



## Twin Streams

### ... off to a good start

Launching the marketing of Twin Streams- Wai Oranga Rua subdivision at the Open Day on April 6 prompted 20 groups of people to view the lots. This has resulted in close to 25% of the lots being sold already.

Paparoa Community Charitable Trust Chair, Graham Taylor said "This is a fantastic result so early on. We are confident that sufficient of the lots will be taken up in coming weeks to enable funding for construction to be secured. Already some of the prime spots have gone. We urge people thinking of downsizing to secure their lot, or purchase now, with a view to the future. A 10% deposit will ensure you have the security of an attractive section in a modern fully constructed development."

Local Real Estate agents, First National Ltd and Ray White Ltd are handling sales on behalf of the Trust. **Another Open Day is to be held on Sunday 12 May** from 11am to 1pm allowing a further opportunity to view the lots.

For further information contact: Jill Wilson, First National 021 05 712 or Keith Shadbolt, Ray White 021 402 122

## Paparoa Community Library raring to go

Our fantastic community facility for our new-look library is well underway.

For some like myself it's a huge new learning curve but with the help of Lisa Salter and Simie Simpson at Dargaville Library everything is falling into place. I'd also like to thank Debbie Blythen, our chairperson who has been a great support and a tireless worker from day one and has been there at the end of the phone/text when I've needed a sounding board.

Now let's mention our current volunteers who have been amazing support and also those from the community - including the Lions, the Rural Fire Force and the families who turned up to help when we needed the container emptied to a deadline. They lifted and shifted boxes and boxes of books, furniture, shelving and an assortment of everything - that was a generous donation of 235 hours combined time. Heartfelt thanks from me and the team.

We welcome any further volunteers who may have a spare day or days each month to assist with roles such as front desk, displays, book covering, book exchange, general tidying and to help Noel Futter, Library handyman as required. Please contact Jas on 022 67 81 474 if you would like to be on our team. Training is about to



commence so it's a great time to join us.

No opening date has been set as we still have a lot of work to do, but we will keep everyone posted as it shouldn't be long now. Meantime if you are online check out our Facebook Page, the link is: Paparoa Community Library and I plan to update the page regularly with current happenings at the library.

Jas Futter

Paparoa Community Library Manager



## Turning a new leaf

The Kauri Museum Trust Board is delighted to announce a new initiative - **THE KAURI REGENERATION PROGRAMME.**

This long-term project will recreate significant stands of kauri on publicly-owned land around the Kaipara Harbour. Our project allows people with any sort of connection to the Kaipara to contribute to an environmental project in a way that gives them some sense of involvement and ownership.

Our first task is to identify publicly owned land that is suitable for the planting of young Kauri, initially within a five kilometre radius of the Museum. We already have some sites identified, including land around the Museum itself. Our first plantings are planned for Arbour Day 5th of June.

If you would like to buy a kauri tree for your own planting, pop into the Kauri Museum shop and buy one for \$25. Help us to 'turn a new leaf' by supporting the regenerative planting of our local Kaipara environment. For an extra \$10 purchase a gift certificate for your kauri and have it planted on public land. Either visit the Museum shop, email [admin@kaurimuseum.com](mailto:admin@kaurimuseum.com) or call (09) 431 7417. Celebrate the birth of a new child, an important birthday or commemorate a loved one by planting something that will stand for years to come.

- Every purchase helps us plant and care for more kauri.
- We record the location of all planting sites and trees in the Kauri Museum database, and every purchaser of a kauri tree receives a certificate identifying where it is planted. A purchase of over 20 trees will reserve a plaque at the planting site.

And remember: *'The best time to plant a tree was 20 years ago.*

*The second best time is now.'*

*Chinese proverb*

## Paparooa Press PP

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## Libby's Councillor corner

I really enjoy reading the Paparooa Press to catch up on what's going on and for other people's views on the happenings in Paparooa.

### HEALTH & HEALTH SERVICES

One thing that caught my eye was the article about health and health services in our area. I am so pleased that our new medical centre is ready for opening and hope the community will support having local services here again.

As a director on the Northland District Health Board I am continually waving the flag for our area at our meetings. We are at the southern end of the Northland region and our primary care is delivered by Coast to Coast Health Care, who happen to be part of the Waitemata PHO (Comprehensive Care). Therefore we are under Waitemata DHB, rather than Northland DHB. However, the entire population of Northland is the responsibility of Northland DHB and Northland pay Waitemata DHB to provide primary care for our population.

If you have any particular feedback about health gaps,

access to services or health priorities in our area do get in touch with me. We are developing a new Health Services Plan for Northland and we need rural community input.

### DISTRICT PLAN

Council has been having meetings throughout the district on the District Plan, the document that determines land use throughout Kaipara.

As it is a very involved process, the District Plan is only reviewed periodically and it is exciting that the review is starting now. Thanks to those who attended the meeting in Maungaturoto. Important areas identified so far are zoning for commercial and residential areas, the size of rural lots, sustainable development, infrastructure and significant natural areas.

If you have any thoughts and did not get to a meeting you can email your views to [council@kaipara.govt.nz](mailto:council@kaipara.govt.nz) or be

in touch with myself.

### WARD BOUNDARIES

The boundaries of the Otamatea ward have now been changed as a result of a review into the electoral boundaries for the whole Kaipara district. So what does this mean for Kaipara?

We continue with eight Councillors - two for Dargaville, two for West Coast Central, a reduction to two for Otamatea, and two for the newly formed Kaiwaka-Mangawhai ward. The boundaries for Otamatea will now include up to Tokatoka as well as Mareretu and Taipuha. Kaiwaka and Mangawhai have been moved out of Otamatea ward into a new ward. These new wards will take effect for the local government elections in October this year.

Libby Jones, 021 208 0093  
Councillor KDC  
Director Northland District  
Health Board



## THE KAURI MUSEUM

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**What's on at your Museum**

### Exhibitions:

- \* Anzac Day display to start of June
- \* Textiles 'The Perfect Accessory'
- \* Heritage Rose Collection



For residents of the old Otamatea District: Annual passes available

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## Gumboot Day at OHS

Gumboot Day took place across New Zealand on Friday 5th April to raise funds and awareness for mental health. To stand beside those struggling with depression people were encouraged to wear their gumboots to school, workplaces and anywhere else.

As Mike King from the 'I Am Hope' initiative explained, "For many, having depression is like walking through mud every day", and so the aim was for people to walk in their shoes for a day and stand beside them.

Otamatea High School was one of the many schools that got involved and the money raised, through gold coin donations, will go towards getting free and timely mental health counselling for young people. For the second year in a row, Otamatea students wore gumboots, gave donations and anyone in the school could pick up some chalk and draw or write messages of hope and positivity all over the school courts.

You may have seen, or participated in, the Facebook



profile picture frame campaign 'I Am Hope' which was created in partnership with Kiwibank. Money raised was over and above expectations.

Maggie Hames



## Paparoa Community Connections Workshop

All welcome - Saturday 25 May 2-4pm - Sports Pavilion

It takes a village ... and Paparoa is a great village with some exciting things happening. A number of groups have got together to share ideas and we would now like to develop a Paparoa **Community Connections Plan** with the community.

We invite you to a workshop to share your ideas for potential pedestrian, cycle and other active connections throughout Paparoa village.

This workshop will provide an overview of some projects that local organisations and council are already working on and give you the opportunity to add your own ideas for developing this plan.

