



Paparoa School Celebrates 150 Years

With great excitement and anticipation, the students at Paparoa School are preparing to welcome guests for the school's 150 Years Celebration. Although difficult for most students to visualize school in NZ 150 years ago, they understand the significance of being one of the oldest state schools in our country, and that many generations of some families have attended the school.

Learning about games played, subjects taught, discipline, examinations and rules have been eye openers for our students, who find it hard to imagine life without devices, inquiry learning and opportunities to express themselves freely.

On 12 November 2021 the school will celebrate both Grandparent's Day and 150 Years Open. Students and teachers from anytime in the past are invited to come to school at 11.00. The students will perform items and escort visitors around the classrooms and playground. The children are very keen to ask what's the same and what's different about school then and now. Marbles,

skipping, elastics, knucklebones, cards and tiddlywinks are some of the games guests will be invited to play.

At 12.00 a very special cake will be cut-with enough for everybody. This will be followed by a catered lunch for guests. There will also be photographs taken.

If you are a past student or teacher and

you would like to attend the school's special celebration, please phone us and speak to our school secretary Hanna, on 09 431 7379, to register and get all the relevant details.



Rosie Ellis, Principal



Paparoa Defibrillator

Shortly after going to print last month there was an incident where the defibrillator was urgently required. What made an already stressful situation even more so was the fact that nobody who was asked actually knew where it was.

After much running around the frantic young chap was finally directed to G.A.S. Paparoa where the defibrillator is located.

Please take the time to familiarise yourself, your family, and your staff with its location inside the door, to the right, on the wall above the ice cream freezer.



INSIDE

- Council Mark 3
- Libby Jones NDHB..... 4
- Poetry Winners.....6/7
- Rotary News 10
- Letters From the Old PO 12
- Gardening..... 17
- Science Corner 16
- Pets in the Valley 16
- Out & About 18
- Community Directory 19
- What's On..... 19
- Tides 19

Paparooa Press PP

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

CIRCULATION 1,050

CONTACT US -

- press@paparooa.org.nz
- ph Vicky 021 248 4259
- PPI, PO Box 107, Paparooa 0543
- www.paparooa.org.nz

ADVERTISING

Rate Card available by email

Booking & Copy deadline:

15th of month

Publication date 1st Wed of month

Paparooa Connections Update

The different groups undertaking projects for Paparooa Connections have been quietly working away making progress over the winter.

These include:

- The Mountain Bike track at the showgrounds now has 2 Kissing Gates, one by the tennis courts and one into the track. This makes entry in and out much easier and keeps the stock separate. Young locals have been working to create new tracks off the original track so it is worth trying out, if mountain biking is of interest. Further work this summer

with a little digger will improve it even more.

- Speaking of bikes Paparooa School has had several bikes donated for the students to use on their bike track and are looking for funding to acquire some more.

- Artists to create murals and other art installations are being sought to put proposals in to brighten up our village and surrounds. Get in touch if we haven't already heard from you.

- Local cycleways around our area are looking to be

incorporated into a wider Kaipara plan.

- The concrete track around the showgrounds is about one third complete and is an ongoing project. Already it is getting a good amount of use.

Get in touch at paparooa.connections@gmail.com if you have questions about any of this, or would like to be involved at any level.

Our next group meeting is Sunday 28 November 3pm at Paparooa Sports Pavilion.

All welcome.

Libby

COLOUR & CUTZ

- Ladies & Mens Cuts
- Colours & Highlights
- Weddings
- Gift Vouchers

All colours & products used
at the salon are organic



Salon 431 7255 Gaylene 021 115 8056

OPEN TUESDAYS TO SATURDAYS
1994 Paparooa Valley Road



Need a Shed?



- Timber and steel buildings any size
- We do plans and engineers designs for council
- Farm sheds
- Commercial buildings
- Feed pad shelters
- Goat/Chicken sheds
- Horse stables
- Lifestyle sheds
- Excavation, driveways and concrete floors

Your local builder: Andre Nicolai 021 202 9854

PPI Elects New Committee

Progressive Paparooa Inc held its Annual General Meeting recently and elected two new members. Helen James and Brian Baker are relative newcomers to Paparooa and bring a wealth of experience. Helen has been involved with construction and development while Brian has followed a career in music performance and production. (You may have seen him performing at the market.)

The new committee are: Graham Taylor (chair), Pete Hames (deputy chair), Helen James (secretary), Maurice Kirton (treasurer), Vicky Hilton, Ian Miller, Cissy Rock and Brian Baker.

In his Annual Report, Chair Graham Taylor commented on the many aspects of PPI activities. These include Paparooa Press, Farmers' Market, Paparooa Website, Paparooa Print Shop, Paparooa Walkway, Christmas lighting, Village Green playground upgrade, Paparooa Wastewater project, KDC liaison, and Community Garden maintenance. He thanked the many others outside the committee who help to support these activities behind the scenes.

Looking forward PPI also intends to develop the Wastewater initiative through a close partnership with KDC and to seek a person for a Community Activator role to share the burden currently undertaken by volunteers. This role would be a circuit breaker in achieving momentum for the activities that PPI has on the go.

PPI



Council Mark says – This is a Covid-free message!

It is now about two years since I was elected to Council, and I have to look hard to see what I have achieved. I have learnt though, that unless I can convince at least four other Members of my point of view, I may as well forget about it and move on to the next thing.

The other side of that coin though is that most of what we achieve as a council is by consensus. This is a tricky space to operate in – I hold all my colleagues in high regard, and in our diversity we have strength. The tricky bit is making sure that the spirit of friendship does not impede standing up for a contrary point of view. I reckon with the skills we have round the table we are able to operate as a team (no 'I' in 'TEAM', right?) without descending into group-think.

The recently completed

Annual Residents Survey is a good news-bad news story. We learn at least as much from what people are unhappy about, as the things they like. The single biggest negative issue relates to the standard of roads and footpaths, especially the unsealed road network. No surprises there. I do have some good news however – with the support of a Provincial Growth Fund grant we are about a third of the way through a major unsealed road upgrading programme costing about \$8M. Bear with us over the next couple of years as we get this programme

completed. The survey results should be available soon on the council's website.

A reminder too about dealing with those grumbles – don't let them fester on social media; in the first instance do contact the council either by ringing 0800 727059 or logging on to the website at: <https://www.kaipara.govt.nz/contact-us/report-a-problem>. If you don't get satisfaction there, then it is time to contact your local councillor, which for the Otamatea Ward is me or Anna Curnow. The organisation needs the opportunity to do its job before the politicians get involved. And please be polite even if you are upset – our team of staff are under a lot of pressure at present, including reasons I wasn't going to mention (refer back to top).

Mark Vincent
Otamatea Ward Councillor
021 0829 8037

You're Not Alone...

It's tough for a lot of people out there at the moment, and it's not hard to feel alone and overwhelmed. Most people are experiencing higher than normal levels of anxiety but don't know where to turn. If you don't feel you have anyone you can talk to among your family and friends you can contact one of the support services available, including:

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357.

Healthline – 0800 611 116

Samaritans – 0800 726 666

Depression Helpline – 0800 111 757 or free text 4202 to talk to a trained counsellor.

SPARX.org.nz – online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed.

EDANZ – 0800 2 EDANZ or 0800 233 269 improving outcomes for people with eating disorders and their families.

Parent Help – 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.

Family Services 211 – 0800 211 211 Helpline for help finding (and direct transfer to) community based health and social support services in your area.

Alcohol and Drug Helpline – 0800 787 797 or online chat.

Are You OK – 0800 456 450 family violence helpline.

Gambling Helpline – 0800 654 655

Anxiety NZ – 0800 269 4389 (0800 ANXIETY).

Seniorline – 0800 725 463 Free information for older people.

OUTLine NZ – 0800 688 5463 (OUTLINE) provides confidential sexuality or gender identity support.

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat.

What's Up – 0800 942 8787 for 5–18 year olds. Phone counselling Mon to Fri, 12noon–11pm and weekends, 3pm–11pm. Online chat from 3pm–10pm 7 days a week.

More at mentalhealth.org.nz/helplines

The Bakery Recording Studio

Extraordinary Audio Production

Songs
Music
Podcasts
Audio Books



Professional production,
engineering and guidance.

