



AUGUST 2024

Paparoa School wearable arts highlights

At the end of last term Paparoa Primary School held a Wearable Arts event for the school community. The theme was 'Under the Sea' and the students made their works of art using recycled materials. Looks like an amazing show!



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Paparoa Press PP

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Progressive Paparoa Inc. (PPI),
for Paparoa, Pahi, Matakoho,
Whakapirau and Tinopai.

CIRCULATION 1,050

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ADVERTISING

Rate Card available by email
Booking & Copy deadline:
15th of month
Publication date 1st Wed of month

First aid training day

Bright and early on Sunday 7th of July 17 people, from as many community groups in the Paparoa and surrounding area, met at the Paparoa sports pavilion for a 'full on' day of first aid training.



The workshop was hosted by Progressive Paparoa and was an initiative from last year's community showcase event 'get more LOCAL first responder training opportunities' we were very grateful to the Kaipara District Council for funding the tutor, Kent, from MediTrain. This meant that the 17 groups who sent candidates did not have to pay for the quality 'up to

date' education that Kent provided us. Progressive Paparoa was able to cover the other costs with funds raised by our various community activities. Thank you to the community who support the work that we are honoured to do on your behalf.

The Attendees gained three unit-standards equivalent to 12 hours of study (there was homework) which meant we achieved Level 2 qualifications. The units that were covered involved CPR and AED use, basic first aid, and scene management. Kent was a wonderful tutor, very engaging and enthusiastic.

Keep an eye out for our next workshops and events, if you would like to join us and receive our newsletters to keep up to date email paparoa.ca@gmail.com for more information.



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Church Service on Sunday at 10 30am
6pm for fellowship, prayer and sharing.
Everyone Welcome

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.

Opinions expressed in Paparoa Press are the author's own and not necessarily those of the editorial team or PPI.



Council Mark says – Colin's a really good boy!

Before the recent publicity around the promotion of his book, I was vaguely aware of Matt Heath as a host on the morning sessions of Radio Hauraki. I could also claim a connection via extended family to the Alternative Cricket Collective, of which he is a member (my sister-in-law's son-in-law is also a member of that group).

He's a funny guy, and you'd think

he would have a lot to be happy about, but when faced with an emotional low point, he resolved on a course of action: he would write his way out of trouble. The man actually has a degree majoring in philosophy, and he draws on this for the wisdom of the ancient Greek and Roman philosophers as well as current neuro-science to explain the feelings of being angry, dissatisfied, scared, lonely, offended, stressed, humiliated, greedy, annoyed, bored, worried, grieving and aimless. There

is obviously some overlap between these feelings, and I got the impression that some chapters may have been padded out to justify being the subject of a separate chapter. On the other hand, I think he does a good job of suggesting ways of dealing with the negative aspects of these emotions, adding at times hilarious anecdotes from first-hand experience - laugh-out-loud funny in places as well as tear-inducing sadness in others.

I reckon Matt writes well, and at just under \$38 I consider "A Life Less Punishing: 13 Ways to Love the Life You've

Got" a good investment. Drawing on insights gained from reading the book I even got a positive result in dealing with an explosion of anger from one of the grandkids the other day. It made me feel like a wise old person, just like Matt's mum, as he regularly defers to her wisdom in the book.

I found this book helpful and practical and I'm glad I bought it, so I'm recommending it. I think Matt would be an interesting person to have a natter with over a cup of coffee in the company of his dog Colin, who is apparently a good boy. A really good boy.

Mark Vincent

Otamatea Ward Councillor
021 0829 8037

Disclaimer: These are my words, not KDC's.



OCS August News

All are welcome to the Community lunch next Wednesday 7th, 11am for morning tea at The Good News

Church on Hurndall Street; lunch at 12 and the raffle draw is at 1pm. Come along and join in with everyone enjoying a delicious lunch, chatting with your friends and neighbours.

Park in the large area beside the hall or catch a ride in the mini-bus which picks you up at the Maungaturoto Retirement Village, takes you to the church and then back after lunch. Huge thanks to everyone who helps with this growing event and to all of you who come along and make it all worthwhile.

The Board Games night continues to be a popular escape from Friday night TV. There is a beautiful supper and more new games to try.

August Diary

Wednesday 7th Community Lunch at the Good News Church. (See above.)

Tuesday 13th Free shopping trip to Whangarei

Wednesday 28th Free shopping trip to Whangarei

The van leaves the Maungaturoto Retirement Village parking area at 9am and returns in the afternoon. We go to supermarkets, shops, etc in Whangarei and even Bunnings or Waipu on the way. Our volunteer driver Gary is having a much-needed holiday right now, so our other driver Owen is filling in on the 4th Wednesday, while doing his usual Tuesday trips plus the shuttle service on Community lunch day.

Friday nights 6 to 9pm Board Games night at Brooks House, 153 Hurndall Street, Maungaturoto.

For information on any of the above, you can phone us on 431 9080.

Look after each other as we prepare for Spring coming very soon.

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Mid-winter Christmas prize winners

Progressive Paparoa and the stallholders at the weekly Farmers' Market held a mid-winter Christmas market towards the end of June. Everyone who purchased something at the market entered their name into a draw to win a voucher worth \$100 to spend at the market, with a second prize of \$50.

Nearly 250 entries were received, which goes to show just how valuable our market is to the local economy, and that's without counting the purchases made across the road at our village shops on that morning.

Our two prize winners were William Massey, who won

the \$100 voucher, and Brian Marsh won the \$50. William is a delightful young man, just eight years old, and his mother Kendall said, "He was super excited to win as he had never won anything in his whole life!!"

