



## Connection workshop generates Paparoa enthusiasm

Looking at how to connect the various activities and projects in Paparoa was the topic of a workshop held at the Sports Pavilion last Saturday. Over 30 locals participated, some represented various community organisations and groups, and others came with their own ideas to share. Ideas for connections were not just for the physical spaces, but also about connecting people, and ensuring that once established there is information readily accessible for others to find out what is available in Paparoa.

Ideas ranged from various walking and cycling tracks to link the whole of Paparoa, outdoor seating, an historic trail, interesting signage, the creation of opportunities for young and old to connect, instigating an overview of all plans, a community



Gail Fotheringham of the community team, KDC (centre of circle) facilitates the input of ideas from all participants

workshop space, a mountain-bike track, street lighting for safety, tracks under the bridges, fixing existing footpaths, a revitalised Paparoa website, accessibility for all, the use of colour and art, dog walking area, a better co-ordination of events and more!

Thanks to Gail of the community team at KDC and Roxanne of Sport Northland for their awesome facilitation of the afternoon. The one-word summary from workshop participants included 'excited', 'inspired', 're-invigorated', 'appreciative', 'awesome', 'informative' and 'impressed'.

If you would like more information or to be involved in the follow-up workshop to be held in June, email Libby at paparoa.connections@gmail.com. We would love to hear voices and ideas from everyone, including young people and weekend residents.

Libby Jones

## Library opens Tuesday 4 June at 10am

A great team effort has involved the emptying of all the books from their storage boxes, the new shelves filled **AND** we finally have a date for our 'soft launch' for the Paparoa Community Library. It will be Tuesday 4th June at 10am, just after Queen's Birthday weekend.

**PLEASE** come along and have a look at the library, re-register, update your details and get back into the wonderful world of books. Once we've settled into our open hours and the volunteer rosters, plus sorted out those other things that will crop up, we will be announcing an 'official' library opening.

**WHERE ARE WE?** - Find us just behind the Medical Centre, come down the drive and park in either of the two car park areas.

**THE BOOK CLUB** - will be underway once we are settled and may run in conjunction with the library open on that evening.



**LIBRARY OPEN HOURS**  
**Tuesday .....10am-4pm**  
**Thursday .....10am-4pm**  
**Saturday ..9.30am-12noon**

**THE AFTER HOURS BOOK DROP RETURN SLOT** - is yet to be installed through the front door BUT if you have books to return please, at this stage, can you drop in on our open days. PLEASE DO NOT LEAVE YOUR BOOKS out in the weather.

**VOLUNTEERS** - If you'd like to volunteer a half day in the library we would love to hear from you. We won't throw you in the deep end as you will work alongside one of our regulars.

**DONATIONS OF BOOKS** - We are no longer able to take your donated books unless they are the very latest print (2018-19) and in excellent condition. There is no room for your boxes or bags of discarded books. However, call me if you have any you think we might like.

We're all looking forward to providing the library service again to Paparoa and will trial our days of opening to be Tuesdays and Thursdays (when Coast to Coast Medical Centre is open), and Saturday mornings during market hours.

Please check (and 'like') the Paparoa Community Library Facebook page for regular weekly updates and the Proudly Paparoa Facebook for updated activities.

If you're not on Facebook any enquiries are just a phone call away.

Jas Futter 022 678 1474  
Paparoa Community Library Manager

## Paparooa Press PP

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## Paparooa Print Shop

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## Working bee on weeds

**Saturday 1 June**

**Meet at Paparooa School  
carpark 9am-12noon**

The Otamatea Weed Control Group has been making steady progress against long standing privet and eleagnus plants in and around Paparooa. They have lately been dealing with a huge investation of eleagnus along the river bank in Franklin Road.

The next stage is to get rid of remaining privet up in School House Lane. TAG Vegetation Control (on behalf of Northland Regional Council) have successfully dealt with much privet now obviously dead along the highways.

To give these volunteers a hand please turn up at the school car park on Saturday 1st at 9am.

Call Jacque 021 488 822 for more information.

## Twin Streams closer to target



Strong responses to promotions and Open Days is bringing the development of Twin Streams - Wai Oranga Rua subdivision in Franklin Rd closer to reality.

With sales agreements already signed for over one third of the lots, the funding target is within reach says Paparooa Community Charitable Trust (PCCT) chair, Graham Taylor. Response from the community has been very positive. With lot prices starting from \$140,000, people are seeing it as an excellent time to invest in their future. In some cases, they are making plans for a few years on when their current home may become hard to manage and a smaller more central location will be 'just the ticket'. Others see an opportunity to get in at the ground floor to take advantage of the inevitable growth that is about to happen in this district.

This shows a commitment to the future of Paparooa. Evidence of this future is easy to see as one drives through

the village. As well as Franklin Road's Twin Streams there are other quality developments happening on Paparooa Valley Road. Together these total around 35 future dwellings which will fill in present gaps and develop a greater urban feel.

Additional residents will bring further strength to what is already a go-ahead community. With the Medical Centre and Library at one end and Twin Streams - Wai Oranga Rua at the other, Paparooa is book-ended by modern developments that will bring a greater sense of cohesion.

Twin Streams Wai Oranga Rua is being marketed by:

**First National Real Estate**

Jill Wilson 021 505 712 and

**Ray White Real Estate**

Keith Shadbolt 021 402 122.

Contactthemforfurtherdetails.

PCCT

## KDC governance training

Are you involved in a community group? This could be helpful training. These governance training workshops run by Kaipara District Council are free but you need to book in.

If you are a current committee/board member in a volunteer-based community group, or an individual wanting to upskill so that you have the confidence to join a committee/group then this is your opportunity!

Workshop participants will explore governance models that fit within the context of their own organisations and communities, and find out how to develop processes to

help them in specific needs.

### DARGAVILLE

• Wednesday, 5 June 6-8:30pm

### MAUNGATUROTO

• Thursday, 6 June 6-8.30pm

### MANGAWHAI

• Friday, 7 June - 10am-1pm

For further information, to book and for the venues the training will be at, please email community.training@kaipara.govt.nz

## Print Shop costs review

The Paparooa Print Shop was established in 2012 as part of Paparooa's 150th celebrations.

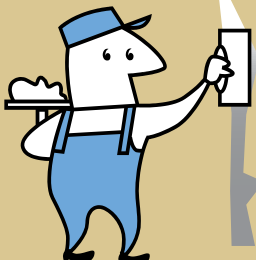
Since that time, it has absorbed every increase in costs such as rising prices for electricity, paper, toner and staples, without raising its own prices. However, a recent, major increase in the cost of printing charges from our supplier, means that this cannot continue.

We have reviewed the Print Shop operation and new rates for all printing will come into effect from **Monday 1 July**.



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# Grand opening for Medical Rooms and Library

The newly refurbished community facility was a-buzz with dignitaries celebrating the official opening on Saturday 4

Matua Ben Hita performed an official blessing to commence proceedings. Following the opening remarks of Medical Society chair Graham Taylor, Northland MP Matt King re-layed a message of congratulations from Northland DHB chair Sally McCauley. Ruth Smellie gave a brief history of the Medical Society, and Dr Tim Malloy addressed the crowd, expressing his pleasure at seeing the clinic open again. He was followed by Debbie Blythen, chair of Paparoa Community Library who displayed a copy of a library returns form of 1867.

The ribbon cutting ceremony was performed by Joy Bonham, Libby Jones, Dr Aaron Donald and Jorge Naylor representing past and present. Mayor Jason Smith unveiled a plaque recognising the Official Opening and congratulated the Society on its achievement. Finally, Doreen Skelton and Ella Hames, both spouses of former



Matua Ben Hita



Dr Tim Molloy, Coast to Coast Health Care



Debbie Bythen Library Chair

Medical Society chairs, cut the congratulatory cake, made and iced by Helen Poot.