Call Brian 0272238998

Cameron Philips CABINETMAKER Matakohe



- Kitchens
- Custom Furniture
- Furniture repairs & restoration
- Custom run mouldings
- Stairs & Timber Doors
- Residential & Commercial Joinery

QUALITY WORKMANSHIP

09 431 7579

cam@cp-cabinetry.co.nz
<http://cp-cabinetry.co.nz>

KAIPARA PLUMBING LTD



**DRAINAGE
YOUR LOCAL
PLUMBING
SPECIALISTS**

**ALL
GENERAL
PLUMBING
AND
MAINTENANCE**



Master
Plumbers

Representing Excellence

**PH GRAHAM
027 244 5430**

Keith the TV Guy Freeview digital TV



20 TV and
9 Radio/Music
channels are
currently being
transmitted.

Satellite dishes,
decoders, cable
etc., supplied
and installed.

09 431 7143
or 021 239 4251

A reminder to our contributors!

We need all advertising material by the 15th of the previous month and all editorial copy by the 20th. We cannot guarantee the publication of any material received after these dates. While we always welcome editorial content we reserve the right to decline or hold over any articles outside our regular columns.

KDC Sets Baseline Goals For Reducing Emissions

Kaipara District Council is playing its part, helping lead the way, and supporting our communities to lower emissions and grow Kaipara's resilience in a changing climate.

At the September Meeting Council took a major step forward by adopting two greenhouse gas emissions targets for the organisation:

1. To reduce Council's organisational emissions by 30% by 2031 (compared to 2018-2019 baseline),
2. Achieve net zero Council emissions by 2050.

The 2031 target is an interim target to ensure action and make sure Council is on track to net zero by 2050.

In the 2018-2019 baseline year Council produced 6,019 tonnes of carbon dioxide. Carbon dioxide is produced through most of our day to day activities including the amount of waste we produce in the offices, our petrol, diesel, and electricity consumption, through to how we manage and treat community wastewater.

Every little bit helps, and the Council is looking across all areas of work to cut 1,806 tonnes of carbon dioxide over the next 9 years.

Setting the emissions target is just one part of climate change work. The targets support Council's developing Climate Action Plan, which will identify short, medium, and long term actions to reduce emissions as an organisation. The Climate Action Plan will also include actions to support communities and business to lower their emissions.

Council staff will be looking at the small contributions they can make daily, through recycling, reducing paper consumption, and their personal impact, all the way through to large scale infrastructure construction projects.

This decision aligns with forthcoming Resource Management Act changes, whereby the Northland Regional Council will have to consider emission production for consents they approve.

Emissions targets and the Climate Action Plan is one of many areas of Council's growing climate change work.

Go to <https://www.kaipara.govt.nz/climatechange> for more information.

KDC

NORTH SPARK

HEAT PUMPS
SERVICING
ELECTRICAL

022 021 7139
northsparknz@gmail.com



**Build Connect
Consulting**

Building a better business with you

A new local Kaipara based consultancy specialising in:

- ◇ Business strategy and planning assistance.
- ◇ Sales and marketing support.
- ◇ Technology and process improvement.
- ◇ Business networking and partnerships.

We assist small to medium businesses in growth strategies, profitability and good business practise in order to achieve greater results.

Call Clint on **021 299 3700**

for a free discussion or email

clint@buildconnectconsulting.co.nz

For more info take a look at

www.buildconnectconsulting.co.nz

Buy Local Support Local
Help your community thrive

**LANCE KEAY
CONTRACTING LTD**

- Effluent Pond Cleaning
- Round Bale Hay & Silage
- Ripping & Discing
- Power Harrow & Air Seeder
- Under Sowing
- Gorse/Scrub Mulching
- Conventional Baling

Ph: 09 431 6308

E: lancekeaycontracting@farmside.co.nz

PH: 021 383 908



Member-Northland District Health Board Libby Jones - Staying Connected...

New Zealand and especially Northland, has an ageing population. In 2020 over 65 year olds were 20% of our population, and this is predicted to rise to 28% by 2028, when the national figure will be 21%.

While most of us would prefer to age at home and be supported if needed in our own familiar environment, that is not possible for everyone as they age. Home support services such as home help and personal cares are a great support to keep people ageing well at home. However sometimes chronic health, disability and mobility issues can mean that out of home care is needed. Services such as residential care, including rest homes, dementia units and hospitals, home support services and day care centres are all provided specifically for older persons.

Communities such as ours, which are away from main centres, often do not have many of these services available and older people needing extra care and support may need to leave their familiar community, and move either closer to family or to the main centres. This doesn't work for everyone which is why it

is so good to see the recent opening of the Maungaturoto Dementia Unit attached to the Maungaturoto Rest Home. What a fantastic community effort and persistence from a small group of people with a vision for the safe care of some of our older citizens.

Paparoa is in the process of developing a Lifestyle Village for older persons to remain locally and again it is a mammoth task being undertaken. Thanks to all of these volunteers.

Loneliness and social connection are other reasons why older persons move away from their homes to bigger centres or to residential care. A sense of belonging and connecting with others is essential for all of us, especially older persons who may not be seeing or meeting with as many people as they used to, and are key factors in keeping us all ageing well. We are social beings and as members of our small communities we can make and take opportunities to connect

with our older neighbours and citizens. We did this well in the first lockdown in 2020, checking in with our older residents. Are we still doing it now?

Keep connecting, Libby

Libby Jones
hames.jones@xtra.co.nz
021 208 0093

Al's Upholstery

Alan Hilton



Automotive
Furniture
Covers
Seats

over 30yrs experience

021 0709101

100 Petley Rd, Paparoa



Rhoda Morrison

Consistent Award Winning Salesperson

Achieving top results
for Clients!

09-431 6912
0274 800 691

rhoda@fnkaipara.co.nz
www.roperandjones.co.nz



firstnational
REAL ESTATE

Roper & Jones

Dargaville Realty Ltd, Licensed REAA 2008

Buy Local This Christmas

Well, any time actually...

Apparently people are panicking because there may be supply issues with imported goods this Christmas- so why not buy something made in New Zealand.

Small and medium size businesses from all over the country need support more than ever so why not do our bit.

Buying local is a great way to reconnect with your community and support nearby businesses.

Every purchase you make helps to keep local people employed, puts money back in people's pockets and helps get our communities humming again.

You can:

- Check out the shops and markets in your area
- Buy produce that has been locally grown
- Browse local online sites
- Look for a New Zealand Made trademark



YOUR TYRE SPECIALIST

Providing **60** years of service
in the heart of Kaipara.

- Tyres
- Brakes
- Wheel Balancing
- WOF
- Suspension
- Batteries
- Servicing
- Alignment

Garnetts Tyre Service

📍 2 Gorge Rd, Maungaturoto

☎ 09 431 8255



Don't Forget - The Paparoa Press is available online at paparoa.org.nz

Brad's Mowing

Brad Gutsell
021 029 51511

bradmows@gmail.com



The Kauri Museum Poetry Competition Winners

Covid really threw a spanner in the works for the annual poetry competition at the Kauri Museum. With the lockdown restrictions continuing to restrict the way the Museum can run, no Awards night and readings could be put on as planned.

More entries were received this year than last, which was good to see. This year's finalists, and the winner, are:

1st: Andy Bryenton Still Standing

2nd: Paula Moros Bradley's Landing

3rd: Jel Davenport My Soul has settled

Special mention: Joan Brown The Kaipara Harbour

The poems are also on the Museum website: www.kaurimuseum.com/national-poetry-evening
Special thanks to The Thirsty Tui and Country Cutz for their generous prizes!

PAPAROOA SHOP & BREW

Home Brew Supplies

Great Gift Ideas

Old Fashioned Lollies

Wed-Fri..... 10am-4pm

Sat..... 9am-3pm

Sun 10am-2pm

Meet the new owners Naadi & Brian

1994 Paparooa Valley Rd ... **021 021 88 828**



Still Standing

by Andy Bryenton

The harbour breathes

Slow, salt-swirl, liquid exhalation

Waters tinted pounamu and sky

Edges all lace and opalescence, foam skitters over her mudflats,
hungry, driven by the thunder of the ocean's heart.

I am the watcher, the wavescatter reflection, a sentinel mossy
with the weight of centuries.

I am silence, storm-defier - from roots in their dark tangle, to
the constellations woven amid my branches, and the nesting
moon.

The harbour breathes, stone beneath me creaking as we lean
into the storm of years;

Spring rises with the sap, the seabirds call, sliding down the cold
skies, sliced up by veils of rain and squall. Icy mists enshroud,
where shadows walk and nothing else; an immensity of hush,
deep as dreamless dark.