A Paparoa Community Connections Plan would provide an overarching plan for future pedestrian and cycling connections to connect key locations throughout the village and to create new recreational assets such as:

**The primary school** - pump and bike track

**The Sports Pavilion** - mountain bike track



**The shops** - footpaths

**The Landing and Village Green/playground** - upgrading and pathways

**The Paparoa Lifestyle Village - Wai Oranga Rua** - pathways

**The A & P Showgrounds**

**JOIN US AT OUR WORKSHOP**

**WHERE:** Paparoa Sports Pavilion

**WHEN:** Saturday 25 May 2-4pm

Please come along with your ideas. For further information contact Libby - paparoa.connections@gmail.com

## Medical & Library ready to go!

The Paparoa Medical Society are excited that health services including GP and physiotherapy, and others as available, are ready to operate once again in Paparoa. In addition, the community library will soon be open in its newly renovated space.

The community has waited for longer than was expected, and eagerly anticipate the **official opening on Saturday 4 May**.

If you are intending to come to the opening and haven't let us know, please do so asap Libby Jones 021 208 0093.

## Health care clinic opening

Coast to Coast Health Care are looking forward to the imminent reopening of the Paparoa clinic and are pleased, once again, to be providing healthcare services to Paparoa and its surrounding communities.

It has been a longer than anticipated interruption with the relocation and renovation completed by the Paparoa Medical Society, and we are grateful for your community's patience and understanding whilst this process has been completed.

We intend on having our clinic in Paparoa operating on a Tuesday and Thursday, which differs slightly from when Dr Mitchell worked prior to her retirement (Tuesday and Friday morning only). As the community and ultimately service demand grows, we will be aiming to expand upon this further.

Once again, we appreciate your patience whilst this process has been completed, and we look forward to the future and providing healthcare services to the community.

Dr Neil Anderson

## Anzac Day draws crowd

A large crowd attended the Paparoa RSA's 2019 Anzac Parade and Memorial Service at The Kauri Museum. Speakers at the service outlined the hardships and trials faced by many returning service people after WW1 and how their war service affected their lives once they returned home. The accompanying ANZAC exhibition **'Home after the War'** is on now at The Kauri Museum.



Part of the large crowd walk back from the War Memorial to the Hall



## Annual speech night

Lions' speech night is coming up on Monday May 20th in the Paparoa Hall, starting at 6.30pm.


Contestants from all the local primary schools who have won their school competition, present their speeches vying for the big cups. Everyone is welcome to attend, free entry, but let us know if you are coming so we can cater for supper.

Contact Mark 4317 369.

## Firewood

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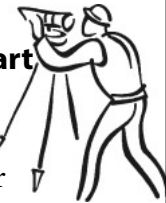
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## What's happening at The Kauri Museum

It's been another busy month at The Kauri Museum, with another equally busy time coming up in May as we prepare for upcoming exhibitions.

### SCHOOL HOLIDAYS

A large group of very keen school children joined us in the first week of the holidays for our clay modelling workshop. With expert tutors on hand, some great art was produced and by the end of the day each child had two finished works to take home. Over Easter weekend our retail staff managed the 'Easter Trail' through The Museum. This was a great hit with visiting children and kept parents on their toes as well. During the last week, the Educator from Kiwi North was present to lead children through a series of 30-minute activities promoting awareness of kauri dieback.

### PROMOTIONS

A team went to Auckland to a two-day Retirement Lifestyle and Travel Expo to promote The Museum. Hundreds of



Early stages in clay modelling

brochures were distributed and valuable contacts made with individuals, lifestyle villages, tour groups and service clubs. We look forward to measuring the results of this promotion in coming months. Planning and preparations are underway for our attendance in Rotorua at TRENZ 2019 in May. This three-day event is New Zealand's largest tourism extravaganza organised by Tourism Industry Aotearoa. Hundreds of inbound tourism operators attend to make contact with sellers of tourist product and historically this event is one of the most important on The Museum's calendar.

### EXHIBITIONS

This year's theme for the **ANZAC exhibition** is 'Home after the War' and many ANZAC Day visitors took time to view it. This exhibition will be open until early June only.

There have been unforeseen delays with the full setup for **'The Perfect Accessory'**, our new textiles exhibition, but the partly-installed display can still be viewed when you visit The Museum. Some of the objects are extremely old and fragile, it is amazing they have survived so long and are still available to us for viewing.

The **Matariki School Art Exhibition**: *'Kaimoana: oranga mai i te moana, Seafood: sustenance from the sea'* will open on Monday 10 June when the pupils of local schools will be at the museum for a demonstration of wood carving and to see their works on display. Last year's artworks were outstanding so



Face mask made in clay modelling workshop

we look forward to seeing the works when they arrive at The Museum for hanging.

Running in conjunction with the schools' exhibition will be **'Creating with Kauri'**. This exhibition honours the memory of Ewan McDonald, a local carver who over many years taught numerous young men the art of wood carving. More than 20 pieces of kauri timber from The Museum's stores have been sent to artists and craftspeople to produce a work for display. There is no restriction on the use of the timber as long as it is part of an original work. This exhibition will open at Matariki also.

Planning is in the initial stages for **The Kauri Museum's Northland Photography Award**. This will be the third year the competition has been held. The theme for 2019 is *'This is Northland - Home of the Kauri'*. Entries will open in June so get your camera out and don't forget to enter.

As ever, The Kauri Museum thanks all the volunteers and other helpers who make the museum such a vibrant and interesting place where there is always something to learn, see and do.

Mary Stevens



## Schools' BOT elections 2019

### Triennial election countdown 'Step Forward For Our Schools'



**PAPAROA PRIMARY SCHOOL** currently has five parent trustees. We are looking for team players who are dedicated to our students achieving their potential in a safe, inspiring, and culturally aware environment. It is a rewarding and fulfilling role, to help shape the future of our School, and build our community. We are asking for people who care, and want to make a difference, to step forward. Anyone from our community can be nominated, pick up an eligibility attestation form from Skeltons Drapery.

If you missed the candidate information evening on 29 April, do not hesitate to contact the board chair or returning officer to find out more. Nominations close at noon on 24 May 2019.

Contact: BOT Chair, Lawrie Stevens 021 066 8783 or Returning Officer Julie Holcroft 021 023 381 84



### SCHOOL BOARD OF TRUSTEE ELECTIONS OTAMATEA HIGH SCHOOL

Nominations for the election of five parent representatives to the board of trustees are now open. A nomination form and a notice calling for nominations will be posted to all eligible voters. Additional nomination forms can be obtained from the school office. The voting roll is open for inspection at the school and can be viewed during normal school hours. There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Nominations close at noon on 24 May 2019. Should an election be required, voting closes at noon on 7 June 2019.

Eileen Parsons, Returning Officer

## OHS support for Relay for Life

March 30th & 31st marked Whangarei's 18-hour Relay for Life event, from 4pm Saturday to 10am Sunday.

The Cancer Society says the event gives everyone a chance to celebrate cancer survivors and carers; remember loved ones lost to cancer; and to fight back by raising awareness and funds to support the work of the Northland Cancer Society".

A large group of year 13's and staff members from Otamatea High School banded together and raised over \$10,000 for this important cause. On the night of the relay the energy in the air was exhilarating, combining many schools and small groups all with the same purpose.

We represented our school with honour and pride, performing the school haka for 'the survivors' as they walked the first lap. By the end our vocals were stripped of normal sound! After the haka it was over to all the participants to

continue the rest of the event. Team OTA made their presence felt out on the track right up to the end and gave 100% to each of the activities that randomly happened throughout the night.