The crowd of around 50 was then able to inspect the new premises to be occupied by Coast to Coast Healthcare and the Community Library and enjoyed afternoon tea catered for by the Paparoa School PTA. Comments such as 'Wow this is amazing', 'It looks so different', 'So light and sunny', 'Much better than we thought', 'Congratulations to all concerned' was the common theme.

Paparoa Medical Society is deeply indebted to the local

community who have supported the project both with financial contributions and with their patience through the process. The society is confident the new facility will serve the community well for many years to come.

PMS



Doreen Skelton & Ella Hames cut the cake



Medical Society Inc. members from left - Robyn Skelton, Sue Plunkett, Gayle Johnston, Libby Jones, Graham Taylor, Loraine Rowlands. Absent, Don Hargrave

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## Mid Winter Christmas Community Dinner

Paparoa Sports and Recreation welcome everyone to the next community dinner to be held at the Paparoa Sports Pavilion, Saturday 22 June 2018 from 6.30pm.



This is a great opportunity to catch up with other locals, have a delicious mid winter dinner, with a special Christmas theme and meet some new people.

Cost: \$20 adults - \$17 gold card,  
\$10 children up to 16 - \$50 family (2A+2C),  
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Libby Jones - hames.jones@xtra.co.nz 021 208 0093

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## The Kauri Museum represented at TRENZ 2019

A very tired trio returned from Rotorua last week after attending TRENZ 2019, the largest annual tourism gathering in New Zealand.

With over one thousand people present throughout the event it was a real eye-opener into the workings of tourism in our country. Members of Parliament strolled by, top level sportspeople were present (eg: members of the Black Ferns) and the Rugby World Cup was on show and available for photo 'ops'. Even ex-All Blacks captain Ritchie McCaw was in attendance.

Selling and buying commenced at 8.30am and concluded at 4.30pm, followed by networking opportunities late into the night during the entire three days of the event. The Museum team is now are into the work of follow-up correspondence letters and making the most of what they learned.

### MATARIKI

The art boards for our annual primary schools' art exhibition have been delivered to participating schools and will be collected during the first week of June. This year's



General Manager, Dr Tracey Wedge, talks to a buyer at the tourism conference, TRENZ 2019,

theme is **'Kaimoana: oranga mai ite moana, Seafood: sustenance/life force from the sea'** and we are expecting some magnificent artworks. The exhibition opens Monday June 10 with a demonstration of wood carving, viewing of the children's art and their participation in kapa haka.

### CREATING WITH KAURI

Our new exhibition, opening the day before Matariki, features kauri timber works by more than 20 artists and craftspeople. Pieces of kauri from The Museum's collection have been turned

into all manner of amazing artwork and we are very excited about what we will see when they start arriving at The Museum shortly. This exhibition is a memorial to carver Ewan Macdonald who lived at Tinopai for a time and

taught the skill to many locals. It is also the first in what we are calling our 'maker' series of exhibitions which will all feature kauri timber and gum in various guises. This exhibition is open from June 10.

The summer tourist season is now over and preparatory work for the next season has been in process for some time. Over the winter months we will host a number of speakers who will give talks on specialist topics. We hope you will find these interesting and come to listen.

Look out for our publicity and we'll see you at The Kauri Museum.

Mary Stevens

## Plant a kauri for Arbor Day

It is planting time on 5th of June and, in the spirit of The Kauri Museum's kauri regeneration scheme, the museum is encouraging people to get out there and plant!

If you would like to plant your own kauri then just pop into the museum shop and purchase one. Plant one for a loved one, plant one for a friend or plant one for the children. If you cannot plant your own, join in the planting at **Matakohe Primary School** where the children are placing young Kauri sourced from The Kauri Museum along the soon-to-be bike trail.

Or, pop along to **Paparooa Primary** to view the two Kauri that will be planted so they can stand sentinel at the beginning of their proposed bike trail.

Get planting- for Arbor Day - or any day!



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## Model behaviour at The Kauri Museum

It's taken a couple of years of involvement at The Kauri Museum, but now I think I've found my happy place - alongside the four-sided planer in the steam-powered sawmill section.

Suitably dressed in vintage shirt and trousers I stand at the end of the plank facing me with a fixed gaze keeping as still as possible while our visitors stroll past. One of my best reactions was from a woman who declared to her companion: "These models are so lifelike, it's almost freaky". As I responded to set her straight on that score, her reaction could be heard around most of The Museum.

Our Museum is not an amusement park, but I do want people to have an enjoyable and memorable experience as well as learning something of the heritage of this area. Indeed, I find it easy to learn something new every time I visit. I would also like others to have the opportunity to interact with visitors from around the world, and hear the great positive feedback we inevitably get.



Mark Vincent looks closely at Tatty working on his piece of gum. If you would like to add to the live experience at The Museum, give one of the team a call on 431 7417, so you can find out if it might be your happy place too.

Mark Vincent, Board Chair

## THE KAURI MUSEUM

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- \* 'Creating with Kauri' from 9 June
- \* Matariki Primary Schools' Art from 10 June
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## Volunteering for Paparoa

Looking to enhance your life while residing in Paparoa?



There's an easy answer. Become a volunteer. Contact Volunteering Northland NZ and discuss with them how you could be involved in a worthwhile activity. They regularly refer volunteers to registered non-profit organisations and find a role that fits whatever the skills and experience people may enjoy sharing.

**THE BENEFITS OF VOLUNTEERING?** Are many and varied including increased self esteem, fun, inclusion, participation, the making of new friends, plus a feeling of accomplishment.

Our own community would benefit from a burst of fresh energy to lessen the overall workload, other specialised skills and knowledge, new ideas and importantly, a succession plan as older volunteers look to hand over the baton. 'New blood' can keep an organisation thriving!

If you have recently moved into our 'amazing little village' or have recently found more 'discretionary time' to spend, look up [volunteeringnorthland.nz](http://volunteeringnorthland.nz) for more information OR BETTER STILL - read the Paparoa Press to get ideas and contact details which abound in here. It is the volunteers in our community who make this a special place to live - ask yourself "are you ready to pitch in"!

All non-profit ORGANISATIONS should to register with Volunteering Northland, Whangarei, to publicise their need of extra hands for events, working bees, fundraising or any other project. PP

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## Libby's Councillor corner - Volunteers

Every year I like to acknowledge the volunteers and helpers in our communities who give up their time to do a wide range of roles, often with little thanks and too often with some criticism.

Volunteer week (from 16-22 June in New Zealand) is a great chance to stop and reflect on volunteers and what they mean to our community. This year's theme is 'Whiria te tangata - Weaving the people together'.

Our area has numerous people across many groups and organisations, who come together to make projects happen, keep vital services going and who offer local activities and choices.

We know that not only the group or community benefits from volunteers, but so do the volunteers. There are a multitude of benefits from volunteering, including that of having an increased sense of achievement and satisfaction in knowing you are making a difference, learning new skills and making friends.

I wonder however, if there is a challenge between getting our own needs met as volunteers,

and those of others in the group, as well as those of the group or organisation itself? Is this more difficult in small communities?

In towns and cities it would seem to be simpler. If you have had enough of one group it is relatively easy to move onto the next, or to stop volunteering altogether. No one will see you in the street and ask what you are up to now, and why you don't come to meetings or working bees (or whatever it is) any longer.

Often we choose to live in small communities due to the friendliness, welcoming nature and sense of community we get. Are we sure that we live up to those values with open minds to new or different ideas or to new or different people

and that we truly listen to the views of others?

It is challenging for all of us, because we all do know best! My personal challenge for Volunteer Week is to really listen to other people's views and to help weave people together - to see if together, we can create an even better solution than the one that I thought was right!