Until the summer when the heat-haze pauses, breathless. Until
the sap is stilled, the birds are silent, the green-tinted rays of the
sun through leaves

/ Skip silver from the edge of heavy steel /

Until this tiny creature, rags and twigs and eyes like amber, mops
his wrinkled brow and sits, sweat chilled in the cathedral green.
His thoughts are mayfly-skitter, heat-lightning things, light as
a feather's fall, slippery as the tide through mangrove roots. His
hand is like a fantail's claw.

But I feel the weight behind it. The steam and iron and hunger.
The canvas and the gold and blood. These are the fingers which
would unpick the skein of constellations, but:

"Like Atlas with the world up on your back, you ancient thing,"
he says, and lets the cold steel lie. Little numbers in a book of pale
white leaves. "And now they'll never find you."

The stars wheel and foam. Sails of mist stretch tight, all things
leaning in as we heel toward the coming season.

The harbour breathes, jade-green, mirror of clouds.

While beyond the tide of changes, I wait on the shore of time's
deeper sea.

Its heart reflects the water. Its breath is liquid, too.

PUBLIC HEALTH ANNOUNCEMENT

ACUPUNCTURE
NOW AVAILABLE
IN PAPAROOA

IMPROVE YOUR SLEEP
STRENGTHEN DIGESTION
BOOST YOUR IMMUNITY
ENHANCE FERTILITY
REDUCE YOUR PAIN

TO BOOK PLEASE CALL OR TXT
OSAKA SILENZIO
0 2 1 2 2 9 3 9 9 3

Bradley's Landing by Paula Moros

A river with ripped edges
and a soft grass fringe
runs below
brick and weatherboard houses
On Hokianga road
its quiet rush -
the initial placing of hands
on a pipe organ
ushering a sudden desire
to sing volcanic hymns
you don't know the words to
as you head into town
on the straights
past the kumara gardens.
When you arrive, sit on a porch
With an ironstone mug
among wilding geraniums
in the washed cotton softness
of a red western shirt
faded to pink
still bright at the seams.



Maungaturoto Op Shop Opening Hours

Monday 10-1pm

Wednesday and Friday 10-3pm

Saturdays twice a month 10-1 pm (check Facebook or ask in the shop for next date)

• Summer clothing out now!

Did you know that between all the workers at the Op Shop, we do at least 80 volunteer hours there a week?

PLEASE always double check your donations before they come in – Are they clean, stain free and in good condition? Would **YOU** want to buy them?? Thank you to those who make our job so enjoyable with your friendly visits and your clean items, ready for us to put straight on shelves.

It's great to see our Op Shop funds being put to great use in the community. The newly opened Dementia Unit has benefitted from some of our proceeds, along with other local organisations and causes.

We have lots of variety coming in each day, so pop in and ask if you're after something in particular. You never know- we may just have it! Otherwise, visit The Den on Bickerstaffe Road, and check there.

Remind your children to ask for their free book from our Kids' section when they visit.

On Behalf of our Team
Andrea

My Soul has settled by Jel Davenport

My soul has settled
Amongst the rushes
That the west wind rustles
In the limestone
That is turned into garden
In the sky
Of sun and stars
My soul has settled
Deep, deep
Into the earth
Fluctuating in the
Tidal waters
Of the Kaipara
My soul has settled
To know no restlessness
No urge to move
Away from the land
That shares its secrets
By the flutter of
A fantail
My soul has found
Its place
Amongst
Like minded beings
And fellow spirits
My soul is your soul
Speaking quietly and knowing each other completely.



KAIPARA LANDSCAPE SUPPLIES

2 Blakey Road Maungaturoto
OPEN 7 DAYS



COMPARE OUR PRICES
0800 769 843

Starbright Wellness

Reflexology

Massage or Reiki

Weight Loss Coach

Marriage celebrant

Vicky Hilton

021 2484259

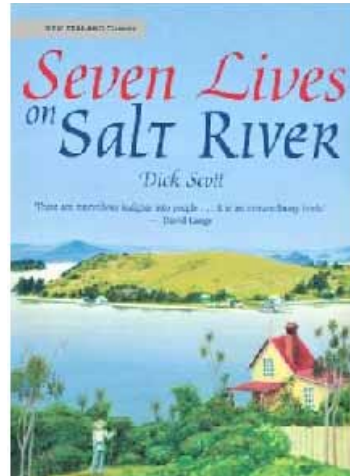
2004 Papara Valley Rd, Paparooa

Seven Lives On Salt River – Dick Scott

Hodder and Stoughton Ltd 1987

We wanted the history of Pahi recorded in time for the Centennial Regatta Day, we wanted a book, who would write a book? Even if we had four pieces of paper put together, stapled down the middle, that would have been a record to keep of the early years.

Somebody knew of a gentleman called Dick Scott who came up to Pahi from time to time. Word went out that Dick was up and we popped round to meet him. Dick was mowing lawns with a little lawn mower mowing grass much higher than the mower itself. It was smoking and groaning and if he had stopped it would have overheated and probably never started again. We indicated what we wanted to talk about, he looked at the mower which was faltering through lack of revving and finally thought, "Well here goes my lawn mowing," stopped the mower, and listened to what our proposition was. Would he do a book, anything from 4 pages up? He could write about Pahi, he could cross over and include Whakapirau's history, go down the harbour right down to Poutu if necessary to get enough information to write a



book, would he do it? "There's not very much information around about Pahi," he said, but in the end he made a proposition, he would go to the Auckland Library and look to see if there was anything he could write a book from. This he did. He reported back that there was more information than he realised and the

book was on. Before regatta day the book was finished. It went to China to be printed and came back in the nick of time. The Honourable David Lange, Prime Minister of New Zealand, launched our book for us. Dick called the book "Seven Lives on Salt River".

Kerry Bonham

Dick Scott's writing style was not appreciated by everyone at the time. In the foreword he comments: "Should epitaphs always be favourable?" Nevertheless, as a modern-day pioneer to Pahi I found this record of its beginnings utterly fascinating. I recommend it to all brave newcomers to this wonderful region and a must read to anyone who hasn't yet come across it. It is available from the Paparooa Library and other district libraries and as an audiobook. Kerry Bonham is also given acknowledgement in the foreword.

Anne Bate

Diggers R Us Ltd

Nelson Stanley-Hunt
Driving a Caterpillar 305.5
6 Tonne Digger
No job is too small



021 423 506

32 Franklin Road
www.diggersrus.co.nz

Unichem

Orrs Pharmacy Maungaturoto



care - advice

Don't forget -
if you are unable to collect
your prescriptions from the
Pharmacy we can deliver daily to
Paparooa, Matakoho and Tinopai
confidentiality assured

**For all your health and
beauty needs at competitive
city prices and with
friendly country service**

**Enjoy the benefits of shopping locally
and save petrol - we are worth the visit!**



144 Hurndall Street, Maungaturoto

Phone (09) 431 8045

Fax (09) 431 8808

maungaturoto@orrs.co.nz

Open Monday to Friday 9am - 5pm

SHOPPING THAT'S TWICE
AS REWARDING.

W. J Barker Scaffolding

**A prompt & reliable local scaffolding
service for any renovation, painting, new
build, roofing & access requirements
Call anytime for an estimate**

**www.wjbarker-scaffolding.co.nz
info@wjbarker-scaffolding.co.nz
09 280 9520 0204 186 9864**

OTAMATEA
COMMUNITY
SERVICES**OCS November News**

Hello Everyone! Here's hoping this month proves a little better and a little brighter with fewer Covid 19

restrictions to worry about. That could be wishful thinking on our part but we're hopeful restrictions will start to ease in the coming weeks.

In the meantime, stay safe, try to keep well.

Our agency has grown so much this year; we have more professional people on board and the food bank is getting busy, all of this requires a lot more storage space.

There's just so much going on at the moment and in order to continue doing what we love to do (and with the wonderful support of landlady Debbie Brooks) we have spread out and into the house just next to the Community House. We're fairly certain that Debbie's mother, the late Mrs Joyce Brooks would have been pleased for us too since she and her husband were also great community-minded people.

We cannot list our monthly calendar events now, as it proved to be a wasted effort last time with our article needing to be at the publisher's two weeks prior to printing; Covid 19 just doesn't understand the context of deadlines.

