



FEBRUARY 2026

## Show Jumping returns to Paparoa A&P Show

Waitangi Weekend in Paparoa this weekend features the biggest event of the year with the 149th Paparoa A&P Show on Saturday February 7. This year an "Equestrian Extravaganza" at the annual show promises plenty of horse play for visitors as well as participants (and their animals), and with Show Jumping returning to the show there will be a lot to see.

Show Jumping involves horses and riders navigating a course of 'coloured poles' - the competition is who can complete the course, keeping the jumps up and inside the measured time allowed. Additional equestrian competitions showcase Miniature Horses, Lead rein and First Ridden Riders, Beautiful Hack and Ponies.



The horses, cattle, sheep and goats are all chasing prize ribbons, and join a heap of food stalls, wood chopping, kids rides, and an enormous indoor competition which is open for anyone to enter. There are dozens of different classes - for adults and children - ranging from flowers, fruit and vegetables, to baking, photography and knitting. The full range of categories for the Indoor Show can be found on



Up on the hill in the Team Roping Arena the ever-popular barrel racing, pole bending and steer penning will have a new attraction - a Medieval Jousting Demonstration.

[www.paparoashow.org.nz](http://www.paparoashow.org.nz)

**Good news for families: children's rides, including the merry-go-round and bouncy castle, will again be completely free.** The free rides were extremely popular last year, ensuring a fun-filled day for the little ones without added cost.

Grant O'Neill



**Paparoa A&P Show 2026, Saturday Feb 7, from 9am.**  
**Show Entry Adults \$10,**  
**School age children \$5,**  
**Under 5s free.**

And for horsepower of a different kind, the Heritage Vehicle Display attracts cars, trucks and other vehicles, all able to be checked out by visitors. Any vehicles pre-1980 are invited. It's a great chance to get your vehicle in perfect shape, and to catch up with other collectors and restorers.



### INSIDE

- Farmers' Market Celebrates ... 2-3
- White Rock Gallery ..... 7
- Ararua Church History ..... 9
- Grow Paparoa ..... 10
- Rainfall ..... 15
- What's On ..... 18
- Community Directory ..... 19
- Tides ..... 19

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## Paparooa Press

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## Farmers' Market celebrates 20 years

It's hard to believe that the market, which has become an institution in Paparooa, has been in operation for 20 years this past Anniversary Weekend. To celebrate, some former and current stall holders and many of the public joined for a cake cutting and general reminisce.

From an idea promoted by then KDC Economic Development Officer, Jason Smith, came a public meeting of interested people and an application to KDC for the use of the carpark. Being on a state highway a Traffic Management Plan was required with a considerable

number of cones and signs. Progressive Paparooa came in to support with some seed funding and the market commenced, initially every second Saturday.

The first market managers were Mary Stevens, Loraine Rowlands and Graham Taylor. The initial stalls were predominately food producers ranging from vegetables, fruit, preserves, eggs, honey, fish, seedlings, cakes and artisan patisserie, olive oil and meat. After approximately 10 years the market transitioned to a weekly market with a greater range of products on offer. Quality crafts, pottery, knitwear, soaps, plants, flowers, art and woodware came to be part of the mix. Some stall holders remained for a long time (up to 18 years!), while some bowed out after a few years. All have helped to create a vibrant friendly vibe, assisted by the live music that is a feature.

Being an outdoor market has been a strength as it adds a very natural atmosphere, and customers seem to appreciate stall holders braving the elements on

those days the weather makes hanging on a real struggle, as it was on this anniversary weekend. An estimate of the average



Hanging on to the market gazebos in the wind

dollar turnover of a typical stall, over 26, then 52 weeks, times 20 years adds up to a considerable economic impact on our small community of Paparooa. Given the market's location on an arterial route it also brings outside money into the area, and local shopkeepers benefit from increased trade.

In his address to the gathering, Graham Taylor spoke of the background history and commented that being a community market it is the people,



## A reminder to our contributors!

We need all advertising material by the 15<sup>th</sup> of the previous month and all editorial copy by the 20<sup>th</sup>. 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 Paparooa Press are the author's own and not necessarily those of the editor or Progressive Papaora Inc.

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Mary Stevens, Loraine Rowlands and Graham Taylor cutting the Paparoa Farmers' Market 20 year celebration cake.

from stall holders, the customers and the voluntary management that are the real strength. Surplus funds go to Progressive Paparoa for community projects. The Paparoa Farmers' Market has become an institution

in Paparoa and THE place to be on a Saturday morning. It builds a sense of belonging and community spirit, and we hope it continues long into the future.