Volunteer Week is a chance to say thanks to our volunteers. So thanks from me, for all that you do in helping to make our place a better place to live, and helping our people and communities thrive.

Libby Jones, 021 208 0093  
Councillor KDC  
Director NDHB



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## Hall floor refurbished

The floor of the Paparooa Memorial Hall has recently been resealed as the top layer of the existing surface had deteriorated. The Hall Committee were able to commission this upgrade with the help of a Community Assistance Grant from Kaipara District Council, supplemented with funds raised from the movie nights held in February.



Floorex (Timber Flooring Experts) of Wellsford have now completed the work which involved a commercial clean, followed by a light sanding and then two coats of new seal. Manager Lincoln Person commented that the matai floor is in very good condition and this resurfacing will help to enhance its longevity. Badminton club members will do touch-ups to the court lines where they've been chipped and scratched and the hall committee is making sure all the chairs and tables have non-scratching feet.

If you are using the hall we would ask that chairs and tables are lifted and not dragged over the new surface and please check that your footwear is clean on entry. Small stones from the carpark are easily carried into the hall in the tread of shoes, so it is important to use the mats provided to clean them as those small stones will scratch the new floor.

### DANCING OR MOVIES ANYONE?

In other hall news, there are plans to hold a dance and maybe some more movies. We would welcome your thoughts -

Loraine Rowlands 431 7290 or Robyn Skelton 431 7306



# Amazing speech night



- ★ Why is it great to be a New Zealander?
- ★ Is Volunteering a win/win situation?
- ★ Does Northland need to improve road/rail infrastructure?
- ★ What is your Superhero Power and why?



President Bruce Lydiard lines up with all the contestants and their speech contest awards

These were all good questions for young people to think about and to compose a speech for the Paparoa Lions Club's 37th Annual Speech Contest. On 20 May the Paparoa Hall was full of students, teachers, parents, supporters and other community members who sat entranced by what each of the eleven students had to say on one of the given subjects.

It seems that each year the content and delivery of speeches goes up a notch and this contest was no exception. Judges Rosemary Webb and Jenny Joynt said they had a hard time judging and ranking the eight Juniors (Years 5&6) and three Seniors (Years 7&8). Scoring was close. Both judges agreed that they had learned a lot from the well-thought-out and well prepared ideas; they were impressed by how the speakers linked to the audience, talking to them with lots of passion and obvious enjoyment.

There were some interesting

and very amusing ideas of why New Zealand is a great place to live, how useful it would be to have some superhero powers (including being invisible, a time-traveller and telekinesis), how volunteering in so many ways is good for the community and is beneficial for the volunteer; and one amazing speech about Northland's road/rail situation and how it could be improved. All entrants received a participation certificate and chocolate bar.

Paparoa Lions were warmly thanked by Matakohe Principal Athol Cartwright and he commented, "The children who get to deliver a speech in front of such a crowd grow in confidence and also learn how to research a topic and write a speech, and the whole class has a chance to learn new skills."

Supper and raffle-drawing concluded the family evening. Thankyou Paparoa Lions for making the evening possible.

PP

## TOP PLACINGS WERE:

### JUNIOR

- 1st Nicky Wellwood, Matakohe Primary School  
'It is great to be a New Zealander'
- 2nd Stevie-Raye Rawaho-Ball, Paparoa Primary School  
'It is great to be a New Zealander'
- 3rd Chloe Polwart, Otamatea Christian School  
'Coolest Superhero Power'

### SENIOR

- 1st Matai Hartles, Otamatea High School  
'Northland needs improved road/rail infrastructure'
- 2nd Braden Leaf, Otamatea Christian School  
'Volunteering - a win/win situation'
- 3rd Phebe Polwart, Otamatea Christian School  
'Volunteering - a win/win situation'

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## News from the Gallery

First of all White Rock Gallery would like to thank everyone for their ongoing support, from visitors, The Kauri Museum and our own members who stock and staff the Gallery so well, it is great to see. Also to the Artisans that keep the gallery ticking over and the painters for their perseverance in what is and always has been a difficult market.

People buy artwork for various reasons, to match their wallpaper, inspiration for a colour scheme for a room (The Block, TVNZ), for investment, and hopefully foremost, because they like it. There will be a new show of art work in the Gallery from beginning of June, and a refresh of the craft work mid-June, so trundle along and be inspired as we all are. Bear in mind that the Staff are the Artisans and Artists themselves, along with a few invaluable Friends of the Gallery, all very knowledgeable in their chosen fields if any assistance is needed.

The Gallery is also looking at holding some Creative Winter Workshops in the near future. Keep your eye open for details in the Paparooa Press. They say Art is a life-long apprenticeship, and I would have to agree, as I'm always learning either by study or practice, for example just the other day I came to a greater realisation of how the use of transparent and opaque paint can create greater depth in the picture plane.

Once again thanks to everyone and we are looking forward to seeing you. New Members and new Friends are always very welcome.

Matthew L Smith

## Racquet sports in Paparooa

Although afternoon tennis is over for the season, there's still plenty going on. Sue Skelton leads the on-going social Friday morning tennis at 9.30am and indoors there is table tennis and badminton to choose from throughout the year.



### TABLE TENNIS

Tuesday nights  
7:30pm at the  
Paparooa Sports  
& Rec Pavilion.

Currently a core group of seven regular players with all skill levels enjoy this game. You are welcome to come along and have a go. At just \$2 a night, it's a great game for hand-eye coordination with not too much running about. According to Mr Robertson (one of the regulars) it even improves your golf game!



Al and Shoh in doubles play at table tennis



**BADMINTON** Thursdays, 7pm,  
Paparooa Hall. The players are  
of a wide range of ages and  
varying skills. Anyone high  
school age and upwards is  
very welcome. By the time

you read this we'll even have a resurfaced floor to play on (see Paparooa Hall article pg 6) so please bring your clean shoes. We have racquets available for use and it's only \$2 per student, \$3 adult per night.

Call Pete Hames or Libby for more information, 431 6822



Maungaturoto and Districts Rotary

## Rotary news and events

Sadly we recently farewelled Margaret Marquet who passed away suddenly. She not only supported Dave in his time as our Rotary member and treasurer but she was also a very hardworking member of the Maungaturoto Opportunity Shop.

**A LUNCHEON** to celebrate 50 years of our 'charter' will be held on 24 August. Anyone associated with our club during the last 50 years is welcome. Please call Eileen 021 142 0357. We hope to have all current Charter members present.

**ROTARY YOUTH LEADERSHIP WEEK** was recently held in Muriwai. This is a fantastic chance for young people (aged 21 to 28) to be involved in an incredibly positive environment where their leadership skills are tested and enhanced. Anyone who has previously attended this event endorses it wholeheartedly. The course is held at approximately the same time every year so if you know of someone who might benefit from it in the future, please let a Rotarian know.

**ROTARY FOUNDATION** has benefited by \$1,400 from sales of our calf litter. This branch of Rotary was important to the

late Terry Hanna, and it was his initiative that promoted this fund-raiser. A reminder, we still have plenty of bags of calf litter for sale at Maungaturoto Four Square.

**CATERING of WEEKLY ROTARY MEETINGS** is provided by parents and youngsters from netball, DOE and hockey, on a roster basis. These meals enhance the fellowship we enjoy at our meetings.

### INFORMATION DAY June 23rd Sunday 2-4pm

The Rotary club invites all locals and new people from Maungaturoto and surrounding districts to an afternoon tea at the Maungaturoto Country Club on Bickerstaffe Rd (free entry). Find out what is available in the way of clubs, theatre, social services, local businesses and so on. For more info or if your organisation would like to take part contact:

Stella 021 149 0877 or  
Eileen 021 142 0357

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# Coeliac awareness week 16-20 June

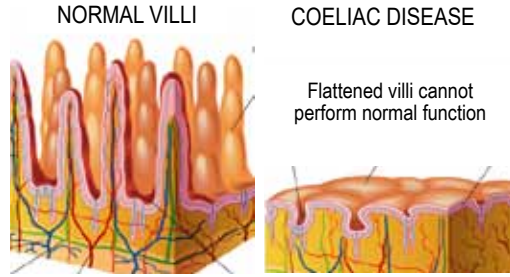
Coeliac disease (pronounced see-lee-ak) is a permanent, autoimmune disorder that causes an intestinal reaction to gluten which is found in wheat, barley, rye and oats.