While we can't get together this month we do hope you and your families keep well. If you need a bit of support, feel free to reach out and we can try to help out.

Take care of each other and if you feel unwell, please get a test. There are more testing locations now popping up all over the Kaipara community.

Kia Kaha,
The team at OCS

Depot Trust Breaks New Ground

Paparoa County Depot Trust has broken new ground with the award of its inaugural Primary Industries Scholarship to two recipients. When the trustees initially agreed to fund a scholarship, the intent was that one person would receive the award. However, when confronted with two candidates of equally high calibre the trustees decided that both should receive the award.

The trustees are very pleased to announce that both Amy Lawrence and Renee Allen will receive \$1500 each towards their tertiary study. Both students, from Year 13 at Otamatea High School are

intending to go to Massey University next year to study Veterinary Science.

'We just could not separate the two applicants' said PCDT Chair, Graham Taylor. As we had sufficient funds, we are

very pleased that we could support two young people who are a credit to their families and their school. We wish both Amy and Renee every success in their studies and future careers.


The Depot Trust is also now calling for applications for funding from community groups. The application

form is available from PCDT Secretary, Stella Clyde. See advert in this Paparoa Press for details. Applications close on 30 November. There will be another round of grant applications in June 2022 under the new PCDT policy of making grants available twice yearly.

Graham Taylor




Congratulations to the recipients of Paparoa County Depot Trust Primary Industry Scholarship for 2021
From left, Renee Allen and Amy Lawrence!



DEZINACOMP

Julian Brown
Comp TIA A+
Certified Computer
Technician
With over 20 years experience



Mobile Number: 027 2773943
Email: dezinacomp@live.com

Level 1
1980 Paparoa Valley Road
Paparoa
Northland

Wilding Pines

These are pine trees that are growing outside managed plantations and have become invasive pests. Wilding pines out-compete native plants for sun, water and nutrients, and don't provide the habitat for wildlife that native bush does. They infest farmland, maunga, sand dunes and Māori cultural sites, and can even disturb infrastructure.



Pine seeds can be spread via wind, waterways, or by birds and animals, quickly establishing on bare land and along roadsides.

It is estimated that the cost of removing wilding pines is increasing by 30% a year so it makes sense to remove them when they're small. Anyone can pull out pine seedlings or cut down small trees.

In 2020, the Government

announced a \$100M boost to the National Wilding Conifer Control Programme over four years and for the first time, Northland Regional Council received funding from this community partnership fund to carry out projects in our region. Wilding pine removal is now underway in Northland, protecting our natural environments and creating employment for our people

To learn more about control techniques you can visit www.weedaction.org.nz.

NRC encourages people to plant fast growing alternatives for shelter, shade and windbreaks and have options and advice on their website www.nrc.govt.nz.



Paparoa

Open 7 days
Mon-Sun 6am-10pm
09 431 6302

- Petrol, Diesel & Oil
- Fresha Valley milk 2L \$3.50
- Milk & bread combo \$5.50
- Great variety of snacks
- Pet food - cats/dogs
- Cop-Rice biscuits 20kg
- Great variety of Bait and all fishing requirements
- Top ups & prepay
- Frozen foods
- Firewood
- Hardware
- TRAILER HIRE



AA smart fuel card
accepted here
6 cents off every day



■ Barista Coffee

Manager: Navjot Singh
021 230 2801

BRYCE

THE LOCKSMITH LTD

Bryce Frewin
Paparooa
Ph: 021 850 983



bryce@brycethelocksmith.co.nz
 www.brycethelocksmith.co.nz

**Master
 Locksmith**

LIFESTYLE AUTOS**Roger Price**

**Full Mechanical
 Services**

**Warrants
 of Fitness**



Paparooa Valley Road - next door to g.a.s.
Phone 431 6620



4 Hook Rd
Paparooa
Northland
09 431 7520
09 431 6795

**Paparooa Community
 Church**

Connecting with God
Creating Community
Communicating the
Gospel



Church Service at 10 30am
each Sunday
Everyone Welcome

Grow Paparooa

Grow Paparooa Whakatipu Paparooa, your Community Garden, grows vegetables and fruit for two local foodbanks in Paparooa and Maungaturoto. Every Sunday we deliver the freshest, healthiest food to neighbours in need all around Otamatea.

In the last two weeks we have delivered 7 bunches of rhubarb, 19 bunches of celery, 27 bunches of kale, 26 cabbage halves, 5 cauliflowers, 73 bunches of silverbeet, 10 broccoli, 3 squash, 8 lettuces, and 4 bunches of herbs.

Our volunteers:

- Plant seeds and raise seedlings
- Weed, fertilize and tidy the garden beds
- Make compost and feed the worm farm
- Harvest produce
- Keep records
- Plan future crops

- Build things (frames, trellises, irrigation systems, garden art)
- Write grant applications
- Organise workshops
- Deliver to foodbanks

Then we relax (phew!) and share a home-baked morning tea together. Two hours a month is all that is required to sign on with this happy, hard-working team.

Ring Jan 021 431 724 or come for a cuppa any Thursday, Friday or Sunday at 10am. We are right on the main road, at the Paparooa Showgrounds.

Laura Kateley-Cullen



Maungaturoto and Districts Rotary

The past month has no doubt challenged many people in our community with person-to-person communication mostly limited to emails and phone conversations. We are fortunate to live in such a pleasant part of the country where we can appreciate all the flora and fauna around us.

The Mangawhai club have only been able to have one sailing evening at this stage however, 25 youngsters turned up as well as four sailing coaches - and some very supportive parents. The classes will run on a Wednesday night, in two groups, with the first at 4pm. They have been very fortunate with the funding and the Rotary network has proved invaluable. Peter Johns, who is a past Assistant Governor, has offered to construct a trailer that will transport 9 optimists at one time.

We have had two speakers of note. The first one was Stuart Selkirk, from the Northland DHB, who informed us about a bowel screening programme that is rolling out from the start of November for 60- 74 year olds. The aim of this programme is to diagnose health issues early on so that treatment will be less intrusive and recovery time will be much shorter. The process will take two years to complete as there are deemed to be 36,000 in that age group.

On another night, we had one of our number, Dennis, talk about the process involved in adopting a young girl from Russia, 35years ago. The first trip to Russia saw the couple come home empty-handed, even though all the paper work had been completed, as Russia had stopped international adoptions. However, a year later, at very short notice, they were advised to return to Russia to collect the chosen child. The orphanage they visited in St Petersburg had more than 2,000 children up for adoption and a tremendous amount of perseverance was required to complete the process- but there was a positive outcome at the end. The youngster came to NZ as a five year old, unable to speak English, but the school she went to had a Russian speaking teacher on the staff so within 6 months her English was quite fluent.

We have several projects in the pipeline and are looking forward to getting on with them. Remember, if you want to know more about our club, please get in touch.

Eileen Parsons 021 142 0357
 Maungaturoto & Districts Rotary Club

Paparoa Wastewater Community Engagement

The Paparoa Wastewater Community Engagement process is now complete. The purpose of engagement was to inform and capture the collective voice of all sectors of the community through a combination of information drops, surveys, one to one front facing hui and online engagement.

Thank you Paparoa, you were welcoming and highly engaged in this process. In getting to know you I got a taste of what makes your 'Village in the Valley' special and understand why you want to see it survive and thrive. Paparoa is a unique, supportive, and strong community, providing vital and desired services and activities - not just to Paparoa residents, but to many of the surrounds.

During the three and a half months of consultation you have clearly voiced how you want to move forward to resolve wastewater issues towards a sustainable future. This is collated in the Paparoa Wastewater Community Engagement Outcome Report.

Here's what you articulated:

- You want council to be part of a whole community solution.
- You want current issues resolved now, with a commitment to working together as a whole community to find a long-term solution for wastewater that supports the inevitable and desired growth in Paparoa.
- You want residential property owners to work with council to resolve current issues on a case by case basis.
- You want commercial property owners to come to work together on a CBD specific and collective long term solution to future proof the CBD now and into the future regardless of their current situation.
- You want Developers contributing to a targeted wastewater future proofing fund as a contribution to resolving the increased pressure growth has on

existing infrastructure.

• You want the \$60K KDC have committed to be used for a feasibility study for possible long term whole community/district solutions they have put forward, to determine costs and feasibility.

Recently the Progressive Paparoa Wastewater Group met with council representatives and presented the report. It was well received and after discussion will become the basis of moving forward.