By sunrise everyone felt the effects of walking the track for over twelve hours. Two of our team resorted to walking sticks to help themselves complete the last few hours. Everyone was hurting physically, but mentally we stood strong, pushing ourselves to find the group energy to walk the track for the final hour. Then we celebrated the achievement of walking basically non-stop for 18 hours.

The event raised a total of \$130,053 with Team OTA being the second highest fundraisers in the area.

Quintin Brown, OHS Head Boy

## Toy Library

Play and all things playful are more important than ever. Research shows that children are playing less than ever, and yet it is through play that they develop skills and cognitive thought processes to cope with the world they live in.



At Paparoa Toy Library we have a wide range of stock that will keep children well occupied. There are puzzles, building blocks, Lego, water play, ride-ons, kitchens, and lots of theme play. Come on in and see for yourself (your kids will love you for it). The library is open Wednesdays 10.30-1pm, Community Church in Hook Road, Paparoa.

**OUR ANNUAL GENERAL MEETING** is on the 20th May 2019 at 1:30pm in Community Church Hall. All welcome.

Hilery Poyner

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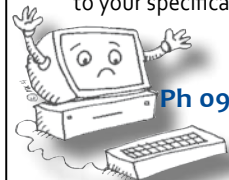
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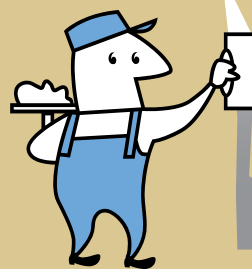


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## Volunteers come forward

Fire and Emergency New Zealand (FENZ) held open nights all over the country on the 4th April, including in Paparooa. This allowed locals to come and see how they operate and to encourage more people to volunteer. In Paparooa, all members are volunteers and people for all roles are needed, from administration to firefighting.

As reported by secretary Amanda Brown, of the open night, several interested people came through and three new volunteers were recruited. If you are still interested and couldn't come to the open night you are still very welcome and can easily be shown around on their training nights - the first and third Mondays of the month at 6:30pm.

Maggie Hames

## The great EV road trip

The Better NZ Trust are leading the charge. Are electric cars really the future of NZ transport? A group of enthusiasts think so. And have been prepared to drive the length of NZ to prove it.

Electric cars, ranging from the BMWi3, Teslas to Nissan Leafs have made their pilgrimage from the deep South (via Paparooa). They're on the last leg to Cape Reinga, commemorating



ANZAC Day in Dargaville en route. A distance of 5,500 kms and a duration of 31 days.

Rachelle and Margie, two of the drivers say they are exhausted, but also say they have noticed a significant change in the perspectives of the people viewing and test driving their cars. Formerly, the public has been fascinated at how the cars work and of their amazing acceleration, but in an abstract sort of way. Now, in view of environmental forecasts, more and more are test driving with a view to definitely buying.

Just in March of this year Tesla

used a Tesla semi prototype electric truck to deliver electric cars to their destinations. In New Zealand there are around 14,000 electric vehicles on the road and the owners that have been spoken to have been unanimous in their happiness with their purchase. Fast, quiet and no costly fuel to buy. Instead friendly chats wherever you plug in your vehicle to recharge. You may even find yourself in the queue with the Prime Minister. And no, she didn't jump the line.

For details go to [betternz.org](http://betternz.org) or [facebook.com/LeadingTheCharge](https://www.facebook.com/LeadingTheCharge)

Deb

## Beauty & The Beast JR ... it's on now - don't miss out

This weekend (3/4/5 May) is your final chance to come to Otamatea Repertory Theatre's amazing show. Come for an afternoon - or evening - of pure entertainment.

Director Maura Flower says, "The show is a visual extravaganza - with wonderful fantasy costumes, artistic makeup, creative set and props, and brilliant lighting design. The singing, dancing and acting is wonderful, with many stand-out performances."



Jaden Sheppard as Gaston struts his stuff with the villagers

Jaden Sheppard (15) of Paparooa, who plays Gaston says, "I love being able to express myself through acting and performing. I think the entire cast is very talented; I like the fact that the characters are so different and project such diverse personalities, making it different from other shows."

Maura Flower

## Rave review for junior show

"I absolutely loved it and it brought tears to my eyes! There are so many young stars."

Jaden Sheppard is outstanding as Gaston, and Kate Cotching and Liam McCollum as Beauty and Beast respectively were fantastic. The supporting cast are also incredibly good - lovely singing and perfectly in character - all inclusive from the smaller ones through to the teenagers.

You don't have to go far afield to see a brilliant show - we have one right on our doorstep at the Repertory Theatre in Maungaturoto. Every performer is a school student as this show is written to be performed by under 18's only. Costuming and props are outstanding and there is clever artistic makeup, creative set and props, and brilliant lighting design. I congratulate Maura Flower and her production team for staging such an entertaining show.

Stella



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## Music in the Simpson's garden, Ruawai

For the second time in a month Ruawai Lions held another successful community fundraiser. Their annual auction was held on March 16th (see feature pg 9) and Music in the Garden was staged in the garden of Lions members Dorothy and Jim Simpson on March 31st.



The band entertains. Note the unique stage set-up with TWO tractors - only to be seen in a farming community!

A range of talented musicians and singers kept the audience entertained for hours. Salt River Band opened the programme with country songs that got the crowd dancing. The Red Arrows Dixie band followed, with their musical prowess. Pianist Rina from Japan, local violinist Valeria Maw, soloist Katrina Poyner and soloist Peter Martin all added depth to the afternoon's talents. Garth Preston ably performed the MC duties and kept the afternoon rolling along.

Paparoa Lions once again supported us with their food caravan, selling hot food and cold drinks. Baskets of homemade preserves and an iced musical-themed cake donated by the Catval Quail girls were raffled to add to the day's fundraising.

The focus for fundraising was the Ruawai First Response Unit upgrade and a donation of \$1000 has been presented to them. First responder Natalia Ross explained to the crowd how the funds would be used.

A small group of stalwart Lions planned and presented the event. We are fortunate to have such a supportive community with people who step up and lend a hand when things get busy.

Thanks to everyone who helped make this an enjoyable and successful afternoon. We look forward to seeing you at our next function, a community shared lunch on May 26th.

Rosemary Webb  
President Ruawai Lions Club

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## Kaiwaka Athletics

Our club has just completed another season. While fewer youngsters attended each week, they competed enthusiastically and we had some excellent parental support. Two athletes, Keegan and Chiara Lydiard competed creditably at the Northland Children's Champs in early March.

### TROPHY WINNERS FOR THIS SEASON ARE:

- Lifebuoy Rubber Trophy ..... K Lydiard
- John Metcalfe Trophy ..... E Fisher
- Ridgeview Trophy ..... Chiara Lydiard
- Jodon Holding Trophy ..... Manu Martin
- The 1500m trophies ..... Keegan and Chiara Lydiard

Thank you to all who helped on a weekly basis. We now take a break over winter, and will recommence in early November.

Eileen Parsons

## Rotary sponsored picnic table

Whakapirau is now the proud owner of a lovely new picnic table, replacing the one that was vandalised.

Thank you to Maungaturoto and Districts Rotary Club for providing the finance for materials and the students and their teacher, Martin North, who made the table as part of their woodwork programme at Otamatea High School. Also thanks to Sam, a new resident at Whakapirau who helped install it.

Caroline Skelton

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**Term 1 ends ... #2 coming up**

The end of Term 1 was a busy and fun time - we thoroughly enjoyed our day at Ruawai Primary School, participating in the 'Tryathlon'. We had teams of three with one person swimming, another cycling and the third running.