Graham and Pete

*Colour pic of cake on back page...*

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## OCS February News

Hello and welcome to our first article for the New Year. We trust you all enjoyed the Christmas season and are ready for what this year brings. May it be good health and happy times for all. Our thoughts go to those who may have endured not such happy times or have difficulties ahead- we send our best wishes.

Our first **Community Lunch** will be held on **18th March**. This will be at The Good News Church, Hurdall Street, Maungaturoto. Morning tea at 11 followed by lunch at 12, then the raffle draw at 1pm. Everyone welcome, we look forward to seeing you there. Residents can be picked up at the Maungaturoto Retirement Village parking area, Riverview Place. Please phone us on 4319080 if you would like to be picked up.

Our **van trips to Whangarei** are on the second Tuesday and the fourth Wednesday of the month. **Tuesday 10th** and **Wednesday 25th February**.

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The team at OCS

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## Yoga for everyone

Are you new to YOGA or have practiced before and need a refresh?  
Join our casual classes or register for the February 10th Beginners Yoga Course.

In the village of Paparooa on Tuesday and Friday mornings, a group of dedicated people gather.

They come from Kaiwaka, Whakapirau, Ruawai, and places a bit closer, to practice Hatha Yoga together.

Hatha Yoga is the basis of most of the physical yoga styles and schools that we see in the world today.

We practice breathing techniques and asana (poses) which improve flexibility, strength and balance.

This regular practice also helps to manage stress and anxiety, through calming the body and mind.

It's a great opportunity to meet others who share the ethos of health and wellbeing through yoga.

Everyone practices at their own level. This means that where possible, variations to a pose can be given to students who have injuries or are unable to make certain movements. You can rest if you need to.

It is amazing how quickly the body learns and remembers. Students say they have regained flexibility, strength and balance that they thought they had lost. Yoga builds confidence, allowing us to live our daily lives more fully. We build core strength and challenge ourselves to find the edges of our comfort. The practices themselves are not done with force, they are practiced with AHIMSA (non harming).

How does it work, you may say... The easy answer is that tension in our bodies creates restrictions in our muscles and in our minds. When we relax in a focused way through breathing and asanas, our bodies open up, releasing blockages and tightness. We may have been carrying tension for a long time or have developed it as response to injury or trauma.

Breathwork also has a physical response that relaxes the mind.

When we allow our mind to quieten, a sense of calm descends, making it easier for us to manage our thoughts and emotions. We become less reactive and more in control of our actions. That said, we also learn breathing techniques

to energize us. Come and join us, or give me a call to find out more.

I've been teaching in Paparooa for around three years and am a fully qualified teacher with Yoga Alliance, an international body that sets standards for training, ethics, and quality.

Please note these classes are for adults and youngsters 16+.

### Eight Week Beginners Yoga Course

**Starts Tuesday February 10th. 7am - 8am.**

You will need to be able to sit on the ground for short periods.

Each class ends with a relaxation phase where you are lying down.

Places are limited for this course, so do get in touch now.

Each class explores a different group of yoga poses. The first will focused on breathing techniques.

**Course Cost:** \$160 pre payment required. No refunds if you miss a class.

**Contact:** Luciana on 022 189 6496. Mats and props provided. Bring your mat if you have one.

### Casual Classes:

9.30am- 10.30am. Cost: \$15

**Tuesday:** Gentle Hatha Yoga, suitable for beginners and those with less flexibility.

**Friday:** Hatha Yoga with more standing poses and some Vinyasa flow.

Please arrive 5 mins before hand as we start at 9.30am.

### Location:

Paparooa Sports Pavilion, behind the new fire station on the main road, SH12.

Luciana



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## Beginners Yoga Course

**Starts Tuesday 10th February - 7am - 8am**

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### Are you new to yoga or need a refresh?

Sign up for this beginners yoga course to learn the basic postures and breathing techniques. This eight week course will help you build the confidence to join classes or cultivate a home practice. A great refresher if you've practiced before.

**Yoga can help you manage stress and anxiety, improve your flexibility, strength and balance.**

Learn the foundations of Hatha Yoga with an experienced, approachable teacher.

**Call me to find out more. Contact: Luciana 022 189 6496**

**Course Cost: \$160 - pre payment required.**

**Where:** Paparooa Sports Pavilion  
**When:** Starts February 10th - Ends March 31st  
Runs every Tuesday 7am-8am  
Props and mats provided.