Council accepted that the consultation process was extremely robust and represented the true voice of the people. It allows council to move forward with confidence. Within council there are specialist staff who will work in partnership with the community to together find practical and affordable solutions to the points above.

On behalf of PPI and the PPWG, Graham Taylor expressed his thanks to Laurel Belworthy for the thorough and professional way she carried out the study. The Foundation North Grant enabled the community to benefit from an experienced consultant who got to know the community and was able to elicit genuine and frank responses from the people she engaged with.

Thanks, are also due to those community members who gave freely of their time and thoughts. This has been a true community driven initiative by people concerned about the impact we have on the environment and determined to chart a positive future for our community.

The full report will be available for download from the Paparoa website paparoa.org.nz or a limited number of hard copies will be available from Skelton's Drapery.

The PPWG will continue to be the point of contact for council in developing the way forward. You have spoken!

Graham Taylor

Birt & Currie Surveyors Ltd



Local Phone
09 280-9591

**Timely,
friendly &
personal
service**

info@landsurveyors.co.nz
www.landsurveyors.co.nz
PO Box 120 Paparoa 0543

FARMWORK SERVICES

For all types of fencing, stockyards, handyman work, tree felling, tractor work etc.



Mike 09 431 6509

027 203 2694

farmwork.services@gmail.com

**12 tonne digger now available
for driveways, farm tracks, hole boring etc**

Nicky Reid

021 103 6277

Real Estate Agency

specialising in Farms, Lifestyle Blocks and Houses

MREINZ, Licensed under the REA 2008

I offer customised marketing plans tailored to suit each unique property and to reach buyers in any target market.

Free drone photography

Free market appraisals

Call me now for a confidential chat.

Connections  **Real Estate**



ADAM STEVENS BUILDER

Licensed
Building Practitioner

For new builds,
alterations and roofing

021 741 363 A/H 09 431 6245

Letters from The Old Post Office... Crafty 2020's

Dear Reader, having pummeled the brain for some germ of an idea to entertain you with I am afraid that the sterility of my options was much like my sour dough starter. In other words a non- starter, flat, lacking in bubbles and even slightly greish.

I did try adding a little of my precious Freixenet (sparkling Spanish wine). However, although Google claims that mixing in a little wine adds to that certain je ne sais quoi as far as my starter was concerned it was a quoi too far. Giving up, the only option left was to add sparkle to my life directly.

Some time passed.....

Several conversations with my children later I decided that I would take their advice. Something that is rarely done. However, Dear Reader, as you know when children gang up on what they clearly consider to be an aged and rather demented mother one can either head for the hills (I had thought Paparooa was sufficiently separated from their abodes but modern telecommunications renders this slightly obsolete. Although you would be amazed how often my residence suffers from power outages etc) or succumb on my own terms. Yes, Dear Reader, I actually agreed to the combined emotional blackmail and agreed that perhaps I should take up some soothing and appropriate hobby. They had unanimously put the kibosh on my suggestion of writing an autobiography. I said that would be enormous fun. The children thought not. Quite loudly and for some time.

Fatalistically bowing to pressure (although just quietly between me, you and anyone else reading this, I may have already started a fascinating recount of my life) I got myself down to our

wonderful drapery, sold my soul to the devil and BOUGHT a knitting pattern. The earth moved beneath my feet, and not in a good way, my palms felt sweaty. Moi, who has only ever managed a peggy square, is going to embark on this new odyssey. And believe me it will be an odyssey. How long was Homer away? Seven years? Well, if I live I think that we may double that. In 14 years time will probably be dribbling through my whiskers and still trying to decipher the gobblegook that is a knitting pattern.

For instance, what in the name of Greek does 9th row (wrong side)-k8 (10-11-10-11-12) mean? I shall be drinking the sour dough starter next and I have already thought of some really quite inventive things to do with the knitting needles. Needles! Well, they have certainly needled my soul. Am off to dig in the garden, and possibly a quiet little autobiographical writing session.

You wouldn't believe some of the things I have done!

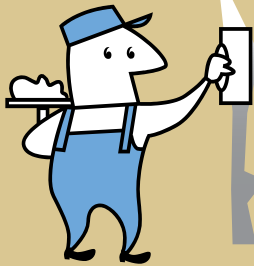
N.B. je ne sais quoi (I don't know what)

Deb



TINOPAI PLASTERERS

WE GUARANTEE THE HIGHEST QUALITY FINISH



35 Years experience in...

- GIB Stopping
- Fibrous Plastering

for FREE quote, call us now!
Trevor 021 0300 073

Crompton Engineering Ltd

Phone/fax 09 439 2393
31 Jellicoe Road, Ruawai



Hay Racks
- covered
or uncovered

Palm Kernel
Trailers



website: cromptonengineering.co.nz
email: crompton.eng@xtra.co.nz

Where There's Tea There's Hope

Research published in 'Food Quality and Preference' showed that drinking tea improved word- association and riddle solving tasks when compared with drinking water.

Tea drinking primarily enhanced performance in more difficult creative tasks and a lesser effect on medium difficult tasks.

Drinking tea helps you to produce a single answer to a difficult problem.

So the older standard method of getting a troubled person to 'sit down and let me make you a cup of tea' has some scientific basis!

No comparison with coffee at this stage that I've seen- but no worries for me as I'm a confirmed tea drinker! Sitting down to do the cryptic crossword might require more than one cup though!



Stella



Paparoa Community Library



The number of Volunteers for Paparoa Community Library has recently increased and its wonderful to have you all on board. It has taken the pressure off the five of us who have been coping on our own for the past 16 months - and will allow me to back off a bit and do the Managers job to its full potential. Like everyone else Covid played a part in volunteer numbers dropping off and the library being closed for extended periods of time BUT let's hope we can now get on and offer the service we always try to maintain.

Volunteers come and go for various reasons - new jobs, health reasons, moving out of the district etc, and we are always sad to say farewell, but we understand.



Our team all got together for a very delayed Christmas, New Year, significant birthdays dinner at Coast in Maungaturoto at the end of September. We even managed a bit of business signing off our well overdue and out of date constitution and group rules. We work to the regulations required by Incorporated Societies and took the opportunity at this dinner with a full complement of volunteers to sign it all off. If you'd like to volunteer at Paparoa Community Library we'd love you to join us. You get full training and are then buddied up with someone until you say you're ready to go it alone. If you have a good smile, like people and have computer skills you'll fit in well.

I'd just like to say a huge thank you to my team of fabulous volunteers and I know the people of Paparoa and surrounds appreciate having a great community library in our village.

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

Book returns - Skelton's Drapery

Contact Jas Futter, Library Manager 022 678 1474

A Recipe for a Great Community

A pinch of happiness

1 handful of kindness

2 spoonful's of gentleness

1 litre of sharing

A teaspoon of helpfulness

3 heaped tablespoons of Laughter

50g of smiles

A sprinkling of cheerfulness

100kg of Love

Method

Mix it all together for a great community.



Spring Exhibition

Well, we have survived another lockdown... At least it gave our artists and crafters time to create more work to put in the Gallery. The Spring Exhibition has been very successful with good sales (until level 3 happened again). This exhibition is on until the end of November so there's still time to come in and view the art and mosaics by local artists.

We have some great ideas for Christmas gifts in the Gallery and Barbara Lee has her unique quilted advent calendars in. These are always popular so get one before 1st December.

We would like to put out a request for 'Friends' of the Gallery. This involves volunteering one half day per month - or more if you would like. If you think you would like to support White Rock Gallery, we would love to hear from you. Having more people on board enables us to be open 7 days per week. We have several members of the community who really enjoy hosting the Gallery but we welcome anyone who's interested. No experience needed, just a love of meeting and talking to people.

If you think this sounds like you

contact Lorraine via email littler190@gmail.com

or ph 0212508613

White Rock Gallery Committee

Paparoa Store

Proudly Supporting Paparoa

OPEN 7 DAYS

Monday to Saturday ... 7am-7pm

Sunday 7am-7pm



We stock a great selection of

CONFECTIONERY, ORGANIC, DELI, MEAT,
FRUIT, VEGES, FROZEN GOODS, BEER, WINE
and a wide range of grocery items at excellent prices

DVD's \$1 to \$8 per night

EFTPOS NZ HERALD POST CENTRE

Phone / Fax 431-7320

Cnr. Franklin Road and State Highway 12

do you need a
WEBSITE ?

