems in place and we just pay in our rates. Flush and forget is the mantra..

Testing over the past year has shown that a proportion of the wastewater from residences commercial premises in Paparoa is polluting the Paparoa Stream which flows into the Kaipara Harbour. There are exceptions as some owners have modern systems that are adequately handling their wastewater, but many

properties just do not have sufficient land area for a modern onsite treatment system.

As a community we want to protect and ensure the health of the environment for generations to come. With this in mind Progressive Paparoa Inc wants to explore what the environmental solutions are, driven by the community for the community to protect the health of the environment. A couple of council-led meetings have been held, and a small action group formed. A few options have been explored. While it would seem natural that Kaipara District Council would step in and build a sewage scheme, it has stated clearly that it does not have the financial resources to do so given the number of communities that are facing these issues. A communal scheme is the most cost-effective option for all, but it requires commitment, planning and funding.

Progressive Paparoa Inc is a community group of long standing and has been involved with several initiatives. As an established entity it can liaise with council, represent the community and drive a project forward. It is totally committed to the long-term viability and progress of Paparoa.

There are many stakeholders, the most important being the residents and business owners, but must include the natural environment, rūnanga, Kaipara District Council and Regional Council. PPI is an entity that can engage with engineers, planners, funders, and regulators.

PPI has formed a subcommittee to engage with the residents of Paparoa to seek a solution to the wastewater pollution of the environment. It is in the process of seeking seed funding from Foundation North to commence a community engagement process and scoping study. PPI sees a role in facilitating a solution, but the final decisions will be made by the property owners and wider community.

Over the next few months, we will be having further community engagement and we would value your input to find the best way forward for our village.

Paparoa has punched above its weight before and can do so again. It is not overstating the case that if we do not take action the future looks bleak.

Kia kaha Paparoa!

Chilling out on the roads, slowing down, looking out for other road users and being patient.

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#### Science Corner

#### Wind

Why does the wind die down at night (unless there is a storm coming)?

Walking in the early morning or evening is nearly always pleasant as our very prevalent wind has not yet got up.

Generally, winds during the night and early morning are calm or quite light, but this is only for a few hundred metres above the land. Higher up it is still blowing.



Why? The ground surface layer of air cools off at night and becomes heavier than the warmer air above it. Hot air rises as the air particles move further apart and are therefore lighter.

Friction causes this cooler air to slow down, moving less

than the warmer air above and as a result it becomes calmer. In contrast the air higher above the ground often increases in strength as it doesn't have the ground surface friction slowing it down and taking away some of its energy.

Similarly, the sea is generally calmer in the early morning and that is why rowers, water-skiers and swimmers often prefer to train then. Stella

# Pets in the Valley



Happy New Year to you and your pets - hopefully this one doesn't race away as fast as last years did.

I'm not really big on New Year Resolutions but I do try and knock jobs off my 'to do' list and one of them is to do my horses' teeth, vaccinations and sheath cleaning. So maybe January is a good time to run over a check sheet for all your animals' requirements.

Grooming/clipping can be beneficial for many cats and dogs over summer to help with heat control and skin conditions. Check feet /nails of the pony, goat and rabbit. The hind dew claws are often overlooked in dogs and can start to grow into



the pad if not checked – especially if they have fluffy feet. The photo is of some I removed from a dog they look quite lovely in a complete circle – until you realize 1/3 of them were embedded in the dogs pad.

Weight management for all species has multiple benefits – it is always sad to see grossly overweight animals – summer time is especially hard for them. Specific diets are

possible and we all know the benefits of exercise!

Flea and worm control, vaccinations up to date, teeth checked- list complete then off to the beach!

Have a great summer, Janine.







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#### OUT & ABOUT AROUND TOWN

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.

Paparoa's Farmer's market is taking a break at Christmas and New Year with the first market of 2021 on 9 January.

Kaipara Yoga, with Jenny Gilberd-Longdon, is taking a break through Xmas and the New Year. Look out for the 2021 timetable coming soon, or text for info 021 114 3370.

Some careless person has lost their old stove in the native bush off Whakapirau Rd. If it's yours and you'd like it back please contact the Press.



#### HOOK, LINE & SINKER

The Tinopai fishing comp is on 9th Jan. Remember to wear vour life jackets and let someone know where you are and when you are returning. Be safe In memory of Gravy

Happy Fishing

### **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 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 Pilkington .......09 431 7369 MAUNGATUROTO PHARMACY ...... 09 431 8045 NKT RECYCLING Huarau Road 10am - 2pm Tues-Sat..... 09 431 8304 OTAMATEA COMMUNITY SERVICES Community House 09 431 9080 PAPAROA LIBRARY Free Membership. Contact .....Jas 022 678 1474 Tuesday and Thursday 10am-4pm Saturday 9.30am-12midday PLUNKET Helpline ...... 0800 933 922

PAPAROA PLAYCENTRE ...... paparoa@playcentre.org.nz PAPAROA PLUNKET .Plunket Nurse Louise 027 2823987 or 09 438 2508 PROGRESSIVE PAPAROA INC (PPI) ......Graham Taylor.... 09 431 7209 PARENT PORT Inc. free help for families Linda ...............09 425 9357 FOOTCARE Jayne Short ...... 022 542 0477