Our visiting Duffy Role Model, author and te reo advocate Sharon Holt, spoke to us about her journey as an author and her passion for learning and teaching te reo. We loved participating in the puppet play of her book 'He Miharo te Manu'. And, as always, we were very grateful to receive two Duffy books each.

Term 2 is looking to be another exciting one with our students participating in ki-o-rahi and rippa rugby tournaments, and work will start on replacement of our astro turf in May.

We look forward to welcoming seven new students during Term 2.

Julie Harper



Two Duffy books each!

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**OTAMATEA  
COMMUNITY  
SERVICES**

It is a bit cooler these days and people will be getting out their warmer clothes and raincoats etc.

At Community House we have a small selection of clothes for toddlers and babies, mostly for boys at the moment, and among them some warm pyjamas. These are all donated and are free to take, so come and have a look. While we have limited space for clothes storage if anyone has little girl's winter clothes we could find a home for them. It is nice to receive outgrown clothes and to be able to hand good used items on.

We thank the wonderful Anne and her team at Arty Farties in Paparooa. They do a great job delivering us fresh garden produce weekly. We also have our own vegetables, fruits and jams etc. brought in on occasion by local residents. Any surplus packets of dry grocery items or tinned foods will be welcomed too. A big thank you to the poultry farm who drop off pullet eggs; these make a great addition to items we pass on to those in need. We welcome donations of all

kinds if people wish to do so. You're all very generous and much appreciated.

We continue to support people of the Otamatea district. We have counsellors, parent coach, senior support, addiction support, budget advisor and social workers. These professional services can be self-referred or referred through doctors, schools, hospitals, etc. and are free of charge. We remind those making appointments that it is important to let the counsellors or other staff members know if you are unable to attend your appointment.

Our mini-bus is proving to be a very popular service with groups, schools, clubs etc. For only \$20 per day it can seat 12 people for shopping, outings or tours. Phone us to ask about the shopping trips, to use the mini-bus, or for any of our services listed above.

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## Hidden treasure at Ruawai!

After several weeks of collecting goods from anywhere and everywhere, auction day dawned fine.

Trucks and trailers, already loaded up were driven down to Kaipara Kumara Forecourt for the auction of the year. Marquees went up, goods were downloaded and suddenly business was underway.

A huge variety of goods changed hands - at the trading table and by auction. Raffle tickets were sold and Paparoa Lions did a good trade from their food caravan.



A big thanks to our many sponsors who donated lots of quality goods including an iced cake, an adjustable bed, farm gates, fertilizer, limestone metal, calf feed, tools and hardware and more!

With the help of our community and our supporters over \$6000 was raised which will be used

to assist the Ruawai community in many ways over the coming year.

Thanks to all in our community who found time to

provide a huge variety of saleable goods, to those who helped us on the day and our appreciation goes to all the buyers who made the most of the chance to turn up and get a bargain!

Our sponsors were: Sleep Systems, Ballance, Nutrinsa, Farmlands, PGG Wrightson, Ravensdown, Ruawai Transport, Silver Fern Farms, Carters, Hunting & Fishing, Kevin Reid, Kaipara Kumara, Catval Quail Eggs, Trudie's Salon, Farm Source and The Vet Centre.

One person's trash is another person's treasure!

Dorothy Simpson

## Letters from The Old Post Office

### Winging away from winter



Dear Reader, as the autumn shades draw in and the last roses bloom, thoughts turn to the dying down of summer. Poplar leaves become golden and rustle crisply in a chillier breeze. Bees, desperate to plunder every last essential speck of yellow pollen work well into twilight.

And the man in the shed speaks gloomily of the coming winter. Like the godwits, he wishes to flap his wings and fly away. In this instance, it will be the metallic wings of whatever cramped, tin container that Air New Zealand decides is suitable for a trans-Tasman flight. Yes, this intrepid traveller is once again leaving the safety of the shed for warmer climes. However, take heart Dear Reader, unwilling to disappoint his many fans, his absence will be brief. (Oh, too too brief, to misquote someone, perhaps a sick owl?).

The flurry of paper has upset the domestic routine for several weeks. Not for the man in the shed the ease of the on line passport nonsense. Replica copies of instructions are still to be found littering all available surfaces. The cat has taken to preferring to take his ease on this thick wad of paper, it is several centimetres thicker than the daily newspaper and possibly more factual.

Of course, the challenge of finding suitable flight times and prices is one that is all too difficult. The technique of talking about this obstacle to all and sundry has, of course, resulted in someone else undertaking this Herculean task. As an aside, one does wonder if these Greek heroes had personal assistants? Time, place, necessary equipment and provisions? Perhaps attractive passing nymphs may have been called in to help?

Then too, there is the task of finding accommodation. Dear Reader, please do not enquire into how this was decided upon. Questions such as: How far is it to walk? What suburb am I supposed to be in? ... Suffice to say, the man in the shed then whiled away several hours reading the reviews out loud. Many of these adverse. It seems computer skills are much like the seasons, they come and they go.

It is with some hesitation that one realises that mention must be made of the car parking issue. Dear Reader, methinks it will be time for "The last of the summer wine."

Deb

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## Paparooa's Fun Run/Walk

Around 60 people took up the challenge to walk or run in the second annual Paparooa Fun Walk/Run on Saturday 6 April.

Organised by the Paparooa Sports and Recreation Association, this event was initiated to encourage people to exercise with their families out in the community. Something that was emphasised was that there were to be no losers as everyone got a spot prize for their efforts. There were options to either run or walk, or even take buggies. This enticed many different people, with participant ages ranging from babies to late 80s. Included in this was four generations from one family (pictured below).

A big thanks to those who let us walk on their land, the marshalls, sponsors, bbq cooks and of course everyone who came out on the day.

As mentioned on the day, a walking group has been started in Paparooa, but it needs someone to lead it. All they need to do is put out an email tree each week to see if people are available and sort out a time. If you're interested in this, please email Libby Jones (hames.jones@xtra.co.nz). Maggie Hames



Four generations - Kayla Leaf, Julia Leaf, Delwyn Chambers and great grandma Beatrice Foote

## Masting - a conservation dilemma

Masting is when a tree produces a very large amount of flowers followed by fruit. The several varieties of NZ beech, found in very large areas in the South Island have had a 'masting' in some areas this last summer.



**WHAT CAUSES IT?** In the recorded past, beech trees had years where not many flowers were produced and every now and again they would have an exceptionally good flowering year - a 'mast'. Over the last few years this phenomena has become more frequent.

**WHAT ARE THE SIDE EFFECTS?** With the increased food supply rats, stoats and mice produce a great deal more offspring - in fact the bush can become almost a seething mass of rodents. This is a disaster for native birds and their young as they are decimated by all these stoats and rats. Populations of bats, native parakeets and mohua/yellowhead can be wiped out. Ship rats are particularly bad.

**WHAT ARE CONSERVATIONISTS DOING** - to try and prevent this happening?

- Firstly they try to predict the areas where this is likely to occur and protect known populations of at risk animals. At present the only option available to lower the rodent population is to drop 1080 pellets. This is very expensive and unpopular.
- DOC has limited numbers of workers and finance.
- The area is vast and not easily accessible.
- Tramping clubs and conservationists use traps on tracks and accessible areas.
- Progress is being made on predictions where masting is likely to occur using weather and temperature data.