The cells lining the small bowel (intestine) become inflamed and damaged causing flattening of the tiny, finger like projections, called villi, which line the inside of the bowel, their normal function being to break down and absorb food nutrients.

When they become flat the surface area of the bowel is greatly decreased, interfering with the absorption of food nutrients which may lead to deficiencies in vitamins (such as folic acid) and minerals (e.g. iron and calcium).

While this disease is hereditary, both genetic and environmental factors play important roles. It is currently estimated that 60-70,000 New Zealanders have it (1 in 70), but up to 80% of those are unaware they have the condition. Nausea or vomiting, bloating or wind, skin rash, hair loss, chronic constipation, tiredness or low iron may indicate coeliac disease and a simple blood test will confirm this.

The only treatment is to follow



a strict gluten-free diet which, for most people will enable the villi to regrow and symptoms to disappear and, over a period of months, a return to normal health. Examples of foods containing gluten are bread, cakes, biscuits, beer, wraps, pasta, breakfast cereals, dried packet soup, pizza bases, pies, crackers, gravy. However there are plenty of gluten free substitutes available AND many foods are naturally gluten free such as fresh fruit, vegetables, rice, potato, corn, plain meat, fish, eggs, cheese, milk, pulses (peas, beans and lentils), fats and oils.

To find out more, look up [www.coeliac.org.nz](http://www.coeliac.org.nz) and/or follow Coeliac New Zealand on Facebook, or call the Helpline 09 820 5157.

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## The garden in June

After earlier clearing out spent vege crops it's a great idea to have sown a green cover crop such as mustard, lupins, lucerne or buckwheat to replenish the soil in areas not used over winter. Of these I prefer mustard but they all suppress weeds, protect the soil from erosion, attract beneficial insects and keep the soil aerated. Others such as lupins are nitrogen fixing. Around mid August hoe a trench, lay in whole plants and cover them with soil, in turn forming the next trench. Continue to work along the garden plot until it's all dug-in. Leave 4-6 weeks to break down and return organic matter to the soil to make it nice and friable. Add your favourite manure before planting.

In the winter garden plot two rows of broad beans sown in March are now flowering, there are still a few bees around for pollination and hopefully we'll be picking the pods mid to late winter. Recent rains, together with warm, mild conditions have provided excellent chances for successive planting of winter producing veges such as silverbeet, kale, leeks, brassicas, carrots and beetroot.



Into two large pots I've planted out a punnet of mixed mesculin lettuce plants adding a pinch of blood & bone in the planting hole and set them in a warm and sunny spot on the terrace. Pick off leaves as needed, allowing the plants to continue to produce all winter.

Now is a good time to think about choosing and planting fruit trees. In regards to apples it's advisable to select trees which are grafted on either M116 or M793 rootstock which are resistant to woolly aphids. These sap sucking pests cause leaf distortion, form white waxy colonies on branches and burrs on trunks, killing off branches or even the entire tree in severe infestations.

Prune stonefruit trees before dormancy, following up with a clean-up spray of 'Copperox' and oil both on the tree and ground to help prevent pests and fungal diseases from harbouring over the coming winter months.

Jan

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## Community Connexions

### Arty Farties Inc.

I must admit that I have different thoughts (about gardening), but it's interesting to read of other planting and growing styles. At the moment the white butterflies are doing a lot of damage in everybody's vegie gardens, but persevere because it won't be long before they are all gone. Use the damaged plants for your chickens, goats, etc. My philosophy is to plant something else in that space and watch it grow. In the Arty Farties gardens we have clothes over some of the garden beds. We've been watching everything closely and are still picking out those white butterflies!

Google has a lot of interesting information on the 'Theory of Gardening by the Moon'. The phases of the moon are divided into four quarters, lasting approximately seven days each; (1) New moon, (2) First quarter, (3) Full moon, (4) Last quarter. Waxing moon, waning moon and each phase affects plants.

We are also checking our swan plants for late chrysalises as there were still some on the swan plants at the time of writing. Monarch butterfly enthusiasts may want to grow tweedia (a low-growing plant with pretty blue flowers). When new butterflies become short of food they are attracted to the tweedia flower nectar. We have an expert on monarch butterflies at Arty Farties, so if you want to know more then come and see Judith from 11am-1pm on Sundays. Butterflies are lovely to watch, fluttering around the swan plants.



We are also checking our swan plants for late chrysalises as there were still some on the swan plants at the time of writing. Monarch butterfly enthusiasts may want to grow tweedia (a low-growing plant with pretty blue flowers). When new butterflies become short of food

Cheers to everyone from  
Anne and the volunteers at Arty Farties

*"Gardening is cheaper than therapy - and you get tomatoes."*

## Fig tree branch down

Pahi's Moreton bay fig tree is one of the most noted exotic trees in the country. So the onus falls on Council to look after it. It has recently dropped a limb. We await action, if any.



In their natural state these trees drop limbs which then take root. The tree becomes multi-trunked - a tree colony which may cover a large area. Pahi's tree has been encouraged to be single-trunked: some limbs have been artificially propped up and have grown far heavier than would occur naturally.

There are other branches at least as big as the collapsed one. They look great, but are they hazardous? Some, like the fallen branch, have been propped up.

Will the Council's arborist choose to lop the fallen limb or let the tree grow naturally?  
RS

## Science Corner



### Amoeba

Amoeba proteus is a small single cell organism of no fixed shape, that lives in wet or damp places and does not cause disease. Amoebas eat little bits of organic material or bacteria by squeezing bits of themselves around the food and absorbing them.

Some make their own little portable shelters. They do this by absorbing grains of sand, gluing them together and secreting organic cement! None of these shelters is bigger than a full stop. When the amoeba reproduces the parent keeps the house.



All this is without a nervous system or brain as we know it.

Further, its genome contains 500 chromosomes and we have only 23 pairs. The genetic material packed into a single amoeba nucleus has more than 290 billion base pairs, over 200 times greater than humans.

Not such a simple little critter!

Stella

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## From our family to yours ... Senescence

Solstice falls on the 22nd this June, a day known as the Shortest Day.

A dark day for us to take a glimpse in the shadows and see it is simply the other half of life, nothing to fear. Rest, for you are flowing with the seasons, and the sun continues to rise.

June is a month of senescence: the process of aging, no longer are cells dividing. Particularly most visible in the case of leaves (chlorophyll degradation during leaf senescence reveals carotenoids, and is the cause of autumn leaf color in deciduous trees- said Wikipedia)



It would be more beautiful to say something poetic about their rusty hues hanging forlorn in the morning fog, or some such, for June is a month of darkness and shadow and dew. And darkness brings introspection and hermitage.

Slowing down for the cold months is a good thing; to

take time to reflect on the issues in life that might need to be composted. To find what needs to be buried entirely, and what you want to plant to arise new in the spring to come.

But what issue us citizens take with senescence! We are told it is not sexy this aging business, or to slow down from rushing about, but look at how beautifully the leaves do it, every season. Without a thought, in perfect grace, they shed cell by cell, to eventually drop completely and utterly. Only the poet muses of the leaves longing to return to the tree, but the leaves are silent as they rustle back down to the earth.