## Paparoa School news

As the school holidays end, Paparoa School has been a hive of activity behind the scenes. Over the summer break, work began on installing a brand-new roof over the school kitchen.

While the recent rain has slowed progress a little, it is great to see this important upgrade underway and hopefully as you read this article, the new roof will have been completed. We also had some painting completed inside two of our classrooms, thank you Leon for such an amazing job done.

We hope everyone across the Paparoa community has enjoyed a restful and refreshing break over the New Year, spending time with whanau and friends. A highlight coming up for our community is the Paparoa A & P Show, to be held on Friday 7 February. The

school art and craft entries have already been judged, and we are really looking forward to showing you the calibre and creativity on display from our students on show day.

We are very much looking forward to welcoming our tamariki back to school and getting started on Monday 2 February. We are also pleased to introduce a new member of our teaching team. Mr James Parnell will be joining Paparoa School this year and will be teaching our Year five and six students. Mr Parnell brings enthusiasm and fresh ideas, and we are excited for the positive contribution he

will make to our school and learners.

We look forward to reconnecting as a school and community and to a positive and productive year ahead at Paparoa School.

Ngā mihi nui  
Karyn Taylor  
Principal  
Paparoa School

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## Medical Society welcomes increased medical service

Coast to Coast Health Care has announced with the start of 2026 they will be resuming twice weekly clinics in Paparoa after only being able to hold weekly clinics for a time due to staff shortages.

The clinic will be holding GP clinics on Tuesdays and Thursdays with Dr Catherine Hurd, who is new to the Coast to Coast team but not new to Northland.

Originally from rural Saskatchewan, Canada, she first came to Northland in 2004 and returned in 2010 where she has resided since.

She is passionate about rural healthcare and offers a patient centred approach to health care delivery. She will be working alongside the team at the Paparoa Medical centre which includes a dedicated nurse, admin and Health Improvement Practitioner who together can provide comprehensive Primary care Health care to the Paparoa community.

Dr Stuart Norrie who had been serving the clinic in Paparoa is still with the Coast to Coast team but working out of the Maungaturoto Clinic.

Paparoa Medical Society chair Graham Taylor said, "The Society is very pleased to see the increased use of the clinic and welcomes Dr Hurd to Paparoa. It means it should be easier for people to get appointments".

Graham



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*My two cents worth*

## – Why I prefer LPs over Spotify

Listening to music is an important part of my life, and I have succumbed in recent times to the convenience of Spotify, mainly when I'm in the car.

I must confess though to an affinity for the old vinyl technology, and the value of recognising that someone went to the trouble of performing those songs and curating them in a particular order to tell a story or develop a theme. Examples: Dark Side of the Moon- Pink Floyd, Sergeant Peppers - The Beatles, Pet Sounds

- The Beach Boys, Tommy - The Who. And having to get up every 15 to 20 minutes to turn the disc over means that you are more likely to be actively listening to the music rather than just have it providing some background atmosphere. Scratches can be a nuisance, but that can be a sign of a well-loved and well-used record, war wounds from life.

When we shifted house a couple of years ago I was pleased to discover that I was able to plug my record player directly into an amplifier, so I was reunited with my old familiar friends which had been languishing in silence for the previous dozen years. I am pleased to report that the neighbours have not complained.

You can actually buy new vinyl records, but at a price, unless you can hunt out a bargain from an Op Shop, which is my preferred option.

I have more CDs than LPs, and there always seem to be plenty to choose from in Op Shops. My collection is growing.

One thing that LPs and CDs have in common is that you can own them, whereas on Spotify you are in effect being given no more than the right to listen to the music - you don't own anything. I understand this is one of the reasons why LPs and CDs are making a bit of a comeback, and long may it last.

Oh, was that the phone or was it my ears ringing?

Mark V



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**WE NEED YOU!**

At White Rock we strive to keep the Gallery open 7 days, 10am-4pm. Since last seeking help back in May 2024, we've gone along wonderfully well. Now, owing to some folks re-locating their lives elsewhere, we again find ourselves in need of help with our roster, and so we invite YOU to join us, either as an **Exhibitor Member**, or as a **Gallery Friend** (see detail at right).

The gallery space is much admired by visitors, we have high quality, original, quirky and colourful work on display from our local artists and artisans. Our sales and visitor numbers continue to well exceed expectations. (We're located in the **Kauri Museum's Post & Telegraph Office**, opposite **Gumdigger's Cafe** in Matakoho.)