William spread his prize winnings between a good number of stalls, and his favourite purchase was a tic-tac-toe game. He immediately challenged his grandmother Julie to a game whilst his Mum finished the

shopping.

Thanks go to Progressive Paparoa for providing the vouchers, our wonderful stallholders for their cooperation managing the entries and prizewinners, and to everyone who came along and participated.

Don't forget that the market is on every Saturday, whether the sun is shining or not, and our loyal stallholders need your support, especially through the winter months.

Pete



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Julie, Kendall, and William Massey

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Fundraising quiz night!

When the Paparoa Tennis Club heard that our very own member, Lissie Cleave, was heading to Europe to play Blind Low Vision (BLV) tennis at the World Champs, we wanted to get behind her and raise some funds to help her on her way. After some thought we decided to run a quiz night at the Sports Pavilion. This will be a fun night, with an Olympic theme for the dress code, lots of great raffle and/or silent auction prizes, hopefully questions that aren't too hard, and we will provide a yummy supper too.

Lissie is a truly deserving recipient of our support. She is an active player of both tennis and badminton, has spent many years organising and running dog training courses and agility events, and is currently the capable secretary of Progressive Paparoa, all despite her vision impairment. Make up a team of six, or register as an individual and we can team you up. Numbers will be limited, so book in early to join the fun, and let's show some community support for our international tennis player. See the advert for booking details.

Paparoa Tennis

Letters from The Old Post Office...

Cars cars and more cars...

What's behind you doesn't matter." – Enzo Ferrari

Dear Reader, as we know by paying no attention to our history we are doomed to repeat it. Ad infinitum.

However, recently I have taken this saying in a more literal sense. And when out and about in my little Maudi I really do not care what is behind me. Unless it is a police officer. So difficult to tell these days as they seem to have switched from Holdens to Skodas. Generally, if on Highway 12 and the following car is terribly clean and sports extraneous "bells and whistles" one tends to feel slightly nervous. Although not half as nervous as on the drive to Kerikeri.

Dear Reader, have you counted the number of patrol cars that seem to populate that section of road? One can only assume that the powers that be, have figured out that the general populace of the area have more money and are more inclined to pay their traffic fines.

Never mind, as Toad of Toad Hall said, they have to catch you first. And, not that I am advocating this for a second, but as our roads are terribly muddy and pot-holed it is sometimes difficult to read number plates with any certainty.

Yet there are other delights to driving, apart from the exhilaration of the wind in your hair (luckily, I still have some).

H.S. Crow wrote: "There is an unspoken splendor when driving in the dead of night on an empty road. You lose yourself with nothing but your thoughts and the endless glint of stars above." So true. The Kaipara, mid

to west that is, is an unique splendour that is close to sublime. Cresting a hill to see pools of darkness spread below, the occasional blink of light and the distant reaches of the harbour. Bliss.

Of course, it is nice to be driving a car that is not prone to sudden electrical blips. Particularly when enjoying that solitary splendour. Miles from human habitation, cell phone coverage or tow-trucks. For some time, if my little Maudi hits a nasty bump the roof light comes on. (She has other delightful foibles too.) The solution I have discovered, after much experimentation, is to thump the dash in a certain spot. If you do see me driving past whilst bashing my fist above me, be not concerned. It is but the remedy to electrical faults. As we know, if in doubt, thump it.

To drive, with music playing, in a car that does not leak and a heater that works, I can only echo Francois Sagan's thoughts "Money may not buy happiness, but I'd rather cry in a Jaguar than on a bus."

And, but consider if at the end of it all and one decides to do a Thelma, (be assured my friends it would be without the Louise, so fear not) there is a certain panache to driving off a cliff in a fancy car, little if any in a 1994 Toyota Corolla. The coroner would simply assume the brakes had failed, or the wheels had fallen off. More like a fat white cabbage moth

plummeting thunderously downwards than a sleek monarch sailing through the air.

In the meantime, when lectured by my worthy, if slightly sanctimonious offspring, I can only quote Mr Toad "I'm not sorry. And it wasn't folly at all! It was simply glorious!"

Toot toot.

PS: Just to drive certain readers crazier, consider the following, "Driving a car provides a person with a rush of dopamine in the brain, which hormonal induced salience spurs modalities of creative and critical thinking regarding philosophical concepts such as truth, logical necessity, possibility, impossibility, chance, and contingency." – Kilroy J. Oldster, Dead Toad Scrolls. So there!

Deb



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I've been thinking... Native birds

I've just read an article about an American guy who killed and ate a weka. "Disrespecting New Zealand" was a phrase used. Well, he shouldn't have killed a protected bird, but we all break regulations sometimes.

Are we "disrespecting New Zealand" when we exceed the speed limit, pay cash for a service, or utter a profanity at the actions of our politicians?

Which brings me to a favourite gripe about our native fauna. I really believe people should be permitted to keep native birds as pets

or even (shock horror!) commercially.

Back to weka. Have you been to the Chatham islands? There are weka everywhere. Cute, curious, annoying. Thousands of them. They would surely be easy to domesticate and could provide a gourmet food source. Sadly the

aforementioned article did not report on how good the taste of the barbecued bird was.

I can't remember when I last saw a native quail. They were cute little round brown bundles. When alarmed they would rush into a bunch for protection. (Making an easy shot I was told.) Sadly the Californian import took their environmental niche. Whether native quail are extinct or not I don't know. But quail were a delicacy in Roman times although, I suspect, somewhat fiddly to prepare or eat.