*"Just remain in the centre watching and then forget that you are there." Lao Tzu*

Be warm, Jenny

## Barn Dance Fundraiser

What better way to blow out the cobwebs and keep away the winter 'blues' than to kick up your heels and have a family fun night out at a good ol' country Barn Dance.



Otamatea Christian School is hosting its annual Barn Dance Fundraiser. It will be held at Maungaturoto Centennial Hall on Saturday 15 June, from 7-10pm.

'Twisty Willow', the dynamic Celtic duo, will have everyone of all ages participating in no time, and no excuses about not knowing what to do as they expertly guide you though the dances while providing the Scottish and Irish music by fiddle and drum.

Tickets available by door sale on the night.

Entry Fee:  
School age (5-16yrs) \$10  
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Julia Leaf

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### What's Hot

Fiery autumn colours on deciduous trees this autumn. Enjoy. They'll be winter skeletons soon enough. Dramatic how the seasons change!

### What's Not

Ford Road roadworks taking forever and becoming a total mud slide in recent rains. Thankfully contractors have now brought in more loads of metal!

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## Two new NKA A life members

At the recent AGM of North Kaipara Agriculture Association (NKA A) Inc, Life Memberships were awarded to Kate Battensby and Dorothy Simpson, in recognition of their years of dedicated commitment and service to NKA A Inc and to the Paparoa Show.

The meeting was well attended and members were enjoying afternoon tea within an hour of the meeting starting. The incoming committee were all elected un-

opposed. Many of last year's great team stood again, while some noble souls took on two roles, an indication of their level of commitment.

We look forward with anticipation to another busy and productive year culminating in the 2020 Paparoa A&P Show. The schedules are being updated and will be available soon so you can start planning what to enter, perhaps creating some



Kate Battensby, NKA A life member

handwork over the winter or some jams, preserves or wine with this year's autumn and winter fruits!

If you would like to know more about the Show and how you might become involved please email secretary@paparoashow.org.nz



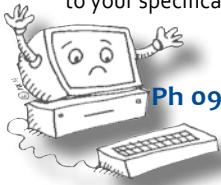
Dorothy Simpson, NKA A life member

### 2019-2020 COMMITTEE

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  - Vice President** - Vicky Hilton
  - Secretary** - Rosemary Webb
  - Treasurer** - Melinda Birt
  - Indoor Supervisor**  
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  - Trade & Market Sites and Attractions Coordinator**  
Vicky Hilton
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Teresa Atkins
  - Cattle Coordinator**  
Sue Clayton
  - Outdoor Supervisor**  
Roger Price
  - Groundsman** - Ross Battensby
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Steve Allen
- Rosemary Webb, Secretary

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## How green is the valley

Rowie of Salt River Nursery has been growing plants in the Kaipara for the last 15 years or so.

Rowie believes her love of growing is hereditary as her father, Dave McNaught, ran The Grange garden centre in Warkworth for many years.

At first, she grew just a few staples but over the years the nursery has grown and her plants are in constant demand from the general store in Paparoa. Check out the stands of vegetable and bedding seedlings and examine the

very healthy natives nestled in the old display bicycle at the front of the shop. Just recently she supplied 50 young kauri to The Kauri Museum as part of their planting programme.

Rowie likes to manage her business so that she controls the amount of labour involved, keeping it small and only requiring a minimum of help. She collects seed and propagates all the plants herself. This not only keeps the price down but enables quality control. Kowhai have a particular place in her heart and she loves the way their yellow blooms attract tui and bees.

Hydrangeas are also loved for their ability to make a statement in any garden.



Another labour of love is the planting of the tubs at the Village Green in Paparoa. A blaze of colour warms many a cloudy day and the residents are very grateful for her efforts. The hanging baskets adorning the shop fronts are also Rowies work and again a pleasure to view.

It is to be hoped that the love of growing continues to sustain her and we can all look forward to many a happy moment spent choosing plants outside the Paparoa Store!



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## Letters from The Old Post Office

### Fates converged

Dear Reader,

As the more discerning amongst you may have noticed two events occurred simultaneously, planets aligned and t'was written in the stars.

The Hippie circus arrived in town just as the man-in-the-shed winged his way Australiaward. What timing, what fortuitous happenchance. What a surprise! Certainly, the-man-in-the-shed thought so, or will when the fates conspire to tittle-tattle.

To the rattle of tiny bells, layers of flimsy floaty clothing and flying grizzled greying hair (and that was just the men) the motley crew tottered their way into town. Faintly, the strains of that old Scot's ditty "She's away wi' the raggle-taggle gypsy-o" wafted down from heaven, very much in the style of the old revered nana casting her eyes over whatever second-hand garb her granddaughter was wrapped in.

It seems doubtful that our little village in the valley has met such old, new age men. Passer-bys skirted the raggle-taggle group with caution. What is the correct etiquette when greeted with such warmth and human compassion?

Heartfelt queries into personal health, compliments on clothing and such excrecence of openness and empathy are not common in the Kaipara country. The townsfolk retreated to a safe distance. Wary and watchful, on guard to ward off any fresh overtures of new age behaviours. "Goodness to Murgatroyd", the men probably cooked and swept and ran baths strewn with petals. (Doubtless, organic roses, lentils, mung beans and possibly a tightly woven twig broom were employed.) But nevertheless, threatening behaviour. Mutterings were heard to intimate that possibly they were known to those yoga people!

Puzzled glances followed as one particularly floaty (even wobbly) male member of the group peeled off and vanished into Shop and Brew. Sometime later, it seemed that he was engaged in tea drinking and biscuit dipping. At least, it was assumed that it was a warm beverage. Sympathetic looks were sent in the direction of what the local populace could only imagine, was the difficult predicament that the kindly proprietor found himself in.

However, all good things must come to an end and the stragglers were gathered up with much flapping of outer layers and tingling of bells. Last seen in the distance, gasping their way up and thankfully, eastward out of Paparoa.

NB: any reference to characters living or dead (or only partly) is purely coincidental and mainly unintended.

Deb



## I've been thinking that our early settlers were... Environmental vandals?

They came. They saw. They wished to recreate the green and pleasant land: the pastures and farms of home. So they slashed and they burned. They vandalised the environment.

The naked clay deserts thus created can be seen in early photos and the effects can be seen in the eroded slopes, the silting of our harbour and mud-choked shellfish beds.

Productive pastures were created and the emergent farmers looking for shelter set about recreating hedgerows using such quick growing species as hawthorn, gorse, privet, blackberry and eleagnus. Unfortunately these plants were too well suited to our environment and gleefully infested our roadsides, our remaining bushland and those desired pastures.

Now don't get me wrong. The early settlers were undoubtedly adventurous and brave people. Some, such as the Albertlanders, had strong principles and really wanted to establish godly and fair societies which were free of the class distinctions of

the old world. Others were undoubtedly opportunists but their combined efforts created the basis of our community today. Faced with the immediate need to make a living their actions were within the mores and knowledge of their times.

Just as we have poured glycoposphates on the soil, burned fossil fuels, flushed micro-particles from polar fleece into the waterways and generally accepted the idea of buying new rather than mending or recycling the old stuff. And we have the same excuse of economic necessity. Are we vandals also?

PS - Many thanks to the folk who dealt to the eleagnus and privet on Pahi Road. I was watching it thrive but put the necessary action into the too hard basket. It is a real pleasure to watch it shrivel.

RS

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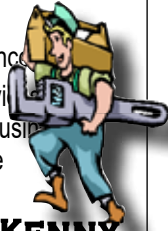
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How many times can you say these tongue twisters out loud before getting muddled?

You've no need to light a night-light

On a light night like tonight,

For a night-light's light's a slight light,

And tonight's a night that's light.

When a night's light, like tonight's light,

It is really not quite right

To light night-lights with their slight lights

On a light night like tonight.

A box of biscuits  
A box of mixed biscuits  
And a biscuit mixer



# Tongue Twisters



A Tutor who tooted a flute  
Tried to tutor two tooters to toot.