**THE FUTURE?** Research is being done on alternatives to 1080.

**AN OBSERVATION:** I walked the Heaphy Track about 3 years ago and there was very little bird life apart from wekas. The track area has since been air dropped with 1080. According to more recent trampers this track now has plentiful bird life and bats along with reintroduced takahe. This may be a coincidence, but also maybe not!

Stella

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## Fascinating Lord Howe Island

Small islands always fascinate me. Each has its own unique character.

Recently I visited Lord Howe, a group of volcanic remnants towering out of the Tasman sea, cemented together by fossil coral and sand. The main island, about 14 square kilometres, is a crescent shape and the world's most southerly coral reef creates a lagoon of the bay.

After hours of air travel (via Sydney) I looked forward to hours of lounging in this pristine environment, maybe wallowing in the warm water. But this is an energetic place. The lagoon is good for swimming and kayaking, snorkeling or looking for turtles. The ocean beach is a walk away and there you can surf and snorkel.

If water falls there are dozens of walks ranging from a doddle to a 8-hour ascent of Mount Gower (875metres) which includes edging along roped-off vertical drops with the waves below. I found it easy to resist this activity, but did enjoy shorter tracks through

natural palm forests which cover most of the land area. There are other trees too including cuzzies of coprosma, kowhai, pohutukawa; also banyan trees which are a type of Morton Bay fig. There are birds to watch and views to enjoy. Most people hire bikes to get about. And, as the speed limit is 20k you are just as likely to achieve progress on two wheels as four. However nearly everything is within walking distance.

When we got to our motel the owner gave as an introductory talk which included the information that there was no crime on the island. He provided door keys but told us not to bother using them. If we wanted to hire snorkeling gear at Ned's Beach just 'put the money in the box', and so on. At first I worried but eventually calmed down and left things lying about: camera on the beach along with money and backpack. No problem.

What is a holiday without good



food? The island provides. There is also a very civilised arrangement whereby the motel delivers you to and the restaurant (of your choice) takes you home.

Huge efforts are being made to preserve the World Heritage environment by outlawing plastic shopping bags, sorting rubbish and composting, turning glass into road sand and so on. Feral goats and pigs have been eliminated. There are no cats and only about 20 dogs which are subject to strict control. Efforts are being made to exterminate rats, a danger to the land dwelling birds and this is causing a familiar

controversy as to the wisdom of aerial drops of poison.

I most enjoyed interacting with the locals. Many are descended from sailors who decided to create a trading post to provision ships in the late 19th century. There are some big personalities as the 300 or so residents have to cope with the isolation as well as about 400 visitors at any one time.

This would be a great place to take kids for a free range holiday. No mobile phones and no internet.

Lord Howe really is a special place.

RS



Maungaturoto and Districts Rotary

## Rotary news and events

We recently hosted one of our Charter members, John Couper, at a tea meeting when we celebrated his 90th birthday. Congratulations John on attaining this milestone and thank you also for being one of the people who set up this Rotary club back in 1969.

After some delay, we have found a home for the fantastic picnic table constructed by students at Otamatea High school. Originally destined for the Brynderwyn walkway but due to the threat of kauri dieback we were not able to place it there. Instead it is now on the waterfront at Whakapirau where it will inevitably get a great deal of use. Thank you to the locals at Whakapirau who helped put this in place.

I was fortunate to attend the Rotary Youth Driving Academy in Whangarei. This Rotary initiative, which we support financially, enabled Year 12 students from Otamatea High School to attend. During the course of the day they completed six modules aimed at making them better drivers with a greater sense of road

awareness and dangers. This means they will be better at knowing what to watch out for when driving and to be aware of peer pressure when decisions are made.

Once again we have had some very thought-provoking speakers. One of them gave a message that was reiterated at our annual conference by three of the keynote speakers. 'The way one develops resilience is with perseverance and a positive approach to life'.

A reminder, we still have plenty of bags of calf litter for sale at Maungaturoto Four Square.

As Rotarians we enjoy many interesting guest speakers, working bees and times of fellowship. If you are interested in joining us, please get in touch with any Rotarian.

Eileen Parsons



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**Community Connexions - Arty Farties Inc.**

We have planted lettuces, green peas, radish, broccoli, herbs of all shapes and sizes, cabbage, brussel sprouts, broad beans, kale (curly) and leeks. Did you know that by digging a trough, not too deep, and laying leek plants on their side and covering their roots with soil, they'll be standing up straight

within two days! Watch your onions and beetroot do the same thing.

Fruit trees and citrus need feeding and their branches tidying up. Grape vines also need pruning right back. Apples, peaches and pears - not yet- but it won't be long. Regardless of rumours going around, Arty Farties gardens

will not be shifting from their present location.

So please keep coming to our Sunday garage sales, get seedlings from the potting shed, maybe volunteer to help with the weeding, or just pop in to have a cup of tea/coffee with us.

Cheers from all of us  
at Arty Farties.

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**Pimples and acne**

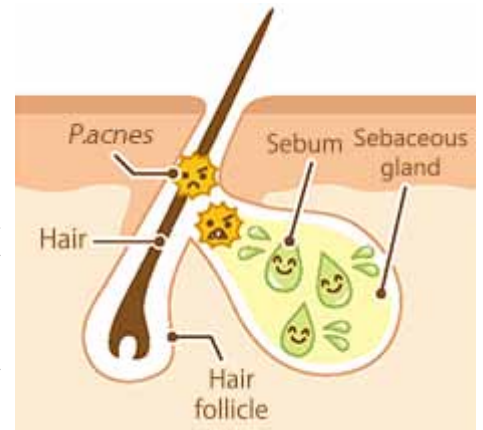
Our gastrointestinal tract contains the largest population of bacteria and our skin contains the second largest population, referred to as the skin microbiome. Our skin is a diverse melting pot of different groups of fungi, bacteria, mites and viruses with hundreds of different cultures living together. We feel great and are healthy when these microbiomes are in symbiosis, living together in harmony.

*Cutibacterium acnes* (formally known as *Propionibacterium acnes* or *P. acnes*) is one of the bacteria that live on the skin and is attributed to pimples and acne. However these bacteria perform a very important function, digesting sebum, changing it into free fatty acids to help form the skin's acid mantle. They only cause problems when their numbers are out of whack.

Hormones at puberty, pregnancy and menstruation are times when we see an overproduction of sebum resulting in oily skin. This provides extra food for the *C. acnes* bacteria and they multiply, putting the microbiome out of balance. Skin becomes inflamed and the body's immune system kicks in with higher

production of white blood cells. Combine inflammation, cellular debris, bacterial proliferation and white blood cells and you have a plugged hair follicle or pore. The backup results in a traffic jam under the skin, and you start to see pimples or acne.

Worse comes when 'zits' spread to the neck, chest and back, but only when we try to treat these zits with cleansers, gels and scrubs that strip the oil as we've been taught to believe that oily skin is prone to pimples. When we strip our skin surface of oil the *C. acnes* bacteria will go and look for food, so they travel down the hair follicle where they find the sebaceous gland (the sebum factory) where it's like finding KFC. They gorge on



the sebum and you can guess what happens next.

**Keep your skin clean, but DO NOT strip it of its natural oil.** Remember, you want to try and help sebum flow onto your skin. Use a gentle cleanser and moisturiser that help the skin desquamate allowing the pores to empty easily.

Seek expert advice as there are technologies and products that can help to regulate sebum production, keep your microbiomes in balance so you shouldn't have to struggle with pimples and acne.

Nina Quan Skin Therapist  
Skin Image Paparooa & Waipu

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## 50 years of Ararua handcraft

The Mid-Northland Handcraft Group recently celebrated their 50 year anniversary.