Local, friendly
website design
& management.
sme-sitedesign.co.nz

Contact Paul for more information:
E: paul@sme-sitedesign.co.nz
T: 09 431-7063
M: 022 625-4156

Get More Customers
Cost Effective Marketing

Council Requests Three Waters Update From Government

Kaipara District Council has agreed, at its September meeting, that a letter be sent to the Minister for Local Government highlighting some key areas of concern around the proposed Three Waters Review. A draft of the letter was presented to the meeting.

Mayor Smith said "We know some of our communities have felt uninformed over the Three Waters Reform proposal. We've received your emails, and heard from you at events, and discussed one-on-one with many people what we know of the Government's proposals. We still have many questions about their proposals. This letter clearly sets out the areas

we still need information on, so we ensure we're able to fully understand the scope of this large-scale, radical change to how Local Government would operate."

The key areas of concern are detailed in the letter, and cover;

- How the level of cross subsidisation would work around Entity A (incorporating councils of Auckland, Whangarei, Far North and Kaipara,

- A request for Kaipara to have a seat on any Representative Governance Group that may be established,

- Confirmation on the approach to debt financing with the Local Government Funding Agency and Council's role as a guarantor,

- Clarity on the status of land drainage parts of the stormwater network,

- Clarity around how the proposed water entity would manage future planning, to ensure that transport and community infrastructure, which Council would still

control, would continue to be aligned,

- How the proposed entity would align with and support the outcomes of the climate change adaptation work being done in the community, and,

- How the proposed Entity A body would engage with Kaipara people.

"We will continue to push for information that will enable us to make the right decision for Kaipara. Until we have that information it is difficult to assess the benefit, or risk of such wide-scale change. I urge Kaipara people to play close attention to the information that is available and participate in any consultation opportunities that present once the Government advises next steps.

The full letter is available on the Council website.

KDC

STOP PRESS!

As we finalise this issue it has been announced that the Government is going to push through the Three Waters Reforms, regardless.



LATTO BUILDERS
021 7727 66

House Construction, Alterations
Renovations or General Repairs




PAPAROOA FARMERS MARKET

EVERY SATURDAY
THE VILLAGE GREEN 9-12

Market Manager
Graham 09 4317 209 or 0274 75 4490
grnt@xtra.co.nz

Peanut Sauce

Whether it's on kebabs or a gado gado salad (pictured), peanut sauce is always a hit. You can even use it as a dip.

This recipe was given to me by an old Indonesian woman about 30 years ago and has never failed to please. (Apart from the nut intolerant.)

Ingredients

1 large onion
2 cloves garlic
1 tbsp brown sugar
1 chilli
Juice of 1/2 a lemon
1 cup peanut butter (I prefer crunchy)
1 can coconut cream
Soy sauce



Method

Crush or blend onion, garlic, chilli and brown sugar.

Fry in a little oil until golden.

Add lemon juice, peanut butter and coconut cream and slowly bring to the boil, stirring constantly.

Add soy sauce to taste and simmer until thick and smooth. If it gets too thick, add a little water.

Margie



Triggers to Freedom

Life is a journey fraught with obstacles in the internal and external world. For example, someone does or does not do something, some thing happens that was unexpected, feelings go up and down, judgemental thoughts come up... Any one of these (and the list is not exhaustive) can be a trigger for an action or inaction that we take.

The question is: are we able to align our actions with what we want to experience in life, or, are we reacting like a wounded animal in a way that moves us away from our deepest desires of creating meaningful relationships, experiences and the life we truly want?

Take a deep breath into your belly and answer this question honestly for yourself. There are no right or wrong, good or bad answers here.

Are you acting from a place of reactivity, where you automatically say or do something, or are you consciously choosing your response?

If you said that you are choosing, great! And if you notice that you react, how would you like it to be from now on?

Reactivity, limits who we can be, what we can do and what we can have.

The triggers that drive the reaction can offer clues to what we are not embracing in ourselves, of what is hidden and kept at bay. Perhaps we don't want to be seen as too strong, or too weak; too dumb or too smart; too good or too bad; too much, not enough. How we react in order to prevent people from seeing us in a certain way is a strategy we learned as children to keep us safe.

A trigger can be something internal (e.g. thoughts, feelings, expectations) or

external (something that is happening or happened beyond your control – e.g. events being cancelled)

Check out the diagram of the trigger loop based on the work by Tony Robins and Hayley Latham.



The good news is we can break the cycle!

Awareness always precedes change, so... to begin with think of a time either recently or in the past where you have reacted, perhaps you withdrew, or you got angry... then, with compassion, ask yourself these questions:

What was the event/ situation/ expectation that you had?

What did you feel in your body before you reacted? What were you thinking?

What did you make those thoughts mean?

What did you do?

What was the result of the reaction?

Note these down, thing of other times, are there patterns? What were you afraid of? In an ideal world how would you have liked it to have been different?

You can access the full article here: <https://www.carrieadlington.com/post/why-your-triggers-are-the-gateway-to-freedom>

If you would like to understand more about your behaviour and why you behave the way you do visit: www.carrieadlington.com and request your free personality pattern profile.

Stronger Together,

In bliss,
Carrie

PLUMBER

Kaiwaka to Ruawai

- 30 years' experience
- All plumbing services including new housing and maintenance



ANDREW KENNY
ph 027 642 8320

Paparoa Print Shop

At Skelton's
Paparoa Drapery
431 7306



See Robyn for
all your printing needs



Battensby Brothers Contracting Limited

www.battensbybrothers.co.nz



Call to book us now for ...

- ◆ Ground Cultivation
- ◆ Silage and Hay
- ◆ Fertiliser spreading
- ◆ Firewood (WINZ approved)



Contact Glenn on 021 983 734

Email: battensbybrothers@xtra.co.nz



Hopefully everyone has recovered from all the little monsters after a "Trick or Treat"

REX BROWNE CONTRACTING

- Limestone & Metal Cartage
- Truck & Digger Hire
- Farm Roads
- Earthwork & Dams
- House Sites & driveways
- Wrapped Silage & Hay
- Cultivation
- Fencing & Mulching

Maize Silage planting & harvesting

☎ 09 431 7556
☎ 021 720 590

Science Corner

Electricity Producing Bacteria

Wouldn't it be great if we could have clean green batteries using bacteria?

Batteries contain mercury, cadmium, lithium and lead. Most batteries can be recycled but it is not always easy to do this.

Some bacteria called Geobacter found deep beneath the sea bed "exhale" electricity through a long skinny snorkel containing wire structures called nanowires. We use oxygen to convert food into usable energy and to sop up electrons that are left over. If these left over electrons were not dispersed they would be toxic.

These Geobacter microbes also generate waste electrons during metabolism and they get rid of these by using these thin conductive nanowires out to the environment. These thin nanowires can transport electrons over a huge distances. The nanowires are over 100 times the

bacteria size and produce an electric current.

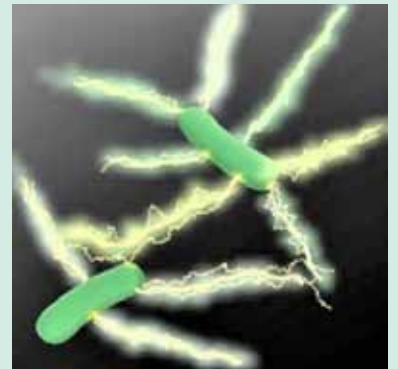
Recently scientists have discovered that these nanowires are made of cytochromes.

Researchers have found they can use colonies of these bacteria to power small electronics.

Recent research has also found that the level of conductivity can be increased in an electric field and that the production of electricity can be turned on and off.

Maybe in the future this knowledge can be used to produce probiotic bacteria to help in treatment of infections – or even create tiny batteries or build wireless pacemakers and other medical advances.

Stella



4 Tonne -DIGGER – BOBCAT – TIP TRUCK

Property Maintenance – Driveways – Building Sites
Stump & Tree Removal – Hole Boring – Chain Trencher
Calf Shed and Stockyard Cleaning

Phone Matt: 021 199 6677

Email: mprabrownecontractors@gmail.com

Kaipara IT

Business Support including:

- Proactive maintenance and support
- Hardware supply & maintenance
- WIFI design, setup and fine tuning
- Printer supply, setup and support
- Backup and Disaster Recovery planning
- Web Hosting
- Office 365 / Azure setup and migration
- Antivirus/firewall TDR EDR

Home Support including:

- Computer upgrades and repair
- New computer supply and data migration
- Setup cloud and local backup
- Smart TV setup
- WIFI design and configuration
- Printer Supply and setup
- Antivirus and security advice
- Friendly, straight forward approach.