Said the two to their tutor,  
"Is it harder to toot Or to tutor two tooters to toot?"

One smart fellow, - he felt smart.

Two smart fellows, - they both felt smart.

Three smart fellows - they all felt smart.

I am not the pheasant plucker,

I'm the pheasant plucker's mate.

I am only plucking pheasants'

Cause the pheasant plucker's running late.

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## Pets in the Valley



Instead of having my vet hat on I am writing this 'Pets in the Valley' with my Showgrounds hat on.

What a wonderful area we have for the people of Paparoa to use and I love to see people exercising on the grounds and exercising their dogs. With winter upon us the grounds get used for winter sports and so it is more important than ever to clean up after your dogs when they defecate.

As exercise stimulates bowel movement it is highly likely that dogs will poo when they are out and about. So it should not come as a surprise when your dog leaves a deposit behind and responsible owners should be prepared to clean up afterwards. It would be a shame if some thoughtless people make it necessary to ban dogs from the grounds.

So please make an extra effort to do the right thing and not just pretend you didn't see Rover do his thing while you're already doing the responsible part of providing your dog with great exercise.

Enjoy the winter evenings by the fire - I think my cats love winter more than summer!

Janine





## Cloud seeding and rain

### WHAT IS CLOUD SEEDING?

It is a type of weather modification that aims to change the amount or type of precipitation that falls from the clouds by putting 'stuff' into the air that serves as a nucleus for condensation. It is sometimes used to suppress fog or hail, but mostly it is used to make it rain.



**In nature** the most common nucleators are microbial in origin.

**For man made** rain making or 'cloud seeding', chemicals like silver iodide, potassium iodide, liquid propane, 'dry ice' (solid carbon dioxide) or more recently common salt are used. I won't go into the details of how this works for each substance (look on Wikipedia if you are interested). These substances are dispersed by aircraft or devices launched from the ground such as rockets.

### DOES IT WORK?

This is under debate by experts. After 55 years of trialling cloud seeding there is no scientifically acceptable proof that it makes a significant difference.

### HEALTH CONCERNS?

Very small amounts of chemicals are used and there appears to be no environmental damage- but the process was rejected in Australia for fear of damage to protected animal species.

### BACTERIAL RAIN MAKERS - BIO PRECIPITATION

Before a cloud can produce rain there must be tiny particles called aerosols for the droplets of water to form around. These aerosols are often micro organisms. A team led by Brent Christner from Louisiana State University has found that substantial bio-precipitation occurs everywhere on earth and especially in areas where clouds are relatively warm.

A common plant pathogen (disease causing organism) uses its ability to break down cell walls of plants it feeds on by promoting freezing. It is thought that these bacteria may float around in the clouds after being dispersed by the dying plant and then return to earth by producing rain! Humans have made big changes to the earth's vegetation, expanding monoculture, and in the use of large amounts of sprays that kill plant pathogens.

As biological components play a large part in how rain forms, these changes may affect rainfall and climate.

Maybe there is something in the Gaia hypothesis "That living and non-living parts of the Earth are a complex interacting system, in which living things have a regulatory effect that promotes life overall."

Stella

## Fun & Games

Otamatea Community Services hold their sessions of 'Fun and Games' at the Footprints Room, Anglican Church in Hurndall Street Maungaturoto, on the first and third Mondays of the month from 10am-noon.

It's a lot of fun with a variety of games ensuring there is something for everyone; an informal way to get together with others for a little light-hearted entertainment, friendship, morning tea, etc. Come along and join in, or better still, come and take charge, be the organiser. Just phone Pauline on 431 9080.

While on the subject of senior entertainment here is a brief run-down on some of the other events going on. We hope that people find something appealing to 'keep the brain cells ticking over' as one of our seniors calls her sessions at Bingo. There may be more events taking place around the district not listed here, which may or may not be found elsewhere in this paper.

### SENIORS' LUNCH

First Wednesday of the month at St John's Hall in Hurndall Street, 10am-1pm.



### SELWYN CENTRE

Every Thursday morning at St Mark's Church, Hook Rd Paparoa.

### SHOPPING TRIPS

Second Tuesday and fourth Wednesday of the month, leaving Maungaturoto between 9-9.30am. Open to anyone wanting to go to Whangarei for the day.

### CHOCOLATE BINGO

Third Wednesday of the month at Footprints Room, Anglican Church, Maungaturoto, 10-12.

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## Why meditation is difficult ... and how to make it easy

The mind loves to wander doesn't it? You might be sitting at work while your colleague is telling you about an important deadline and you've started to think about what you could have said differently to an 'ex' 5 years ago... Or, you're lying in shivasana or corpse pose (my personal favourite) at the end of a gruelling yoga session when your mind should be quiet - but you're thinking about all the things you've got to get sorted for tomorrow...

### Does this happen to you?

Meditation is great for calming the mind, calming the body and helping you to be more focused and productive. But, what if you can't get there? After all, your mind is designed to think. And what if you do get into the meditative zone? Do you ever come out of it wanting to scream at someone, or experience pain? Over the years I've practised a number of different meditations with varying results and varying success. Most times it's been

really hard and the side-effects of stirring up old emotions have been hard on me and those around me.

### What if there's an easier way?

I believe there is. Since using singing bowls regularly I've noticed that I feel calmer and more focused. I overcome deep emotional disturbances, that would have set me back weeks, in a day or even within hours. This is a big deal for me. I'm sure I'm not alone in battles of depression where I feel stuck in the mire of stories and negative emotions, trapped in a body that feels heavy and sluggish and in wanting to become reclusive from everyone and everything around you.

### How to use a singing bowl for meditation

If you have a singing bowl, great! Start using it to help you



feel calmer. Most often, bowls come with a rubbing stick but you might prefer a mallet which enables you to strike the bowl more softly and every so often. This allows you time to feel the effects on your ears and body - the less often you strike, the more calming the effects.

Sit upright, lifting from the crown of your head and tuck your chin in slightly. Hold the bowl in front of your heart and strike the bowl gently towards you with a slight upward stroke to create a rich, warm, golden sound. You can also rub, if you find the sound pleasing. Rubbing takes a bit of practise as it takes time to know your bowl. Create a steady, even flow but as you focus on what you are aiming to achieve, the breath tends to slow and the mind becomes quiet and focused - that's the aim of meditation - aha!

### No Bowl?

Try listening to this free mp3 which I recorded with my set of therapeutic sound bowls. Seven bowls for the seven major energy centres of the body (chakras). Each one is played for about a minute and designed to soothe each chakra, bringing your body and mind into harmony easily and effortlessly - just like meditation should be. Download here: <https://www.selfnurture.org/sem/free-mp3> for the simple instructions. Use daily for best results, share your experience, or more info: [fb.me/soundenergymassage](http://fb.me/soundenergymassage)

In Bliss, Carrie Addlington

## Sound Energy Massage

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**Carrie: 0210 576 184**

[Carrie@SelfNurture.org](mailto:Carrie@SelfNurture.org)

[fb.me/soundenergymassage](http://fb.me/soundenergymassage)

Location: **Paparooa**

## 'Pay Bliss Forward'

June's nominated volunteer to receive a half price Bliss Out Session with Sound Energy Massage is: Madelaine Moulds, of Ararua.

Madelaine has spent many years helping out at Ararua Hall, including being the hall committee treasurer and has offered 2 voluntary XFit classes for a gold coin donation to cover hall hire to help community members improve mental health, physical health and provide a social space. Madelaine was nominated by Beth De Groot, John & Kay McMurray and Melanie McClune.

Thank you to all those who donated this month - not quite enough for two, so donations will roll over into next month.