And native pigeon, kereru. Apparently a really good bite, fit only for the privileged.

Think of our domesticated animals. There is no danger of extinction for cattle, sheep, goats, pigs.

If we allowed our native birds to be kept in captivity, they would also be protected.

And we could have some really posh, unique to NZ, gourmet restaurants.

Just a thought.

No disrespect!

RS



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BUSINESS SHOWCASE

Paparoa Memorial Hall – 1pm to 5pm.

Progressive Paparoa Inc. invites all local business to attend this year's showcase.

This is a great opportunity to promote your business to the community and network with other business owners. **It is FREE to attend and to register a stall for this event.**

Plus we will be running a **SHOP LOCAL COMPETITION.**

Register before the 27th August to take part in the competition, and get a chance to be featured in our Facebook Posts throughout the month of September.

In this current financial climate many businesses are having a tough time. We'd like to help you generate more business, building resilience through connection.

Are you a sole trader or a cottage industry? Do you provide a service? Are you a new or established business?

We want to hear from you!

Can't make it? Talk to us about displaying an **A4 Poster** featuring your business. These will be displayed on our notice board at the event, and you'll still be included in the Shop Local Competition.

Contact us today to find out more.

Scan the QR Code to register now or email **paparoa.ca@gmail** for a link to register.



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Yarn heaven comes to the kaipara

If you are into knitting, crochet, spinning or fibre crafting, don't forget to put Sunday 18th August into your calendar. The annual Kaipara Yarn and Fibre Festival, showcasing the latest colours in yarn and fibre, is being held again at the Maungaturoto Country Club, from 10am until 3pm.

The first Kaipara Wool and Fibre Festival, was held in August 2022, and was so successful it has now become an annual event.

The minute you step through the door you are greeted by a stunning sea of colour and texture. The festival gives northern people the opportunity to see and touch the exciting yarns and fibre from local fibre artists all in one convenient place.

The large windows mean that the colours are shown in natural light and you can touch and squish the yarn and fibre. This is what yarn heaven looks like!

You'll find stacks of yarn, mainly from NZ indie dyers, unspun fibre, tools and accessories, relaxing massage, and space to sit, knit and natter.

You'll find yarn, and raw or dyed fibre, from various fibre animals including merino and other sheep breeds, alpaca, mohair and possum. It's a peaceful farm setting and you'll see sheep outside in the paddocks.

It is always a great day out for knitters, crafters and their friends or families.



The list of our talented traders so far:

Wool on Wheels, Happy go Knitty, Miro Yarns, Silverhill Alpacas, Gumtree Gully, Stoneycreek Farms, Kerdon Alpaca, Dye Happy, Te Harinui Wool, Fantail Farm Mohair, Twisted Sisters, Fibre2go, Harnie Hoolie, Yarn Floozy, Inky Fingers, Jumbuck Carding and Roxy Fibres.

The Kaipara Wool and Fibre Festival 2024, is located at the Maungaturoto Country Club, 84 Bickerstaffe Rd, Maungaturoto.

Entry to the event is free, with gold coin donation for carparking.

The Maungaturoto Club is a great central location with plenty of parking, an indoors cafe on site, space and light. It is located just over an hour north of the bridge, and an hour south of Whangarei. Close to Mangawhai, Kaiwaka, Paparoa.

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Is artificial intelligence the death of original thought?

For example, is it actually me that is writing this or an AI App? Would you know the difference?

"I want AI to do my laundry and dishes so that I can do art and writing, nor for AI to do my art and writing so that I can do my laundry and dishes." Joanna Maciejewska, author.

So what is AI and how does it work? Consulting intelligent friends and my journalist daughter as well as Mr Google, this is what I was told in relation to writing and art.

Friend: It is a tool doing the hard work with you as the conductor and it the orchestra, or you as

a choreographer while it performs the dance.

Journalist: It is a tool that searches the entire internet in seconds for the information that might take you years. It can put that information succinctly into written form. It can be programmed to use different genre, formal, descriptive, poetic and so on. It can only write what has already been written, whether by humans or other AIs, that is already stored on the internet. It can write comments on facebook for you using your personal style from your previous comments. Uh oh!

A Blog by Matt Crabtree: It can't outsmart humans. It doesn't understand or comprehend. It CAN inherit bias from biased data or its operator. It cannot replace emotional intelligence or creativity. It can copy traits. There is heaps more on this

blog if you want to know more.

It CAN be accused of plagiarism as that is exactly what it does, but only from material already in the public domain not copyrighted. It can write your job application for you, which I think is unfair, because an employer can assess your suitability from that. If they are looking for someone clued up on IT then using AI might be an advantage. Otherwise, isn't it cheating? Likewise University essays.

So back to art and writing. Any creative person will tell you that their works have a mind of their own. They may start with an idea that develops and grows along

the way from the mind and hands of its creator, or even from mistakes or slips or outside interruptions. It is hard, hard work that is constantly critiqued and changed in the process. Even the finished product may not be "finished" in its creator's eyes.

What I wonder, because I like to ponder and philosophise, generations into the future will there be any original thought left if books and paintings are regenerated from books and paintings that were regenerated from previous books and paintings, that have been regenerated from previous books and paintings. You get the drift.

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Winter workshop

Monday 19th August

At the time of writing this for the press, we have a few spaces still available

for **'Starting on your art journey'** a painting workshop for beginners.

In line with our aim of fostering creativity in the local community, White Rock Gallery is subsidising 50% of the cost of this workshop.