The wonderful Kaipara community supports us by 'buying local' and many come to the gallery for that unique gift for someone special.

A visit to White Rock brings you to oh-so-tranquil Matakoho, with its amazing Kauri Museum and awesome **Gumdigger's Cafe** - come for coffee or lunch, bring your friends, family and visitors - make an outing of it.

A fresh art/mosaic/quilt exhibition is curated every two months - next up is February 1st, while craft items are replenished continuously.

**EXHIBITOR:**

Are you a Kaipara-resident artist or artisan who would like to exhibit & sell your work? Cost of membership is:

\$12 monthly; \$25 annually; and 20% commission on sales payable to the Gallery. Exhibiting members are also required to manage the gallery desk for three 3-hour shifts each month.

We believe the costs and time-commitment are relatively low when compared to similar galleries. We've operated as a volunteer collective since we first began in Paparoa 11 years ago. Membership charges are necessary to cover lease of premises; gallery running costs; and eftpos/credit card fees.

**GALLERY FRIEND:**

Perhaps you have a little time on your hands and would like to be involved as a volunteer **Friend of the Gallery?**

As little as 3hrs per month would be a huge help to us. Full training is provided and we now offer help with petrol costs for our **Friends**.

Some days are busy, some are not, and you would, once you're comfortable - be in sole charge.

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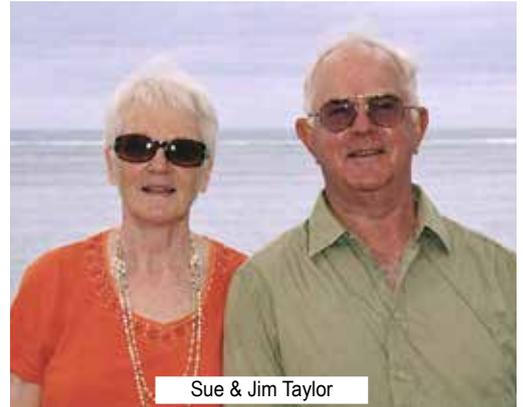
Hoping to hear from you...



## White Rock Gallery

As we welcome the New Year, everyone at White Rock Gallery would like to wish our community, friends, and visitors a very happy and creative year ahead. We are grateful for the continued support of the gallery and the wonderful connections that art brings to Matakoho.

Sadly, we also begin the year with heavy hearts as we acknowledge the passing of Jim Taylor, a treasured and much-loved White Rock artist. Jim's contribution, enthusiasm, and friendship meant a great deal to us all, and he will be deeply missed. Our heartfelt condolences go to his wife Sue, herself a valued member of the gallery, and to Jim's family at this difficult time. Our thoughts are with you.



Sue & Jim Taylor



Laughing Tree by Jim Taylor

From 1 February the gallery will be hosting a new exhibition, showcasing fresh works and inspiring creativity. We warmly invite everyone to come along and enjoy what promises to be an exciting display.

With Valentine's Day just around the corner, White Rock is also the perfect place to find a unique and meaningful gift for that special person in your life. From original artworks to handcrafted pieces, there is something to suit every taste.

We warmly welcome visitors to drop in, enjoy the warm weather and explore the new collection at their leisure. We are located at 5 Church Road, Matakoho, in The Post and Telegraph Office, next to the Kauri Museum and we're open 7 days 10am-4pm. There's something for everyone

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## Letters from The Old Post Office...

### Words, words and all that

Dear Reader, once again into the morass of modern linguistic usage I wade. And yes, I love the fact that our language changes and magpies little jewels from other cultures. However, it is the reduction of our vocabulary that I dislike, a reduction of our ability to choose words that have specific connotations and that convey nuance. And thus, limit our understanding of the world and its multiplicities.

And for those whose entire life has been blighted by studying Orwell's 1984 take a moment to think about the way the government developed control over its people by using "Newspeak." A very regulated, simplified type of English. The basis of it is, if the population does not have the language to communicate nuanced, conceptual thinking that possibly questions society and government, then they may no longer have the ability to do so.