If you would like to help more volunteers receive Bliss in July, please make a donation here: [selfnurture.org/sem/sem-donate/](http://selfnurture.org/sem/sem-donate/) or for bank details contact 0210 576 184.

Do you know some one who volunteers their time in Kaiwaka, Maungaturoto, Paparooa, Matakahe, Tinopai or Ruawai who gives much and deserves some bliss? Yes? Send the name of the person you would like to nominate for a 'Bliss Session' and why to [Carrie@selfnurture.org](mailto:Carrie@selfnurture.org)

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## NIWA team investigates the Harbour

A team of eight NIWA (National Institute of Water and Atmosphere) scientists with two boats have spent the last two weeks exploring the Kaipara Harbour for marine invasives in and around Pahi, Tinopai, Ruawai and the upper reaches of the Kaipara Harbour. They stayed for several days at Paparoa Motor Camp where they said they couldn't divulge findings, but did say they had "found some of the ones they already knew about".

An official report will be sent to The Press, but at time of print this was unavailable. PP



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## The problem of dry skin

"Why does my skin still feel dry, no matter how much moisturiser I put on?" It starts with the acid mantle, the skin's first line of barrier defence. The acid mantle is made up of sebum (oil) secreted by the sebaceous gland and sweat secreted by the sudoriferous (sweat) gland. Combined they form a slightly acidic film on the skin's surface which acts to keep bad bacteria in check and maintain hydration. If the skin's natural oil gets stripped we find the skin dry and dehydrated.

In consultation, I ask these questions to help determine the cause(s) of forever dry skin:

1. Do you use a cleansing gel or soap that lathers or foams? Foaming often leaves the skin squeaky clean. We like it as we think it's a sign of a deep cleanse but in reality, we are stripping the skin of its natural oil, leaving the skin taut and dry. Without protective natural oils, skin suffers from trans-epidermal water loss and no matter how much you drink, water continues to evaporate.
2. Do you use a toner that contains alcohol or is astringent? This will also strip the skin's natural oil.
3. Do you use a moisturiser that contains emulsifiers? Emulsifiers are agents needed to bind water and oil to make

an emulsion with a nice consistency but they can also strip the skin's natural oil, binding to it and causing a 'washout effect'.

4. Does your diet include a lot of essential fatty acids contained in oily fish, avocado and olive? Or, do you take omega-3 supplements? A lack of healthy fats in the diet can contribute to the skin's lack of lipids which can cause dehydration.

5. Do you work in an office with air-conditioning? Do you sleep with the heat pump on? Have you been sitting close to the fire? All of these will draw moisture from the skin like a dehumidifier!

6. What medication are you taking? Certain meds affect the skin's barrier defence by



altering its balance, affecting its moisture holding function.

7. What's your age? Unfortunately, everything slows down as we age, which includes our ability to make sebum. Lack of sebum/oil means lipid dryness which leads to dehydration.

If you are doing everything correctly and still suffer from dry, sensitive, irritated skin, then please seek advice from a skin therapist. Healthy skin should be thick, supple and a little dewy. Your skin therapist should also be able to help you identify ingredients in your products that may be having a negative effect on your skin barrier.

Nina Quan, Skin Therapist  
Skin Image Paparoa & Waipu

## SKIN IMAGE

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## Treasurer steps down

Treasurer for over 10 years, Maurice Kirton, has recently resigned as trustee of the Paparooa County Depot Trust Inc. He will kindly continue duties as treasurer until another willing person is found to take on the role.

We wish to pass on our thanks and appreciation to Maurice for his work - he has always been on time with reports which have helped us enormously. He has been a dedicated trustee and has provided excellent input and assistance to the Trust.

With Maurice's resignation must fill this position. The new treasurer does not have to be a trustee. If you would like more information please contact us at [pcdti@yahoo.com](mailto:pcdti@yahoo.com)

Anne Butler  
Depot Trust Secretary

## OUT & ABOUT AROUND TOWN

**Graham Murray** would like to thank the community for the help he has had since his wife Faith became ill and later passed away earlier this year. He has been 'blown away' by all the support he has had and as such is extremely grateful to all. As a result of such help, Graham has a fluted dish he would like to return, but can't remember whose it is! Can anyone help?

**The presence of dog poo on our Paparooa footpaths** has been getting pedestrians annoyed. It is often parents with little children who have to step around such mess. This is not acceptable and in consideration of others all such deposits should be the owners responsibility.



**The Paparooa Lions walkway** has been very slippery of late, needing great care when negotiating it. Lions are attending to the slippery boards as soon as a working bee can be organised to spray

the green algae and attach non-slip netting. Offers of help on this job are most welcome!

**Don't forget the next community dinner** will be a mid-winter Christmas on Saturday 22 June (see pg 3).

**The Old Ghost Road** cycle and walking trail in the West Coast of the South Island had 12,000 visitors last year from which 75% of money generated went back into the area. The trail has won the National Champion Tourism Award for it's Mokihinui - Lyell access section.

While the **Kaipara cycle/walking trails** won't be quite as spectacular (or testing), once built and operational it will be easy to access for all ages. And imagine how visitor spending will benefit our area in time!

**Feeling the winter cold?** Call Stephen Findlay and arrange for a delivery of Lions firewood 431 6148 ... and check in at **Skeltons** for a great range of winter fashion, slippers, socks, beanies, wraps and ponchos.

## HOOK, LINE & SINKER

Fishing is still good for this time of the year, with some good snapper caught near Tinopai lately.



However there have not been many kahawai and no gurnard but, according to the experts, over winter they should be coming in soon.

Happy fishing

**Geoff Gore**, the 'Back Man' is back advertising his services - see advert pg 3.

**Did you know** you can hire trailers from g.a.s Paparooa?

**The Paparooa Hotel** is doing an Italian dinner weekend on June 13-15, 3 courses for \$50 PP and also specials on mid-week winter lunches (check details on adverts pages 4 & 5).

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## Ex-Paparooa hairdressers catch up



At the Lions Pioneer Luncheon held in March Glenys Black (nee Russell) and Pam Connors both came back for a visit and enjoyed catching up with lots of friends and neighbours.

They are both ex-Paparooa hairdressers. When Pam left in 1987 she sold her salon, operated from under Skelton's house in Paparooa, to Glenys.

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**WHAT'S ON - JUNE 2019**

**The Kauri Museum** open 7 days, annual passes available for Otamatea residents  
**Exhibitions:** Matariki Primary Schools' Art from 10 June  
 'Creating with Kauri' exhibition from 9 June  
 Textiles exhibition, 'The Perfect Accessory'

**Otamatea weed group working bee**, 1 June, 9am, Pap School carpark (pg 2)  
**Paparoa Community Library opening**, 4 June, 10am  
**Otamatea Christian School Barndance** 15 June 7pm, Mgto Hall (see pg 11)  
**Community Mid-winter Xmas dinner** Sports & Rec Pavilion, 22 June (see pg 3)

**REGULAR EVENTS, MEETINGS AND ORGANISATIONS**

**Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa  
**Ararua Church** 10.30am every Sunday, All welcome ph 431 6622  
**Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554  
**Arty Farties** Thur/Fri/Sun at the "Tile Shed"; Garage sale Sundays 10am to 2pm;  
**Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults ph Pete 431 6822  
**Crafternoons** 1st & 3rd Wed in month, 10.30-4pm, Tinopai Hall ph Jo 431 7219  
**Exercise to Music** Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418  
**Farmers' Market** Every Saturday 9-noon, Village Green. Contact Ruth 021 433 969  
**Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Mgto  
**Kaipara Marching Team** Weds 4-5.30pm, M'gto, ph Rose Plunkett 431 7418  
**Line Dancing** Thurs 10am-noon Paparoa Hall ph Rose 431 7418  
**Mainly Music** Wed 9.30am Paparoa Comm Church, Carolyn Poyner 4316008  
**Mahjong** twice monthly on a Tuesday. Call Marian Harkness 431 6332.  
**Maungaturoto Opportunity Shop** Open Mon 10-1pm Wed 10-3pm Fri 10-3pm  
**Maungaturoto and Districts Rotary Club** Maungaturoto Centennial Hall,  
 Tuesday evenings 6pm, ph Stella 021 149 0877