Tutor: Elena Nikolaeva

To be held on Monday 19th August, 10-4pm at Ruawai Art Studio. The cost is \$40/pp (max 10)(Normally \$80/pp). For enquiries, information and bookings ph Sue 021 265 4067, whiterockgallerynz@gmail.com. **Book now!**

BYO lunch. Tea, coffee & biscuits provided.

These workshops are lots of fun, Ruawai Art Studio is a great venue (if a bit chilly so dress warm!).

More great news - Pat George honoured!

White Rock is very proud to announce that one of our artists has been honoured in the June 2024 King's Birthday Honours.

Mosaic artist Pat George has been awarded the King's Service Medal for her Services to the Mosaic Community. Pat is of course a renowned mosaic artist who has been involved in some major community installations over the years. She has some beautiful work on display at the Gallery.

CONGRATULATIONS Pat!

Very well deserved.

White Rock Gallery Committee

At the market

Crochet Creations has become another regular stallholder at the Paparoa Farmers' Market over the last three months. Lynn McNamara loves the vibe of the market so, even when the weather isn't the best, she comes up from Tinopai and sets up her stall displaying all her beautiful hand crocheted items.

Lynn usually has half a dozen crochet projects spread around her house that she is working on, so she will follow the sun around the house and work on the different items as she goes. She makes a great variety of things including blankets, clothes, hats, bags and lately she has been working on cute amigurumi toys and critters which she will have available in the summer.

Lynn moved to Tinopai in 2021 after being in Pukekohe where she worked in a call centre for 12 years. When Covid hit in 2020 Lynn was

made redundant, so she became a caregiver for her elderly parents until they moved into a resthome. She also worked in a burger joint (and made the best burgers in town), and this was to lead her into the hospitality industry, so that when she came north she got a job at the Gumdiggers Cafe at Matakoho.

Unfortunately for Lynn her eyesight deteriorated and she was diagnosed with aggressive cataracts. Over a period of 18 months her eyesight went from clear to too blurry to drive, so

Lynn now recommends that everyone gets their eyesight tested regularly. Prior to having cataract surgery she was unable to drive so had to give up work, but she was still able to crochet, so that is what she did! Her mother had left her a great stash of wool that Lynn is now turning into her wonderful creations. For her, crocheting is quicker than knitting, and if working to an order she is able to do a full blanket in 8-10 days.

Lynn has sold at other markets and is a regular at the Artisan and Tinopai markets, but what she really loves at the Paparoa market is the camaraderie amongst the stallholders, as well as meeting the locals and visitors who come along. Make sure you check out her stall next time you're down at the market.

Pete



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If you have a story, event, obituary, or news item you think the community should, or would like to hear about - then please, please, send it to us.

We know that there are members of our community doing great things and they should be celebrated.

We can't be everywhere and know that there are many goings-on that simply pass us by so please, please keep us informed.

If you would like to make a regular contribution we'd also love to hear from you.

Email press@paparoa.org.nz by the 20th of the month.

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Record number of groups assisted by grants

In July, the Paparoa County Depot Trust made a record number of grants to local community groups and activities.

With 16 recipients and a total of \$37,320 it was the greatest amount the trust has distributed in one session and reflects the value of the trust's activities in Depot Rd.

The groups funded were: Paparoa Lions Bush Walk, Linking Hands, Maungaturoto Recreational Society, Paparoa Sports and Recreation Association, Otamatea High School Aims Game Rugby 7's team, Paparoa Play Centre, Ruawai Lions, Marohemo Hall Society, Otamatea High School Reparoa visit, Otamatea Community Services, Paparoa Hall Society, Kauri Museum Garden volunteers, North Kaipara Agricultural Association, Maungaturoto Hall Society, Pahi Reserve Society, Senior exercise to music class.

Trust Chair, Graham Taylor

said 'it is extremely satisfying for the trustees to be able to make this distribution. This time 18 applications were received and 16 rewarded with grants ranging from \$300 to \$8,300. The applications totaled over \$100,000 worth of projects, which reflects the level of voluntary activity in this area. A few applications did not meet the criteria mostly through lack of evidence of their own fund raising. The next round of applications will be held in November.'

The Depot Trust leases facilities in Depot Rd to Fire and Emergency NZ plus local businesses and has storage facilities for the general public. Managed by volunteer trustees it is a great asset and support for other community groups in the district.

PCDT

Maungaturoto Country Club

The Country Club bar and restaurant is open Thursday and Friday nights, 5.30 - 10.30pm. There is a great menu plus, weekly specials and vegetarian and gluten free options are also available.

Non-members can come into the bar and/or restaurant three times (a member will sign you in) after which you need to become a member to continue coming.

Membership is only \$25 for the year and you can join at the bar or email us on maungaturotocountryclub@gmail.com for a membership form.

We Need You!!!

Are you able to Volunteer? Being a not-for-profit organisation, we rely on the support and hard work of our committee and members in the community to keep the club thriving. With buildings,

grounds, events etc there is always plenty of work to be done and we are always on the lookout for volunteers who can offer help in any way they can, for example attending a working bee or working on the bar.

If this sounds like a bit of you, or you would like to join the club, please email us maungaturotocountryclub@gmail.com.

You can now contact us by phone on 09 280 9611.

Please leave a message so that we can reply to your enquiry, event or venue booking etc.

MCC

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Maungaturoto and Districts Rotary

In the middle of July we had the chance to be involved in Auckland, with the change of officers for our District 9910. Last year's District Governor was Neil Murray, whose main focus was mental health and youth. It is always interesting to hear about the achievements of the award winners - projects they have undertaken in their communities. One initiative that many clubs have been involved with is the Healing Gardens in the new wing of North Shore Hospital.