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## WHAT'S ON - JANUARY 2021

The Kauri Museum open 7 days, annual passes available for Otamatea residents Ngā Taonga, Te Hononga Tāngata - The treasures that bring our people together Maker Series Jewellery No. 2 - Sept to February 2021

Northland Circus Festival - with Circus Kumarani - 8-10 January Free School Holiday Program - 11-14 January

See ad on p10 for ticket and booking information

Paparoa Farmers Market - Resumes for 2021 on 9 January Tinopai Fishing Contest - 9 January - see ad p2 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, Maungatūroto Grow Paparoa Thur/Fri/Sun 10am to 2pm at the Community Gardens Kaipara Marching Team Weds 4-5.30pm, M'gto, Ph Rose Plunkett 431 7418 Line Dancing Thurs 10am-noon Paparoa Hall Ph Rose 431 7418 Mainly Music Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520 Matakohe Garden Circle 1st Weds each month, 1pm, J Mackinnon 431 6689. Maungaturoto Opportunity Shop Open Mon 10-1pm Wed 10-3pm Fri 10-3pm Maungatūroto and Districts Rotary Club Maungatūroto Centennial Hall,

Tuesday evenings 6pm, Ph Stella 021 149 0877 Otamatea Quilters 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262 Outdoor Bowls Maungaturoto Green Ph Tony 431 6026 or Brian 431 6884

Pahi Hall available for hire Ph Tina 431 7411

Paparoa Community Church 10.30am every Sunday, 4 Hook Road 431 7106 Paparoa Garden Circle 2nd Wed of month Marg Bailey secretary. 09 280 9897 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 3<sup>rd</sup> Mon in month 6.30pm, Sports Pavilion

Paparoa Playcentre Tuesday and Thursday 10am-1pm Visitors Welcome Ph Kirstin 431 7373 txt 021 525 425 or Jane 431 6148 paparoa@playcentre.org.nz Paparoa Primary School Term 4 Oct 12 - Dec 16, Term 1 Feb 2 - Apr 16. 4317379

Paparoa Toy Library Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330 Paparoa Volunteer Rural Fire Force (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 10am Wed, 4pm Sunday, Maungaturoto Table Tennis Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822 Tennis Mondays 9.30am, 6pm Tuesdays Ph Sue 431 6224, or Pete 431 6822 White Rock Gallery At The Kauri Museum 7 days 10am-4pm Ph 021 0267 8241 Yoga Chair Yoga - Tuesday 9.30am Paparoa Sports Pavilion

Monday: 6pm Maungaturoto Centennial Hall: Ph Jenny 021 114 3370

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



## Paparoa Press 🐵



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AIR ROASTER RAFFLE DRAW Drawn under supervision 30 November 2020.

WINNER:LANCE, Tinopai Ticket No: 024 B Red Heart.

Phone Jane @ Kaipara Marching 027-2714380 Thank you to all who contributed to our fundraising Raffle.

# LOCAL TIDES for January 2021

	,							
TIDES - CALCULATED for PAHI-WHAKAPIRAU								
DATE	LOW	HIGH		DATE		LOW	HIGH	
1st	7.07	13.34		17th		8.32	14.59	
2nd	7.45	14.14		18th	1	9.12	15.40	
3rd	8.27	14.56		19th		9.53	16.22	
4th	9.11	15.42		20th		10.38	17.07	
5th	10.00	16.34		21st	-	11.30	17.59	
6th	10.55	17.31		22nd		12.30	6.33	
7th	11.58	18.33		23rd		13.38	7.39	
8th	13.07	7.07		24th		14.45	8.49	
9th	14.18	8.18		25th		15.42	9.50	
10th	15.25	9.26		26th		16.31	10.40	
11th	16.25	10.28	3	27th		17.14	11.23	
12th	17.18	11.22	1	28th		17.55	12.02	
13th	18.08	12.11	7	29th		6.11	12.40	
14th	6.27	12.56		30th	2	6.50	13.18	
15th	7.10	13.39		31st		7.29	13.57	
16th	7.52	14.20	-		5			
					3			

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# **Christmas Mailbox Decorating Competition Results**



#### **1st place**: Kirsty Cathcart from Huarau Rd.

Not only did Kirsty decorate the mailbox, but she also created a whole scene with Santa and some elves up to what looks like mischief in a tree. An awesome display Kirsty!



## 2nd place: Chiara

Lydiard with this red-nosed spectacular Rudolph woven in flax, complete with antlers and a gift. The more we look at it the more detail we see. Wonderful effort Chiara!

Once we're back on deck here at the Press we'll organise getting prizes out to you all. Thanks for your efforts!





#### **Third** place: The Davies Girls from Paparoa Oakleigh Rd with a fabulous scene on their mailbox. Love the beautiful hair styles and use of iceblock sticks. Great work girls!





# Santa spotted at Paparoa Playcentre





On December 17 a jolly man in a red suit paid these lucky children a little visit...







Phone Colin 09 431 6595





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