**Otamatea Quilters** 1st and 3rd Mon month 10am, Paparoa Hall 09 439 2262  
**Outdoor Bowls** Maungaturoto Green ph Tony 431 6026 or Brian 431 6884  
**Pahi Hall** available for hire ph Sherryl Corbett 431 7127  
**Paparoa Community Church** 10.30am every Sunday, 4 Hook Road 431 7106  
**Paparoa Garden Circle** 2nd Wed of month Marg Bailey secretary. 09 280 9897  
**Paparoa Hall** Functions venue ph Robyn 431 7306 or a/h Loraine 431 7290  
**Paparoa Library** open Tues & Thurs 10am-4pm, Saturday 9.30-12noon  
**Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion  
**Paparoa Playcentre** Tuesday and Thursday 10am-1pm Visitors Welcome  
 ph Bianca 431 6730 txt 021 782 456 or ph Jane 431 6148 paparoa@playcentre.org.nz  
**Paparoa Primary School** Term 2 - 29 April - 5 July; Term 3 starts July 22  
**Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330  
**Paparoa Volunteer Rural Fire Force (VRFF)** 1st and 3rd Tuesday of the month  
 6.30pm Depot Rd ph Cohan 431 6668  
**Plunket Ready Steady Wriggle** Mon 10am Sports Pav. Tina Ball 021 033 5128  
**Qi gong** Anamana Studio, Pahi Road. John 021 135 3222  
**Selwyn Centre** Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193  
**Sports Pavilion** Functions Venue Bookings ph Jane Bailey 431 6148  
**St Mary's Catholic Church** 10am Wed, 6pm Sat, Maungaturoto  
**Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822  
**Tennis** Winter play Friday mornings 9.30am: ph Sue 431 6224  
**White Rock Gallery** Open at new venue The Kauri Museum 7 days  
**Yoga** Chair Yoga - Tuesdays & Fridays, 9.30am Paparoa Sports Pavilion \$7/class  
 Monday: 6pm Mgto Centennial Hall: ph Jenny 021 114 3370

PLEASE UPDATE US WITH YOUR DETAILS: [press@paparoa.org.nz](mailto:press@paparoa.org.nz)

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**LOCAL TIDES for June 2019**

**JUNE TIDES - CALCULATED for PAHI-WHAKAPIRAU**

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	3.28pm	9.26am	17th	4.11pm	10.58am
2nd	4.09pm	10.07am	18th	4.55pm	11.41am
3rd	4.50pm	10.48am	19th	5.36pm	12.23pm
4th	5.33pm	11.32am	20th	6.16pm	1.03pm
5th	6.17pm	12.17pm	21st	6.41am	1.44pm
6th	6.45am	1.06pm	22nd	7.22am	2.25pm
7th	7.35am	1.58pm	23rd	8.04am	3.10pm
8th	8.29am	2.53pm	24th	8.47am	3.58pm
9th	9.27am	3.53pm	25th	9.33am	4.50pm
10th	10.28am	4.56pm	26th	10.23am	5.46pm
11th	11.31am	6.01pm	27th	11.16am	6.45pm
12th	12.34pm	7.08pm	28th	12.11pm	7.03am
13th	1.35pm	7.35am	29th	1.06pm	7.56am
14th	2.31pm	8.32am	30th	2.00pm	8.47am
15th	3.23pm	9.25am			

**Community Directory**

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

**COAST TO COAST HEALTH CARE**

Maungaturoto Medical Centre: 8am-5pm Mon-Fri .... 09 431 8576  
 Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222  
 For urgent after hours medical service (Wellsford)..... 09 423 8086  
**DISTRICT NURSE** Dargaville Hospital ..... 09 439 3330  
 Healthline - 24 hour service..... 0800 611 116  
**HOSPICE KAIPARA** Dargaville Hospital ..... 09 439 3330  
**KAIPARA DISTRICT COUNCIL** Helpline ..... 0800 727 059  
 Mangawhai Office..... 0800 100 388  
**LINKING HANDS** Health Shuttle Service, Maungaturoto 09 431 8969  
**LIONS CLUB PAPAROA** Secretary Mark Pilkington .....09 431 7369  
**MAUNGATUROTO PHARMACY** ..... 09 431 8045  
**MAUNGATUROTO REST HOME** ..... 09 431 8696  
**NKT RECYCLING** Huarau Road 10am - 2pm Mon-Sat..... 09 431 8304

**OTAMATEA COMMUNITY SERVICES** Community House 09 431 9080  
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## Quilters love a challenge

The Otamatea Quilters annual challenge contest was held on the 6th May. The quilters had been given a year to create a quilt depicting the letter 'B'.

From 12 entries the winner (chosen by the other patchworkers) was 'Blossoms' crafted by Herta Jackle and runner up was 'Bird Boxes' by Ros Dick.



'Blossoms' by Herta Jackle

The meeting was followed by a shared lunch and next year's challenge was revealed to members. PP



'Bird Boxes' by Ros Dick



'Butterflies' by Betty Cairns

## Wow! The R Tucker Thompson experience

Throughout the winter months, youth development voyages are run on the R. Tucker Thompson, the tall ship which was gifted to the people of Northland in 2006. These voyages are funded largely from tourist trips over the summer, as well as a lot of sponsorship and donations from around the country making the voyages more accessible to everyone. The ship was first launched in 1985 and has since been all over the world, even travelling under the London Bridge. These days it has carried thousands of people, exploring the Bay of Islands and beyond.

My last step to complete my Duke of Edinburgh Gold Award was to complete a residential project, spending at least five days with people otherwise unknown to me, in some sort of voluntary work or personal development. Like many other Otamatea High School students, I chose to apply for an R. Tucker Thompson youth development voyage to complete this and I'm so thankful that I did.

During our seven day voyage we learned how to sail a tall ship, from hoisting sails to all the new language that comes along with it. We woke ourselves up each morning with ocean swims and stretched our legs each day by exploring the islands we were sailing around.

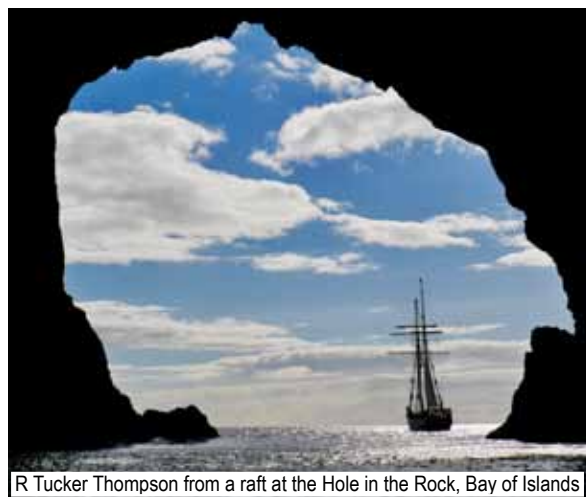
Challenges included climbing the tall masts and having 30



minutes of silence every day. Twice during the voyage we were lucky enough to watch pods of dolphins swimming alongside the ship - a definite highlight for many of us.

I walked onto the ship not knowing any of the other eleven trainees, but by the time we left, we were all very comfortable with one another. Sailing on the R. Tucker Thompson is something I would recommend to anyone, whether they are completing Duke of Edinburgh or not. You can sail on one of their day trips during the summer to support this awesome cause and have your own fun and relaxation.

Maggie Hames



R Tucker Thompson from a raft at the Hole in the Rock, Bay of Islands



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