Jenn Wong will be our District Governor for the coming year and we were excited to hear about her plans. As part of this position, Jenn is expected to visit all Clubs within her District (32 clubs in all) at least once - quite a feat considering that the District extends beyond the top half of the North Island, through to the Pacific, including Norfolk Island, Vanuatu and New Caledonia.

Jenn has set us four priorities to consider for the year: Increase our Impact, Expand our Reach, Enhance Participant Engagement and Increase ability to adapt. She has given some ideas for us to work on in these areas. The best thing about having her visit, is so she can get to know us as a Club, what our aspirations are for the year and how we can work together with other Rotary clubs as well as other community organizations.

I was able to join Dargaville for their changeover earlier the same week. Again, it is great to be able to see the projects that the Dargaville club has showcased for the year. A highlight of the evening was the entertainment provided by a group from Dargaville Little Theatre. They had recently finished a season of the Wizard of Oz so their items came from that as well as several items from Grease. It is always great to see young people performing in such a professional manner.

Our new President, Tim, will be back with us later this month. We are looking forward with interest to find out how he sees us progressing through the coming year, so watch this space.

Eileen



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Maungaturoto Swim and Lifesaving Club

This Club has been in recess for the past season as we did not have any coaches. We are now seeking interest from those in this community who may be able to help us move forward.

If you would like to be involved with us, even on the Committee, please give me a call (and leave a contact number). Any help you can give will be appreciated.

Eileen - 027 1420357



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BOOKS AND BOOKCLUBS



I usually save the best to last, but this book is so refreshingly good it has to be top of the list. "Would That Be Funny? Growing up with John Clarke", by Lorin Clarke. John Clarke a.k.a. Fred Dagg, 29.07.1948 - 09. 04.2017. Growing up in a family filled with love and laughter, intelligence, skill and unlimited imagination is described in a way most fitting for her famous father by his equally talented daughter. She draws us in to be part of the family, "Daggisms" are sprinkled throughout in lists that break the narrative, taken from her father's and her own published works, and family witticisms, e.g. Oliver = I'll have a, Albie = I'll be back, Rome = we're home, and I'm a tome = I'm at home, and loads more, and photos to boot. There is a lightness, joy and humility in her descriptions about our icon of



early New Zealand television. Sent me searching Youtube to relive those glory days of innocent humour. Thank you Fred, especially for that never-to-be-forgotten Gumboot song, and the "Bugger!" ads, and Loren for letting us be part of your amazing family. "Righto, kick it in the guts Trev!"


Now for something less joyous, "Happy Hour," by Jacquie Byron. "Curmudgeon" is a word we mostly use to describe grumpy old men, but in this novel it applies to a grumpy middle-aged woman. She is someone you would cross the street to avoid but wouldn't have to because she would be avoiding you first. Her anti-social behaviour is such that you just want to slap her!!! That is until a single Mum and her children rent the house next door - then the trouble really starts. The "Happy Hour" relates to how much booze she consumes. Set in present day Melbourne there is much fine food and wine, art galleries, botanical gardens and even Bookclubs. Lots of humour and she gets sorted out in the end.


In my search for something other than endless novels about romance and murder I found "Hard By A Great Forest," by Leo Vardiashvili with a recommendation by Khaled Hosseini. I expected it would be something similar to his books, "The Kite Runner," and "A Thousand Splendid Suns" - but it wasn't, not at all. I can't tell you too much without spoiling it for you, but it started off well, went a bit strange, changed direction several times, was sometimes quite dreadful, especially the filthy language of one character (who was quite a hero), and left me contemplating whether it was worth the time spent. I think it was. Set in Georgia post the Russian invasion, it is deeply insightful into the trauma of such life-changing events for families, cultures and nations and what those changes mean for those who fled. This has been, and still is (Ukraine) the reality for so many throughout the history of mankind. "Blow, blow, thou winter wind, thou art not so unkind..." -Shakespeare.

Anne Bate

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Table tennis

Paparoa table tennis
is restarting for term 3.
Tuesdays at Paparoa
Sports pavilion.
5.30pm for kids/teens,
7pm for adults.
Bats, balls and coaching
all free for the kids.
Contact pete 021 0567163 or just come along



Care needed with recycling

Sadly Kaipara Refuse have been seeing a fair bit of contamination in recycling bags, as seen in the pictures. Bags with contamination usually mean all contents have to be landfilled as they contaminate any recyclables inside.

It is also super gross for their staff, who hand sort all our recycling. You know how disgusting rotten food smells and looks!

Please remember - the following **DO NOT** go into the yellow recycling bags!

- **NO** soft plastic
- **NO** rubbish
- **NO** FOOD!
- **NO** milk cartons/tetrapaks
- **NO** hairballs and dust from your vacuum cleaner

Soft plastic cannot be recycled by Kaipara Refuse and needs to be taken to the supermarket for recycling (must be clean and dry).

ADDITIONALLY - they will no longer be picking up yellow bags that have black rubbish bags inside them - as these are usually hiding rubbish. Buy a blue bag instead!

Blue for rubbish, Yellow for recycling - it's not rocket science.

PP



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August in the Garden

It's still winter but spring will be here soon. The days are starting to warm up but the nights can still be freezing.

You can sow tough legumes direct this month, like broad beans and peas, and cold-hardy leafy greens like Asian greens, lettuce, silverbeet, spinach, kale and spring onions.