Back in March 1969 Jean Cartwright and several of her friends arranged regular get togethers, in the Ararua Hall, of local people interested in craftwork. The response was very encouraging and the group became popular with a variety of craft being worked. And so began the Mid-Northland Handcraft Group, 50 years ago. The group continues today with monthly meetings in members' homes and at a different place each month. Jean, now 94 is still a member, spinning, knitting and crocheting.

New members are welcome. Meetings are on the last Thursday of each month except December and



Jean Cartwright with the 50yr celebratory cake

January. Currently about 10 people attend coming from Whangarei to Ruawai and places in between.

Contact Glennys McKenzie 09 432 0409 or glenmck@xtra.co.nz for further information.

## I've been thinking about ... Diet

It's hard to be a carnivore these days. The moral high ground seems to be held by other dietary regimes and the media is constantly on our case.

A vegetarian diet is a perfectly reasonable option, essential for some, an option for those who don't like the taste of meat, or feel they cannot eat anything they would not be prepared to kill. Eat what you like, but grant me the same privilege. I assume vegetarians don't wear leather.

Vegans are even more picky. Do not enslave creatures to eat their embryos or quaff their milk. I assume vegans do not wear wool or other animal fibres. Do they keep pets?

Animal rights arguments are difficult to refute. Only the worst psychopaths feel pleasure in inflicting pain and death. However it's hard to define the acceptable. For example, bees will only pollinate manuka or avocados as a last resort and hives are placed to eliminate choice. By eating manuka honey or avocados, are we promoting bee enslavement? Is bee enslavement more or less acceptable than keeping poultry or pigs?

The earnest consumers of grain and pulse, root and leaf must now consider the research which suggests that

plants, particularly trees are sentient beings. Google it, or read books such as 'The Hidden Life of Trees' by Peter Wohlleben who introduces the idea of 'the Wood Wide Web' whereby nutrition and signals are exchanged between trees. Plants react to stimuli in various ways. Having a flower picked or a leaf cut results in the equivalent of a cry of pain: the smell of freshly cut grass is a chemical distress call.

So wrenching roots, pruning plants, lopping limbs and crunching nuts cannot be regarded as harmless activities which cause no angst. Where to from there? Whatever we eat adversely affects some form of life.

We must obviously accept our basic animal nature. We have to eat. The trick lies in eating in moderation. (And it's not that hard to identify the abusive overeaters.) We must treat our food with respect. No food fights: no competitions to eat most or fastest.

Most importantly, no waste. That is the real challenge and those who waste not are the true holders of the high ground. RS

## What stripes make you look slimmer?



**Vertical ones? Nope!**

According to research carried out at the University of York in 2008



(curious what is researched at some universities), the answer is - **Horizontal stripes!** Researched with pictures of over 200 pairs of similar sized women there were conclusive results! In fact the one wearing horizontal stripes had to be 6% larger for the pair to appear to be the same size!

Check out optical illusions, the Helmholtz square if you want to see more.

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## Kaipara Hunting & Fishing

### ANNUAL DUCK HUNTERS SHOOT

There was a great turnout of 40 shooters for April's annual 'Duck Hunters Shoot'. Paul Dunnnett was again the top scorer, shooting 75 targets out of 80. The three-way tie for 2nd place (all three shooters on 64) saw Hayden, Andy and Bruce battling for 2nd and 3rd spots. Eventually Hayden took 2nd place over Andy on 3rd. It was great to see all the many up and coming juniors out there on the day. Lucky winner of our major prize draw was newcomer Rex Orton.

### FISHING

Game fishing is nearing the end of the season and with

just a few days left, Jenny Mclean still leads with the first marlin hooked this season. Annette Pull has now been pipped at the post for the biggest snapper by Steve Wrathall with his catch weighing in at 8.74kg.

**UP-COMING EVENT:**  
Mixed Bag Weekend 18-19 May. All species of birds shot (according to your licence) will be weighed in on a points system on 19th May from 4-5pm at the club. With great prizes to be won - see you all there.

New members welcome:  
call Andy Thompson 021 129 4378  
President Cameron Shanks 09 431 6229  
Secretary Annette Pull 027 286 2329

## Swimming Success

Paparoa School has enjoyed a stunning swimming season. On the back of our school aquatics programme, children participated in both a mini-zone swimming event at Matakoho School, with Tinopai School and our first school swimming house competition.

This is our first year in the Northern Wairoa sports region, having shifted from Bream Bay this year. Paparoa boasted a strong team of 12 at the Southern zone swimming event held at Ruawai College with its impressive facilities. From here 5 children qualified for the Northern Wairoa Swimming event. It was an excellent day, filled with competition and support between schools.

We have been extremely pleased with the success of our swimmers this year, having three of these swimmers



selected to represent our school at the Northland Swimming event. Unfortunately these sports ambassadors missed out as the event was rained out. A massive effort from a growing and exciting rural school.

Simon Schuster,  
Principal  
Paparoa School



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## From our family to yours ...The power of One (or Two)

We drove over the new Matakoho bridge the other day and made the kids come along. This was because this would be their last chance to drive over the old bridge and to see what was left of the old road layout. (Not that they would value this moment to be of such importance as I did. "But in 50 years you can tell YOUR kids about the old road!")

Apparently that is still not exciting. I was enthralled - just wow, what an amazing feat of organisation and planning and skillful execution. It was quite emotional actually (only for a wacky hippie such as myself). This new stretch of road is bringing fresh eyes to see the land from new perspectives, and there is something beautiful about that.

I would like to pay homage to Suzie Reyland, who was in an accident on one of those bridges, and who tirelessly campaigned and petitioned to get the road realigned with new bridges. At the time, people were heard to murmur that it would never happen in our lifetimes ... well, look now! The power of one woman on a mission has changed the face of travelling along SH12 forever. I know the new names

of the bridges have been released, but for me, I will call the new road 'Reyland's Way'. or 'Suzie's Straight', although that could be misconstrued.

Such dedication to a cause is one reason why I love living in this community. The number of people who volunteer countless hours - whittling away at numerous projects, slowly changing the area to a positive future- are a powerful reminder that we are not insignificant or powerless. But to effect change, we must be the change, and do it (without endlessly bleating about wanting to do it)!

*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."* Margaret Mead.

Jenny



## Paying it forward

'Paying it forward' is when a good deed is received and then repaying that good deed to someone else. Here are 10 reasons why you might want to 'pay it forward':

- 1) It feels good. You don't need money to help someone out. Get creative and when you get that appreciative smile and hear the magic words, thank you, you feel like a million dollars.
- 2) A small gesture could save someone's life. For anyone experiencing difficulties, a little kindness can help to shine a light in the dark.
- 3) Giving without expecting anything in return helps to erase the ego and others will trust and respect you more.
- 4) Both you and your receiver benefit as you make the world a better place.
- 5) You make opportunities for chance encounters with people you wouldn't have otherwise met and which could change your life in healthful, financial, emotional or spiritual ways.
- 6) Acting altruistically, and displaying virtues such as kindness, generosity and thoughtfulness creates a powerful role model for those around you to follow, especially younger generations.
- 7) Gets your creativity flowing as you come up with ways that you can help others.
- 8) You improve the way you perceive yourself as you start to make a difference at home, in the workplace and social

environments.

9) 'Paying it forward' creates new neural pathways in the brain making a better version of you.

10) You will have greater credibility and integrity in your community when you are seen doing good things.