Every time I hear the word "collateral", I think of John Pilger's photo-journalist exhibition. An exhibition where he juxtaposed newspaper articles stating "minimal collateral damage" occurred in various war-torn countries with photos of fathers' digging their dead

children from rubble. Now, collateral damage is so much "nicer" than "bombed to pieces" and thus the public is soothed. Historically, collateral damage referred to: Situated or running side by side; parallel. Coinciding in tendency or effect; concomitant or accompanying. Serving to support or corroborate: collateral evidence. Of a secondary nature; subordinate. Etc etc

On a slightly lighter note, I have rabbited on before about the use of "like", its ability to convey very little except for some confused sense of reality. The sky was "like", blue, you know. Well, actually, no idea. Was it or wasn't it? Could it have been a pale cerulean blue that faded to milky white as it met the sea or a

deep calm indigo blue that darkened the sea beneath?? Yeah, nah. (And, there is a modern usage that I believe is nuanced. Conveying the feeling that the speaker hears what the other person is saying but ultimately disagrees in a pleasant yet non-offensive manner.) What's not to like about that!

I also quite like 404, meaning error, page not found. I like to say this in a robotic voice, following it up by waving my arms about and intoning "Danger. Danger approaching, Will Robinson" when facing a particular example of moronic behaviour/person.

The offspring roll their eyes and mutter things about fossils, and have I written my will yet. I have, and their portions are dependent on caring for the geese. They have googled (another new word, but kind of useful shorthand, though often not supported by credible evidence) and to their horror have learnt the geese can live up to 40 years!

Dear Reader, so much to say, so little time to say it.

As Mae West said, but in an entirely different context! And so Dear Reader, the end. The rest is silence. (Hamlet, another chirpy little gem.)

Ka kite ano, Deb



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# Ararua church history

In 1899 the Lord drew together nine men and instilled in them a common desire, to shine his light in the community of Ararua, to build a church and preach His word faithfully.

The church was officially opened on the 1st of April 1900 by the Rev. W Ready.

After serving the community for almost 40 years the church was used by the Ararua School temporarily as an additional classroom until the additions to the school were completed.

Sadly, during the war years the church fell into disrepair and, to make matters worse it was isolated by the re-routing of the road. In 1947 a public meeting was held to discuss renovating the church. The community firmly supported a return to services and requested Ararua Church become interdenominational (while still remaining under the jurisdiction of the Methodist connection).

Through generous donations of time and money from the Community, and an interest free loan from the Methodist connection, the repositioning, renovations and re-roofing was completed and a re-opening celebration service was held on Easter Sunday 1951.

In 1959 a violent cyclone blew the church off its foundations and the War Damages and Earthquake Commission said it would be impossible to jack up and move it back into place. Little did they know about the determination of the people of Ararua who accomplished just that. Services commenced

bi-monthly and in 1982 services became weekly.

In 1984 the maintenance of the church moved from the Ararua Methodist Trust to the Church's responsibility. In the same year electricity was connected allowing lighting, heating and an overhead projector.

The church had then grown in number and outgrew the original building, so in September 2005 it celebrated a church extension which gave room for two Sunday School rooms, a creche, kitchen and two toilets. Concertina doors between the church hall and Sunday School rooms meant the church can double in size when necessary.

At present there is a weekly church service with bible teaching from our local people including testimonies, worship and a shared morning tea/lunch.

The Lord is faithful to those who diligently seek Him and Ararua Church is a great example of this. Quite a number of our folk have gone from this church to other parts of NZ and overseas to serve the Lord.

Praise be to the Lord as His will continues to be done here in Ararua and through His people, to other parts of the World.

We are celebrating His goodness to this community of Ararua with the church still open 125 years later.

There is to be a celebration service, lunch and afternoon reminiscing followed by afternoon tea.

**Sunday Feb 22nd, 10.30am**

Christine Leaf



**White Rock Gallery**

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**Grow Paparooa's Passata Day**

March 1st 2026

Starting from 10.30am

We are in full swing trying our best to have lots of tomatoes ready for our Passata Day on March 1st this year. Our annual day of making this wonderful paste has been growing steadily since we started it three years ago. If you have an abundance of tomatoes at the moment, wash, core and pop them in the freezer and come join us on the 1st of March and experience the day for yourself.

Slots are now available for you to book. Please email Laura at lkateley@gmail.com to book your slot for making your very own passata or for booking lunch (or both). Slots are for 30 minutes during which you will have access to one of our machines to process your toms. We generally have plenty of people who can assist you with this as it is much more fun as a group and we

encourage you to bring friends or family along to help and enjoy the wonderful lunch afterwards.

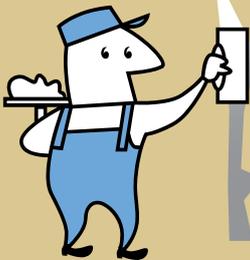
On the day you will only need your defrosted or fresh tomatoes. Please ensure you defrost your tomatoes for at least 48 hours before the day.