It's a good time to get your seed potatoes ready to plant outside - put them in a dark dry place and wait for a couple of good strong shoots to emerge. I find standing them in an egg carton works well.

Plant new season's strawberries. While strawberry plants are perennial and keep producing for several years, the fruit becomes smaller each season and the plants become weaker, so adding new fresh plants into your beds is recommended. Add lots of good compost to the soil and place a cloche cover over the new plants. This will speed up their growth and the protection helps them develop strong root systems.

Plant more rhubarb, carrots, radish, beetroot and coriander. August is a great time to start tomato, eggplant, chilli and peppers from seed - a warm window sill or heat pad. Prune fruit and roses prior to new spring growth and plant new trees whilst the ground is more manageable. At our place we're making the most of all the extra water and water blasting decks and paths that have got slippery over winter. We're also preparing new garden beds for new roses and dahlias.

*Happy Gardening
Smiles, C*

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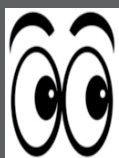
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Phone 0800 682628 or email enrolmentsohs@otamatea.school.nz

Science Corner



Ant doctoring!

The Florida Carpenter ants have many battles with other colonies in their habitat and therefore have casualties like leg damage. I guess this is a high-risk part of their anatomy since there are six long legs.

Other ants appear to triage the injured ant and if the femur (upper leg) is damaged then a fellow ant from the same colony may come to the rescue and bite off the damaged leg. The patient seems to approve of the doctoring and recovers well to continue life on five legs. If the ant is left untreated it has a much greater chance of dying.



If it's the tibia or lower leg that is damaged then the doctoring is lots of cleaning and grooming - to clean the wound.

Even ants that belong to a similar ant family (and there are many different families of ants - some being as different as an elephant is to a cat) may exhibit similar behaviour.

Again, nature is amazing.

Stella

The Paparoa Press is
also available online at
paparoa.org.nz

Animal rescues need your help

Only the most hard-hearted among us would deny how cute a new puppy or kitten is. But there's also no denying there are far too many of them- with the biggest problem being pets that are not neutered and allowed to breed indiscriminately.

When deciding to add a new pet to the family have you considered a rescue?

There are hundreds of dog, cat, and animal rescues all over the country that are bursting at the seams with unwanted puppies and kittens. They also have thousands of adult animals who, for a variety of reasons, are in need of new homes.

Most of these organisations receive no Government funding and rely entirely on donations of money, food and volunteer hours. They also desperately need foster homes while animals are waiting for their new family to come along.

Locals Melanie and Russell Millar have fostered almost 30 dogs and puppies for the SPCA in under two years and say they'll "never look back."



Fostering can mean anything from bottle feeding newborn puppies or kittens every three hours to taking in an older animal who has no idea what is going on and needs reassurance. You will be provided with everything you need for the duration of your fostering and it offers the



most rewarding experience.

Even the most ill-treated dog just wants to have a family to love and their ability to do that, after everything they've been through, is testament to the bond dogs have with humans.



There are many animal rescues in Northland doing an amazing job with the bare minimum of resources so consider contacting one of them next time you're looking for a new pet. They can also transport your new friend anywhere in the country.

There are groups such as "Bay of Islands Animal Rescue - Never Ending Story", "Donna Doolittle's Animal Rescue Kaitia" and "Helping Paws" in Mangawhai (cats only) as well as the SPCA.

PP



Paparoa Community Library

(Behind the Medical Centre)

Opening hours:

Monday & Wednesday 2pm - 4.30pm

Tuesday 10am - 1pm

Thursday 10am - 4pm

Friday 11am - 1.30pm

Saturday 10am - 12midday

Out of hours books can be returned to the returns box inside the door to the right at Skelton's Drapery.

Library Manager 09 431 7555 (During library hours)



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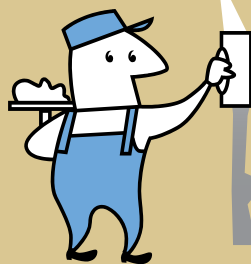
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REMEMBER!

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**when you pass a
school bus that's
picking up or
dropping off children.**

Lemon Yoghurt Cake

This is one of my go-to recipes as it's easy and delicious!

I may well have shared this before but it's too good not to share again- for all the new locals.

Preheat the oven to 180C

Prepare a 20cm ring tin by buttering and flouring the inside.

1 3/4 cup sugar

Zested rind of 2 lemons

2 eggs

1 cup oil (not olive)

1/2 tsp salt

1 cup plain yoghurt

3 Tblsp lemon juice

2 cups plain flour

2 tsp baking powder

In a bowl, mix sugar and lemon zest. Add eggs, oil and salt, and beat until thick and smooth.

Add yoghurt and lemon juice and gently mix through.

Fold in sifted flour and baking powder until just combined.

Pour into the prepared ring tin and bake for 30 minutes, or until the sides start to shrink and a skewer inserted into the cake comes out clean.

Leave in the tin for 10

minutes before turning out onto a rack.

For a simple icing whisk together 1 cup icing sugar and 2-3 tablespoons fresh lemon juice. Once smooth, pour over the cooled cake.

Alternatively you could ice with a cream cheese icing and zest, or just leave it plain.