Kaipara IT- Making it Easy

Wayne

email support@KaiparaIT.co.nz

Ph 0800 2network (0800 263896)

or 0226485713 www.kaiparait.co.nz

Pets in the Valley



What is an emergency? If a life is threatened or harm is occurring, then that is easy to say yes this is an emergency. Level of pain or discomfort? Not so hard when a human is involved and they can articulate how bad the pain is and whether it is improving or worsening - but with an animal how do you know what their pain level is? So how do people decide when they are going to call an after hour vet for their animals? From my side of the phone I have seen and heard it all. I have the laid back folk who bring a cat in on Monday morning with a blocked bladder who is actually in incredible pain and is dying and should have been seen on Saturday to have had a chance at surviving, to the other end of the scale where late at night some one wants their animal seen urgently because it is unhappy and when I have met then at the clinic I cannot find a thing wrong with it. Then there are many in between- a dog with a bleeding nail - is that an emergency? Dog is unhappy but not at all in any danger of long term injury but the owners can't cope with the fact the dog is not happy. Sometimes I get woken in the middle of the night from a deep sleep and end up having a chat with someone who is concerned about something that isn't actually an emergency. Unfortunately, I do not have the ability to go back to sleep after been woken so that is just as bad as having to go out. For me, personally, being on call for after hours is the biggest down side of my job. So while it is essential to treat animals when they need help please don't use after hours services to make the human feel better about not having done something earlier or just needing a chat- ask yourself is this truly an emergency?

Sweet dreams, Janine

November Gardening Notes

November signifies the transition from spring to summer and it's a great time to be out in the garden. Just as well, as we need to take advantage these "growthy" conditions and there are numerous tasks that need attending to:

Sowing and planting successive crops every 3-4 weeks of your favourite veges for continuous harvesting right into the autumn. Veges can include dwarf beans, pumpkin, parsnip, courgette, carrot together with various salad veges. Miniature lettuce can be planted in pots handy for picking leaves as and when required. Grow away from the searing sun to help prevent premature bolting.

As the soil starts to dry out I mix water storing crystals in a bucket of water adding some liquid plant food and leave to gel up before adding some to a large bucket of compost/potting mix to form a sludge.

Put a small handful at the base of planting holes and mix with surrounding soil prior to planting. You can also lightly spread mix along rows prior to sowing seed. This method will reduce watering by up to 4 times and 1 application will last most of the growing season.



Mulch in between plants and along rows with wet newspaper, then cover with lawn clippings or pea straw. This also assists in retaining soil moisture, eliminates weeds and eventually composts down.

Rapidly growing tomatoes will be flowering and setting fruit so you will need to regularly tie the stems to stakes, keep them watered and feed with tomato fertiliser or liquid plant food. Planting basil next to tomatoes improves their flavour.



This is the ideal time to introduce and encourage family members - especially the grandkids, who this year have their own garden plots to grow and care for - from seeds to harvest. They sprouted their favourite vege seeds, peas, beans and sweetcorn, on trays in between layers of wet paper towelling for a few days in the hot

water cupboard prior to sowing. These plants soon appeared growing evenly along the row.

Time spent weeding now before they flower and set seed will greatly reduce the recurrence of weeds over the coming summer months.

JR

THE HERBALIST Nutmeg

Myristica fragans



Nutmeg is native to the Banda Islands, north of Australia. For thousands of years the Banda people harvested the fruits for food and medicine.

It arrived in Europe via the spice trail and when the spice road stopped in 1453 the fight was on to obtain by sea.

Nutmeg is mainly used as a culinary spice but is also a powerful medicine and can be used for anxiety, sleep issues, digestion, colds, the flu, and more.



It can also be used in chai tea to assist with bloating or gas. Nutmeg can be used to reduce blood pressure but care should be taken in people with low blood pressure.

Vicky

FENCING SPECIALISTS

CALL CHRIS HICKEY ON 027 561 1719 email: fencingspecialists.nz@gmail.com



ALL ASPECTS OF FARM & LIFESTYLE BLOCK FENCING & MAINTENANCE INCLUDING:

- Post & Batten • Entrances
- Post & Rail • Retaining Walls
- Stock Yards • Riparian Lots
- Netting • Subdivision

HOMEKILLS

WAYNE & ANNETTE

09 439 2020



Dry Aged Beef Specialists
Traditional Manuka wood smoked Bacon & Ham
No Retail
TOKA TOKA

REMEMBER!

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



Otamatea Community Services

AGM

Wednesday 17 Nov 1pm

The Good News Church,
Hurdall Street

ALL WELCOME

ACCEPTING APPLICATIONS FOR
BOARD Membership

09 431 9080

reception@otamateacs.org.nz

OUT & ABOUT AROUND TOWN

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

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

Condolences to the family and friends of Pam Parker, a former resident of Paparooa, who has passed away. Pam and John Parker started the Franklin Gardens in Franklin Road and sold produce from there for quite a few years. They were also active in Keep Paparooa Beautiful and many locals will remember them.

Please remember to scan in when visiting local businesses. The past year has proven how important it is to know where you've been. You can also track your own movements by logging into Google Maps, tapping on your personal icon at the top, then tap on "Your Timeline". You can then tap the arrow next to "Today" to select a date.

Paparooa Sports and Recreation Association

AGM

Wed 24 November
at 7pm

Paparooa Sports Pavilion

You are welcome to come
for a 6pm shared dinner
if you can

Contact Libby 021 2080093
for more info

Public Notice

Starbright Wellness
has moved back to
144 Franklin Rd

See ad p8 for contact details

Connections Real Estate

Nicky is now working
from home

See ad p11 for contact details

Paparooa County Depot Trust Grant Applications

Open now - Close November 30th 2021

Available for local organisations that benefit our local community.

For application forms please email the secretary:
stella.clyde@gmail.com



Sarah doing her best to attract customers to the Vaccathon at Paparooa Medical clinic. 123 people heeded the call.

Paparooa Motor Camp

CABINS | TENTS | CARAVANS | MOTORHOMES

17 Pahi Rd, RD1, Paparooa, Northland. Ph: 09 431 6515 Email: paparoamotorcamp@xtra.co.nz



Set in a quiet rural area, within easy walking distance to picturesque village with shopping facilities, a general store & post office, service station, restaurant, friendly country pub, takeaways, café, gallery, bush walks. Only 6kms to the Matakoho Museum.

www.paparoamotorcamp.co.nz



Under New Management

Self Contained Cottages

Cabins with TV

Tent and Campervan sites

contact

Jonna 0212950378

Neville 0272950378

Paparooa Press

PP

CLASSIFIED ADVERTISING

Weight Loss Class

Half hour free

7 weeks group class

Cost \$320

Vicky 021 2484259

Storage Available

In Paparooa: Secure 20 foot

Containers - contact

Gary Dallas 021 431 712.

Paparooa County Depot Trust

Books @ Ruawai

5 Freyberg Rd, Ruawai

Selling secondhand books & music

Loads of good holiday reads

Lots of children's books

Fill a bag for \$5

Open: 9-1pm... Monday

10am-1pm .Wednesday, Friday, Saturday

Easter Hours: Sat 10-1, Sun 10-12

Mon 9-1, Tues 10-1

Ph 09 439 2044

027 200 5653 or 022 073 9752



WHAT'S ON - NOVEMBER 2021

- The Kauri Museum** open 7 days, 9am-5pm
- Otamatea Quilters' Group Annual Show** - Until November 21.
- Otamatea Community Services AGM** - Wed November 17, 1pm, Good News Church, Maungaturoto. See Ad p18.
- Paparoa Sports & Recreation AGM** - Wed November 24, 7pm, Paparoa Sports Pavillion. See Ad p18.