Everyone needs a little kindness, a little help to get them through rough times. Never try to guess what someone else is experiencing. Think about how you might do a random act of kindness every day. Look for an opportunity and take action.

Carrie Addlington

## Bringing 'pay it forward' to the community

I got inspired by this idea when talking with my partner Paul Larkin, a massage therapist. He says that often clients will pay more than what he asks as they value his work so much. With any extra money received he 'pays it forward' to give clients longer sessions than they would otherwise experience and they receive greater benefit because of someone else's generosity.

### THIS GOT ME THINKING ...

Many people in our community give their time and energy freely and I'll bet they put everything and everyone else's needs before their own, so ... each month I want to give FOUR subsidised massages to volunteers anywhere from Kaiwaka to Ruawai.

### HOW IT WORKS ...

I will give a half price 1-hour 'Bliss Out Session' to one volunteer each month, out of my own pocket, but I need help to fund the other three. A 'Bliss Out Session' is a gentle massage using 'singing bowls' placed strategically on the clothed body to release tension & induce a meditative, nurturing state so that you 'feel magic'!

I will contact Terri Donaldson (Chairperson, Maungaturoto Residents' Association and community volunteer extraordinaire) with the actual



Carrie with the 'Bliss Out' singing bowl number of people I'll be able to offer sessions to and she'll arrange for people who are needing some well deserved nurturing and TLC to receive this blissful gift. Recipients will be published monthly so that the community can see the wonderful exchange taking place.

If you like this idea and would like to support bringing 'Bliss with sound energy massage' into the community, you can donate with cash to me personally - I'll be at Simply Herbal Mini Market on Friday 3rd May 4-8pm or online here: [selfnurture.org/sem-donate](http://selfnurture.org/sem-donate)

Use this idea in your own business, work, home and day to day life- let's get creative to share our skills and passions to make the Kaipara, if not the world, a better place.

The Nominated Volunteer for 1 hour Bliss Out Session in May 2019 is: Terri Donaldson

Carrie Addlington



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[Carrie@SelfNurture.org](mailto:Carrie@SelfNurture.org)  
[fb.me/soundenergymassage](http://fb.me/soundenergymassage)  
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## Science Corner

### Iodine



#### WHAT IS IT?

- A blue-black, lustrous corrosive solid.
- Belongs to the same family (halogens) as fluorine and chlorine but is not as reactive.
- It sublimates (goes straight from a solid to a gas) readily to form a violet gas.
- Its radio active form is used as a tracer in medicine.
- It is a germicide and used in a 2-7% solution with water and alcohol.

#### WHY IODINE?

- Iodine is needed in very small amounts by humans for health reasons.
- Lack of iodine during pregnancy is the leading cause of preventable mental and developmental disorders in the world.
- Iodised salt was introduced to prevent goitre (a growth on the thyroid gland in the throat) and NZ iodine deficiencies.
- Goitre was not uncommon in early NZ.

**Iodine deficiency problems** largely disappeared after this salt was introduced but unfortunately it has began to reappear, possibly due to people having salt reduced diets. To help resolve this, store bought bread now contains iodine.

- New Zealand soils are lacking in iodine. During pregnancy and breast feeding it is very important that the mother has sufficient iodine. Foods such as fish, milk and eggs contain iodine and iodine tablets can be taken.
- Groups such as the Kiwanis are working world wide for the elimination of iodine deficiency disorders.

Stella

## A focus on Norovirus

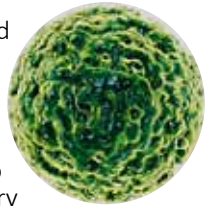
Norovirus is known as the 'winter vomiting bug' whereas most food poisoning 'bugs' are a summer occurrence.

#### WHAT IS A VIRUS?

- It is not a living thing as it does not fit the criteria of **MRS GREEN** activities - remember from junior science that living things move, reproduce, sense, grow, respire, excrete and take in nutrition/eat. Humans like to put things in nice tidy categories but nature doesn't follow those rules.
- For a start it cannot reproduce on its own but needs to hijack a living cell in order to use its components to do this.
- On its own, in the outside world a virus doesn't grow, eat, excrete or respire. In fact it is pretty much just a little bit of nucleic acid enclosed in a protein shell that just exists anywhere.

#### WHAT IS NOROVIRUS?

- A group of viruses that cause vomiting and diarrhoea and which usually happens in cooler weather.
- Common in cruise ships, childcare centres and resthomes.
- Mostly it only badly affects those who do not have good immune systems- the sick, very young or elderly. Dehydration is a problem in severe cases.
- It is very infectious - from food or drink contaminated with faecal matter (ie unwashed hands after visiting the toilet) or in air particles from vomit that come into contact with an infected person. People are contagious even before the symptoms appear and for at least three days after the symptoms stop and sometimes for even up to two weeks.
- Food preparation surfaces may not be safe even after cleaning as not all disinfectants will eliminate the virus.



#### SYMPTOMS OF NOROVIRUS

- Vomiting will occur within 12 hours of eating infected food or other exposure.
- There may be fever, chills, headache, generally feeling awful.
- Antibiotics don't kill them and a sick person will produce millions of these nasty viruses.

#### PREVENTION

- Wash hands for at least 20 seconds with soap and water, dry thoroughly before eating, after visiting the toilet, or changing nappies. This is better than alcohol hand sanitiser. Don't put your fingers in your mouth unless you've washed them.
- If you've had the virus do not prepare food for others for 3 days.
- Cook oysters and other sea food.
- Wash fruit and vegetables before eating raw.
- Clean bench and work surfaces with a mixture of detergent and chlorine disinfectants if you have had a sick person in your home or workplace.
- Doctors can send away stool samples to test for norovirus.

Stay safe! Stella



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# HEY, KIDS . . . JUST FOR YOU DOING CHORES



Nowadays children may complain about chores, but keeping a house clean is a team job and besides, in 'olden' days, children had so many more chores and jobs that today's kids should consider themselves lucky!



Working children of olden days (circa late 1800's)

Here's a fun 'olden' day chore that you can do at home, with delicious results!

## MAKING BUTTER (WITHOUT A CHURN)

If you have a house cow, milk her, and then scoop the cream off the top (otherwise, buy a 500ml bottle of cream).

Pour it into a jar, so that its about 2/3 full, and pop in a marble. Screw the cap on tight. Begin to shake the jar up and down vigorously. To pass the time while churning, children often used to recite this traditional chant:

*Come, butter, come!  
Come, butter, come!  
Peter standing at the gate  
Waiting for a butter cake ...  
Come, butter, come!*

After about 10 minutes of shaking and when there are no more sounds of sloshing cream inside the jar you will have made whipped cream!

Keep shaking ... in just another minute or two, a round ball, surrounded by liquid, will begin to form inside the jar. This round ball is the butter, and the liquid is buttermilk.

A special treat right after making the butter is to spread it while still soft on crackers or bread and enjoy this freshly churned butter.

Next time you go to The Kauri Museum, keep an eye out for the butter churns they have there and think about how much butter you could make with one!

### WOULD YOU LIKE TO:

- ◆ Make your own clothes, first by spinning and dyeing wool?
- ◆ Make your own candles, first by boiling animal fat to make tallow?
- ◆ Not go to school so that you can help out on the family farm all day, harvesting and planting crops by hand?
- ◆ Care for younger siblings so parents can get jobs done?
- ◆ How about sweeping chimneys, working in coal mines or scavenging for loose threads under enormous milling machines that could chop off a finger if it was in the wrong place?

Luckily today, emptying the dishwasher and making your bed are more common kids chores.