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Maungaturoto Primary School 150th Jubilee

**DINNER REGISTRATIONS CLOSE
29TH SEPTEMBER 2024**



- **Saturday, 19th of October 2024** is the 150th Jubilee of Maungaturoto and Districts Primary Schools.
- **Past and present staff and students are invited** to join us, reminisce, and catch up with old friends whilst enjoying our annual Pet and flower show.
- **Powhiri 10am**, followed by official speeches and cake cutting.
- **Guests** will then be invited to tour classrooms, have decade photos, and pick up registration packs.
- **Dinner** will be held Saturday evening at the Maungaturoto Country Club. **Bar opens at 5pm.**

**The committee would appreciate registrations ASAP
TO HELP US WITH OUR PLANNING**

HOW DO I REGISTER?

- School Website
- Scan Qr code
- Find us on Facebook
- Hard copies available - school office
- Email: jubilee@maungaturoto.school.nz



Pets in the Valley



In amongst the hustle and bustle of a busy week it might be a little stressful to do things for the first time, but it definitely makes life more interesting. This month I spayed a pig for the first time. Apparently its very common to do in America as they have lots of pot-bellied pigs that live inside. But here in New Zealand it is more common to have the pigs outside. However I was asked about spaying a pig and looked into the pros and cons of doing the surgery.

I know pig anaesthesia can be fraught with complications-they are prone to both hypothermia, getting too cold during surgery, and hyperthermia, getting too hot with reactions to certain drugs. They are notoriously difficult to handle and yes they scream like they are being murdered before you even get close with an injection. Nevertheless for a house hold pet the benefits of removing ovaries are a more even tempered animal that is less prone to mood swings and it also takes away the risk of pyometra (uterine infection) which older pigs are prone to.

So we went ahead and spayed our cute little pig - pink with black spots. Yes she squealed blue murder when we gave her the first injection, yes she tried to climb the walls and disappear under our legs when we gave her the second injection but once she was asleep she gave us no problems. She maintained an even normal temperature throughout the surgery and surgically it was very similar to desexing a dog. She recovered nicely and hopefully whoever gets to take her stitches out doesn't have too many hassles!

So give it a go- try something you've never done before!

Janine



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We are very excited to have opened a spectacular new attraction at the Museum - the Forest Walkway.

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Gumdiggers cafe: open 10am-3pm

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

Thank you from Linking Hands

Linking Hands Incorporated would like to thank the following funders for supporting us this year:

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As well as other local community groups and members of the public.

Without the help, grants and donations from these amazing people we would not be able to continue to offer our health shuttle service to help the community get to their much needed health and well being appointments.

Also, thank you to the those who answered our Open Letter to the Community and donated towards our vehicle replacement fund, this is still an ongoing project to keep our fleet of vehicles up to a high safety standard.

Remember we do now have a givealittle page, or scan the QR code to make a donation donations.

<https://givealittle.co.nz/org/linkinghandsinc>



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Grow Paparoa
Inc.

Whakatipu
Paparoa

AGM

Wednesday 18th
September, 5pm
Paparoa Sports Pavilion
All welcome
Secretary, S. Skelton

Paparoa War
Memorial Hall
Society Inc.

AGM

Monday 12th
August at 6pm
at the Hall
Everyone welcome

Pahi
Regatta
Club
AGM

Monday 12th
August, 7pm
at Pahi Boat Club



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WHAT'S ON - AUGUST 2024

The Kauri Museum - open 7 days, 9am-5pm. Half price July.
Schools Matariki Art Exhibition on now.

White Rock Gallery - 5 Church Rd Matakoho (Kauri Museum) Open 7 days 10 - 4

Kaipara Wellbeing Hub - Sat Aug 10, 12-3.30. See ad p11 for info.

Natural Perfumery Workshops - Mon Aug 12 & 19. See ad p9 for booking info.

Herbal Workshop for Mums & Babies - Thurs Aug 15, 10-3. Maungaturoto. \$65
See story p20 for booking info.

Kaipara Wool & Fibre Festival - Sun Aug 18, 10-3. Maungaturoto. See p8 for info.

White Rock Painting Workshop - Mon Aug 19. Ruawai. \$80. See p8 to enrol.

Fundraising Quiz Night - Sat Aug 31, 7pm. Ph/text 027 383 5194 to register.
Paparoa Sports Pavilion. See p4 for more info.

OUT & ABOUT AROUND TOWN

Paparoa's Farmers Market Happens every Saturday morning, 9am - 12 at the Village Green. Fresh fruit & veges, sweet treats, plants, fish, eggs, assorted crafts, live music and so much more. A great place to catch up with friends or make new ones.

Artisan & Collectibles Market Quarterly. Paparoa Memorial Hall 10am-2pm. Next market September. Email artisanmarket.paparoa@gmail.com or ph Steph 027 452 7124 or Ruth 021 433 969.

Grow Whakatipu Paparoa Drop in for a chat, hands on experience, or a cuppa. Every Thursday & Friday 9am- 12pm. Next to the showgrounds.

Paparoa Golf Course Winter Sunday golfing. 18 holes (\$20) tee off 10am, 9 holes (\$10) 12 midday. Includes food afterwards. Enquiries to club secretary on 022 678 1474.

Paparoa Beats 88.3fm Community radio based right here in Paparoa. A "Beautiful Resistance" to the mainstream. Also available online at paparoabeats.radio12345.com. If you would like to get involved and play your own tunes you can contact them on paparoabeats@gmail.com.

Local JPs

Robyn Skelton, Paparoa
4317306 or 0272922787
Business hours only

Val Faulkner, Paparoa
021687226
Evenings and weekends

Graham Withers, Tinopai
2809552 or 02102545799

Derek Birt, Mareretu
4316847

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available now.*

Meet with the Mayor

Do you have an issue or idea that you'd like to discuss?
Book a time to meet with Mayor Craig Jepson and
Deputy Mayor Jonathan Larsen.