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

- Anglican Church St Marks** 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
- Ararua Church** 10.30am every Sunday. All welcome Ph 431 6622
- Art Studio, Ruawai** Wed 10-12noon ph Frances 439 2554
- Badminton** Thursdays 7pm Paparoa Hall \$2 students, \$3 adults, Pete 021 056 7163
- Exercise to Music** Tue 10.30am Paparoa Hall \$5 Ph Rose 431 7418
- Farmers' Market** Every Saturday 9-Noon, Village Green, Graham 027 475 4490
- Grey Power** Last Wed in month, 1pm, Anglican Church Hall, Maungaturoto
- Grow Paparoa** Thur/Fri/Sun 10am to 2pm at the Community Gardens
- Holy Trinity Anglican Church**, Maungaturoto, 1st & 3rd Sundays, 10am; 2nd & 4th Sundays, 4pm. All welcome
- Kaipara Marching Team** Weds 4-5.30pm, M'gto, Ph Rose Plunkett 431 7418
- Line Dancing** Thurs 10am-noon Paparoa Hall Ph Rose 431 7418
- Mainly Music** Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520
- Matakohe Garden Circle** 1st Weds each month, 1pm, J Mackinnon 431 6689.
- 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 Tina 0210335128
- Paparoa Community Church** Sundays 10.30am, 4 Hook Road, 431 6795 or 431 7520
- Paparoa Garden Circle** 2nd Wed of month. Contact Raylee Over 431 6880
- Paparoa Hall** Functions venue Ph Robyn 431 7306 or a/h Loraine 431 7290
- Paparoa Library** Tues & Thurs 11am - 4pm, Saturday 10am - 1pm
Manager Jas Futter 022 678 1474. Returns Box at Skeltons
- Paparoa Lions** Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
- Paparoa Playcentre** Tuesday and Thursday 10am-1pm Visitors Welcome
Ph Kirstin 431 7373 txt 021 525 425 or Jane 431 6148 paparoa@playcentre.org.nz
- Paparoa Primary School** Term 2 May 3 - July 9, Term 3 July 26 - Oct 1. 4317379
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
- Paparoa Volunteer Rural Fire Force (VRFF)** 1st and 3rd Monday of the month 6.30pm Depot Rd ph Ken Ogilvie 021 129 4042
- Plunket Ready Steady Wriggle** Mon 10am Sports Pav. Tina Ball 021 033 5128
- Selwyn Centre** Thurs 9.45am for over 65's, St Marks, Hook Rd, Ph Sue 431 6224
- Sports Pavilion** Functions Venue Bookings ph Jane Bailey 431 6148
- St Mary's Catholic Church** Maungaturoto 10am Wed, 4pm Sunday
- Table Tennis** Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
- Tennis** Mondays 9.30am, 6pm Tuesdays Ph Sue 431 6224, or Pete 021 056 7163
- Yoga** Monday 6pm Maungaturoto Hall, Tuesday 9.30am Chair Yoga Paparoa Sports Pavilion, Tuesday 4.15-5.15pm, and 5.30pm Matakohe Hall. Ph 021 114 3370

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

THE KAURI MUSEUM

Guardians of the kauri story
Past, present, future

Otamatea Quilters' Group Annual Show
Hand worked, machine stitched,
embroidered and embellished,
contemporary and traditional
until November 21

Buy your Annual Pass today

5 Church Road, Matakohe ph 09 4317 417 www.kaurimuseum.com

Shop Local Support Local

LOCAL TIDES for November 2021

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	14.51	8.55	17th	16.39	10.51
2nd	15.41	9.47	18th	17.16	11.27
3rd	16.27	10.33	19th	17.52	12.01
4th	17.11	11.17	20th	18.26	12.34
5th	17.56	12.01	21st	6.42	13.07
6th	18.42	12.46	22nd	7.15	13.40
7th	7.06	13.32	23rd	7.50	14.15
8th	7.54	14.20	24th	8.27	14.54
9th	8.44	15.13	25th	9.08	15.38
10th	9.36	16.12	26th	9.55	16.31
11th	10.4	17.19	27th	10.51	17.33
12th	11.49	18.33	28th	11.55	18.37
13th	13.04	7.14	29th	13.02	7.07
14th	14.14	8.24	30th	14.06	8.10
15th	15.11	9.23			
16th	15.58	10.11			

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

Maungaturoto Medical Centre: 8am-5pm Mon-Fri 09 431 8576
Paparoa Clinic: Open Tues and Thurs 8am-5pm..... 09 431 7222
For urgent after hours medical service (Wellsford)..... 09 423 8086

DISTRICT NURSE Dargaville Hospital 09 439 3330
Healthline - 24 hour service..... 0800 611 116

HOSPICE KAIPARA Dargaville Hospital 09 439 3330

KAIPARA DISTRICT COUNCIL Helpline 0800 727 059
Mangawhai Office..... 0800 100 388

KAIPARA PHYSIOTHERAPY Lyndsay Bargh/Lynne Rhodes...09 4391656

LINKING HANDS Health Shuttle Service, Maungaturoto.09 431 8969

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

MAUNGATUROTO PHARMACY 09 431 8045

MAUNGATUROTO REST HOME 09 431 8696

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

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

PAPAROA LIBRARY Free Membership. ContactJas 022 678 1474
Tuesday and Thursday 11am-4pm
Saturday 10am - 1pm

PAPAROA PLAYCENTRE paparoa@playcentre.org.nz

PAPAROA PLUNKET .Plunket Nurse Louise 027 2823987 or 09 438 2508

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 Linda09 425 9357

YOUTH & WHANAU FOCUS South Kaipara, Rose09 431 7418

Otamatea Quilters' Group - Annual Quilt Show 2021

The Kauri Museum is pleased to again host the Otamatea Quilters' Group annual exhibition. The display is on from Labour Weekend October 22 to November 21. Included in the exhibition are a range of quilts; from entirely hand worked to machine stitched, embroidered and embellished, and from contemporary to traditional.

Community quilts are at the heart of the exhibition, with all the materials being donated by the quilters. The Otamatea Quilters choose an organisation to donate quilts to, and over the past four years have made quilts for STAND, the Children's Health Camp in Whangarei and the Plunket society who give the quilts to young families in need.

Another Otamatea Quilters project

was to provide the newly opened Dementia unit in Maungaturoto with quilts for all the beds.

This year of number of small quilts have been made to support families with new-born or premature babies. The St John "Woolly Express" program is also being supported.

Admission tickets to The Kauri Museum also include this wonderful exhibition.

For further information contact Glennys McKenzie 09 4320409 or Lyn King 09 4392262.

Photos of the exhibition will be available after the opening

The Kauri Museum is open 7 days a week, 9am-5pm (In Covid Level 2) Phone: 09 431 7417

www.kaurimuseum.com

Grant O'Neill



Kindness Is Great For Your Health

How can a thing like kindness be good for my health? We have a parasympathetic nervous system and a sympathetic nervous system which help us to respond to our world or external environment.

The sympathetic nervous system helps us to respond to fear, worry, stress wherever it is emotional, mental, or physical. Whether it is worrying about what to cook for dinner or whether you will be eaten by a sabre tooth tiger. Our sympathetic nervous can't tell the difference between real danger or a little worry. When our sympathetic system takes over it shuts down our immune and digestive systems so it can prepare for the sabre tooth tiger. We can run or fight- known as the fight or flight mechanism and our blood supply and body are ready for either.




So if you worry, stress or become fearful of the unknown or things out of your control you are turning off your immune and digestive system which is not good over the long term. Our parasympathetic system is our rest and digest system. Filling our reserves and maintaining health. What are some things that you can do to get your body to turn on your parasympathetic system? Well, I'm so please you asked! Kindness, joy, love, laughter, faith, meditation, prayer are just a few of many tools to help you feel good.

What are you feeding your nervous system under these current times? What are you feeding your families and friends nervous systems? Please stop, and give someone some kindness, a smile, or some joy. Please, as a community, let's build our resilience and immune system with a little kindness.

Starbright Wellness





PETE THE BUILDER
your local friendly builder

Peter Clark
Ph: 0276 713 416
petethebuilderltd@gmail.com
582 Pahi Road, R D 1, Paparoa, 0571
A/hrs 09 431 6005



RIVERSIDE GLASS & GLAZING

Kyle
021 1376353

Glass and glazing needs, cat doors to caravan windows. Great rates, mobile eftpos.

Painter & Decorator

Tradesman's quality work guaranteed



- Interior
- Exterior
- Spray finishes
- Roofs
- Waterblasting

For your free quote call Mike 021 529 025

KMU SURVEYS LTD
MAUNGATUROTO



Ken Urquhart
Licensed Cadastral Surveyor

09 431 8705
021 161 2344
kenurquhart@xtra.co.nz