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## Editor Wanted!

Is desktop publishing your thing? Do you love community involvement? Enjoy a challenge?

The **Paparoa Press** is an important part of the local community and provides:

- a vital source of information specific to our part of the Kaipara.
- a vehicle for sharing local knowledge on ... history, the environment, group activities, events & attractions and so on
- a platform for local service providers and businesses to reach potential customers ... in other words, **reaching your community.**

The Press is looking for a new editor (a modest remuneration is provided) Computer and training provided, please contact [press@paparoa.org.nz](mailto:press@paparoa.org.nz)

## OUT & ABOUT AROUND TOWN

**Extra traffic speed signs** have been installed by NZTA through Paparoa- (have you noticed?)

Warnings of a 50kmh area 400m ahead are now at both ends of Paparoa and another set of 50kmh signs have popped up in the centre of town. Hopefully this will increase driver awareness as they approach Paparoa and to subsequently drive at a slower speed through our village. PPI, working with KDC, have been lobbying for this for a long time and still hope for further measures to be instigated. This is a great start!



**The slip at the top of Ariels Hill** is now being repaired by NZTA contractors. A big job requiring a bit more patience for a bit longer. It's also noticeable that works being undertaken by KDC to improve Paparoa Oakleigh Road before

Mareretu are requiring 3 sets of traffic lights while work is in progress.

**The Matakohe bridges** realignment is nearly complete. We will soon forget what it used to be like. The landscape is so changed and you will be past Matakohe turnoff before you realise you've missed the turnoff into Ararua Road. It's not where it used to be any more!

**Two ex-Otamatea High School** students have earned the right to represent NZ! Annmarie Holst is playing squash for NZ in the under 19s junior team. Simon Parker has been selected for NZ Under 20's Rugby team to play in the Oceania Rugby U20 Championship in Australia. (Simon's family rent the upstairs residence in the old County buildings in Paparoa now owned by the Paparoa Medical Society Inc). Congratulations to them both.

## HOOK, LINE & SINKER

Fishing has been excellent this last month, plenty of snapper around, the odd gurnard are now being caught, and there are still a few kahawai around. The weather has been excellent.



Happy fishing this month

**As the result of a measles epidemic,** over 600 children have died in Madagascar. This has been made worse by the children being under nourished. World health organisations have been trying to vaccinate as many children as possible. They find anti vaccination groups very frustrating.

## Kaipara Marchers garage sale

This coming weekend's Garage Sale Bonanza is Kaipara Marchers' fundraiser to help them attend the 2020 Christchurch Nationals.

Saturday 4th 10-4pm and Sunday 5th 10-2pm will be 'all go' at Ladies Mile in the middle of Paparoa Village.

See you there for the bargains to be found amongst quality items ranging from crockery to golf clubs and everything in between (except clothing).

Your donations are welcome - drop them into Ladies Mile anytime from Wednesday 1 May (after 10am) to Sunday (before 10am)

Carrie



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**WHAT'S ON - MAY 2019**

**The Kauri Museum** open 7 days, annual passes available for Otamatea residents  
**Exhibitions:** ANZAC exhibition opens 19 April, closes early June  
 Textiles exhibition, 'The Perfect Accessory'  
**Kaipara Marchers Garage Sale** Ladies Mile, Pap. Sun 4/5 May, from 10am (pg 18)  
**Medical Society building official opening** Saturday 4 May 1pm (see pg 3)  
**ORT's Beauty & The Beast** last chance 3-4-5 May, Theatre, Bickerstaffe Rd, Mgto  
**PCTT Twin Streams Open Day** Sunday May 12 from 11am -1pm (details front pg)  
**Toy Library AGM** 20 May 1.30pm Community Church, Paparoa (see pg 5)

**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, Mgto, ph Rose Plunkett 431 7418  
**Library** Temporarily closed due to pending Medical Soc building renovations  
**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** Closed for renovations Opening date to be advised  
**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) PP

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**LOCAL TIDES for May 2019**

MAY TIDES - CALCULATED for PAHI-WHAKAPIRAU					
DATE	LOW	HIGH	DATE	LOW	HIGH
1st	2.49pm	8.50am	17th	3.45pm	9.47am
2nd	3.29pm	9.30am	18th	4.31pm	10.34am
3rd	4.06pm	10.07am	19th	5.15pm	11.18am
4th	4.41pm	10.42am	20th	5.57pm	12.01pm
5th	5.17pm	11.17am	21st	6.20am	12.43pm
6th	5.54pm	11.54am	22nd	7.02am	1.25pm
7th	6.34pm	12.33pm	23rd	7.45am	2.08pm
8th	6.56am	1.16pm	24th	8.31am	2.54pm
9th	7.43am	2.04pm	25th	9.20am	3.44pm
10th	8.37am	2.59pm	26th	10.15am	4.41pm
11th	9.37am	4.02pm	27th	11.13am	5.41pm
12th	10.44am	5.10pm	28th	12.13pm	6.43pm
13th	11.53am	6.22pm	29th	1.09pm	7.06am
14th	1.00pm	6.59pm	30th	1.59pm	7.57am
15th	2.00pm	8.01am	31st	2.45pm	8.43am
16th	2.55pm	8.57am			

**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: CLOSED TEMPORARILY - FOR BUILDING ALTERATIONS  
 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  
**PAPAROA LIBRARY** Free Membership 09 431 7555  
 Closed pending completion of building renovations  
 re-opening date to be advised  
**PAPAROA PLAYCENTRE** ..... paparoa@playcentre.org.nz  
**PAPAROA PLUNKET** Clinic 4317340 Cynthia Keay ..... 0276753488  
**PLUNKET** Helpline ..... 0800 933 922  
**PAPAROA PRIMARY SCHOOL** ..... 09 431 7379  
**PROGRESSIVE PAPAROA INC (PPI)** .....Graham Taylor... 09 431 7209  
**PARENT PORT Inc.** free help for families Linda ..... 09 425 9357  
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# Otamatea Day Camp

Start with beautiful weather, throw in 175 enthusiastic children, add 38 willing teenage leaders then a big splash of adult helpers and what do you have? Otamatea Day Camp is your end product. Yes Day Camp has been and gone so if you were wondering why the school buses were still running down Paparoa Station Road during the holidays you now have your answer. We all had a blast in the great outdoors learning about teamwork, God's love and how to make new friends.



We built campfires to cook a sausage for lunch, made huts in the bush, learnt new songs, then did an elective in the afternoon which ranged from crafts to dam building to horse riding or go karting, the list was 20 electives long.

But all this can't happen without our local churches, support from our local business and schools. And then of course there is the huge list of many volunteers, using

the talents God has given them to benefit the children of our area. A big thank you to you all from the Otamatea children.

If this sounds like something you would like to be involved in then look out for next year's articles and put your hand up. We will gratefully receive your help and you're sure to be just as blessed as all of us who have been involved this year.

Debbie Blythen



## My saddest photo

"If we go in the bush here," said son-in-law, "there are robins."  
 So, somewhere near Glenorchy, and a few metres from the road, we arrived in a clearing. A magical spot with the sun dappling the forest floor. "Just stand quietly and they will come."  
 Silence. Then a rustle. A furtive sound. A quick movement caught out of the corner of the eye. Not robins. Mice. And what do they say? ...  
*'If you see one, there are dozens.'*  
 The birds arrived and we watched them darting, pausing and posing. But the pleasure was gone. That is why this is my saddest photo. What hope for these delightful creatures?  
 How can they hope to lay eggs and raise chicks?

RS



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