10 July - Village Café, Paparoa

9 August - Tinopai Hall

5 Sept - Matakoho Museum meeting room

Email dtaylor@kaipara.govt.nz

or call 027 703 4897 to book.

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

Anglican Church St Marks Hook Road, ph 431 8193 or 431 6224 for services info

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

Farmers' Market Every Saturday 9-Noon, Village Green, Alistair, 027 525 4782

Grey Power Last Wed in month, 1pm, Anglican Church Hall, Maungaturoto

Grow Paparoa Thur/Fri 9am to 12pm at the Community Gardens

Holy Trinity Anglican Church, Maungaturoto, All welcome. Ph 431 8193 for services information.

Kaipara Marching Team Weds 4-5.30pm, M'gto, Ph Lyn Hutchings 022 070 8674

Line Dancing Thurs 10am-noon Paparoa Hall Ph Jackie Cornes 027 368 7298

Paparoa Mah Jong Group 1st & 3rd Tues, Paparoa Hall 1.30-4pm, Sara 021 0774947

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, Wed, Thurs, Fri 10am-3pm.

Alternate Sat mornings 10am-1pm.

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 Dave Porteous 0274 180 676

Paparoa Box Fit Every Wednesday 6-7pm, Stretching/Cardio/Boxing \$10, Paparoa Hall, Stacey Watson 09 283 9931

Paparoa Dance to Music Every Tuesday 10:30-11:30, Stretching/Balance/Resistance/Bands/Zumba, \$5, Paparoa Hall, Stacey Watson 09 283 9931

Paparoa Garden Circle 2nd Wed of month. Contact Raylee Over 021 2565 893

Paparoa Hall Functions venue Ph Robyn 431 7306 or a/h Loraine 431 7290

Paparoa Library Mon, Wed 2-4.30, Tues 10-1, Thurs 10-4, Fri 11-1.30, Sat 10-12.

Library Manager 09 431 7555 during library hours. 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 2024. Term 2 ends 5 July, term 3 starts 22 July, ends 27 Sept, term 4 starts 14 Oct, ends 13 Dec. Ph 431 7379

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 Saturday

Table Tennis Tues 7.30pm, Sports Pavilion \$2 Pete 021 056 7163

Tennis Tues Junior from 4pm, Adult 5.30pm, Ph Sue 431-6224, Pete 0210567163

Yoga For Everyone Tues and Fri, 9.30am, Sports Pavilion. Hatha yoga & more. \$15.

Equipment provided. Beginners welcome. Ph Luciana for more info 0221896496

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

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LOCAL TIDES for AUGUST 2024

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	14.29	8.25	17th	14.51	8.50
2nd	15.26	9.27	18th	15.43	9.46
3rd	16.14	10.20	19th	16.29	10.36
4th	16.56	11.04	20th	17.14	11.22
5th	17.33	11.43	21st	17.58	12.07
6th	18.08	12.18	22nd	6.25	12.51
7th	6.31	12.52	23rd	7.10	13.36
8th	7.05	13.25	24th	7.56	14.22
9th	7.39	13.58	25th	8.44	15.12
10th	8.14	14.33	26th	9.36	16.08
11th	8.51	15.12	27th	10.35	17.16
12th	9.33	15.58	28th	11.47	18.38
13th	10.23	16.55	29th	13.08	7.04
14th	11.24	18.06	30th	14.20	8.20
15th	12.37	6.32	31st	15.14	9.20
16th	13.49	7.44			

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

OTAMATEA COMMUNITY SERVICES Community House 09 431 9080

PAPAROA LIBRARY Free Membership. Ph 09 431 7555 (Bus hours)

Mon, Wed 2-4.30, Tues 10-1, Thurs 10-4 Fri 11-1.30, Sat 10-12

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)Pete Hames 021 0567163

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

Herbal workshop for mums & babies

Thursday 15th August, 10am - 3pm in Maungaturoto, \$65.



Are you a local mama who would love to learn more about working with plants in a way that will nourish yourself and your pepi during your postpartum period? Would you like to learn how to make a nappy rash balm? Herbal teas to bolster your mood, your energy and your healing? Would you like to learn which common plants can help support breastfeeding and which to use if you're feeling like you have a cold coming on?

Join Doula, childbirth educator, photographer and herbal forager, Josie Gritten, for a fun workshop learning what plants we can turn to for support during our postnatal journey.

A rewarding workshop guiding mamas on how to identify and work with commonly found plants. Create nourishing teas, balms and foods that will support you and your baby on your postnatal journey.

"It's amazing what is growing all around us," Says Josie. "The more I work with plants, the more inspired I feel! So many of our common plants have medicinal or edible properties- they're tasty and they can help heal us too! I am so passionate about sharing this knowledge and teaching others how to work with plants too."

For more information: www.nurturaotearoa.com or email josiegritten@gmail.com



Selwyn Centre celebrations



At Selwyn Centre last week Una Chandler celebrated her 98th Birthday. As well as the usual social morning there was a cake - and of course all her Selwyn Centre friends sang "Happy Birthday" and wished her well.

If you are interested in coming along to Selwyn Centre gatherings, held on Thursday mornings, please contact Sue on 431 6224.

(Photo courtesy Gael Johnston)

Dog registration time

It's that time of year again!

Make sure your furry friends are registered by

30 September to avoid penalties.

Do it online at Kaipara.govt.nz/annual-dog-registration



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