We do have jars that you can use alternatively you can bring your own. Please just ensure that they are sterilised before bringing them along as we do not have the facilities to do this on the day.

Booking is essential for both passata making and lunch afterwards. We require all bookings by the 23rd February.

Please contact Jan on 021431724 for any general enquires related to Passata Day or the gardens. We look forward to seeing you on March 1st!

Katie Fullerton

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**Paparooa Lions Update**

January has been a busy month for the Lions team with several excursions to Pahi with the food caravan to keep the visitors and locals well fed.

All funds raised by the caravan go back to the community, so if you see us at an event, come and support us so that we can support the community. We will have the caravan at the show, so hopefully we'll see you there.

We now invite descendants of the early settlers, senior citizens who have lived in the district, as well as any senior citizens currently living in Paparooa and the surrounding area. The luncheon is a great opportunity for old friends to reconnect, as well as a chance for our local senior citizens to have a day out with each other.



If you are interested in coming along and haven't received an invitation by mid-February, please contact Pete at:

Looking a bit further ahead, Paparooa Lions is looking forward to hosting the annual **Pioneer Luncheon on Friday March 20th**. This was originally started to honour the original European settlers of the district, but over the years it has become more inclusive.

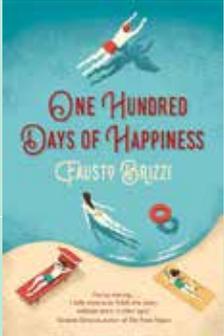
[hames.jones@xtra.co.nz](mailto:hames.jones@xtra.co.nz)

If you've ever thought about joining Lions please feel free to get in touch. New members are always welcome, or you can come along to a few of our events and see how much fun we have!

Pete

## BOOKS AND BOOKCLUBS

“One Hundred Days of Happiness,” by Italian screenwriter and film producer Fausto Brizzi are not what you may think when first you read this title. These are the last days left to live for a man unexpectedly diagnosed with pancreatic cancer. Unexpected because he kept putting off going to the doctor, take note, you men especially, advanced and fatal for that same reason. What to do with the short time he has left? Unfortunately for him his wife is unsympathetic, having caught him out in an affair just weeks earlier. His two children know nothing of either situation. Written with a good amount of humour with many divergent rabbit trails, informative facts about cancer, and debates about the do I/don't I of chemo therapy. Is he a typical Italian male of middle-age? I have no idea, but his inner dialogue is fascinating, especially his hypotheses regarding Leonardo da Vinci. He also coaches a water polo team and has strong, lifelong



friendships. It does come across as a novel rather than a true-life situation and I thought at times the author should have stuck to making movies rather than writing but it will make you laugh and cry never-the-less.

The well-worn theme of a woman losing her memory after a fall and not knowing if it was an accident or an attempt at murder is again the subject of “Close to Me,” by Amanda Reynolds. Done somewhat like a television thriller with flashbacks to the events leading up to the fall and alternate chapters taking place one day, two days, one month etc. after the fall it keeps you guessing until the end. A thriller that still has many surprises as the events of the forgotten previous year are slowly revealed.

The cryptographers of Bletchley Park in WWII along with women aviators are brought to life again in “The Dark of the Moon” by Fiona Valpy. But with a present-day twist as this now aging heroine tells her story to a biographer while holidaying on an island off the coast of France. The autistic son of the biographer has quite a role to play too, as a friendship develops between him and the “Old Lady”. The chapters alternate between the boy and the heroine, past and present. Factual information about war, code-breaking, secret missions, aviation, (Amy Johnson) and the effects of autism on families are woven into this heartbreaking tale. The sheer heroism of those times takes my breath away. The title is a line from a poem, I guess written by the author, but by an unknown pilot within the book, as the English channel could only be navigated secretly at night by moonlight:

*“The light of the sun on the water by day,  
is a pathway that leads me to you.  
The dark of the moon in the night that we face,  
holds the promise that helps us get through.  
You don't need to be with me for me to know,  
that our two hearts will always be one.  
For the days without number I'll always be yours,  
by the dark of the moon and the light of the sun.”*

From our land and time of peace, past heroes, we salute you.

Anne Bate

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## Paparooa Movement Expo

Paparooa Community Gym has been officially open for one year. There are also other great physical activity groups in the local area, some which have been going for many years and others are also quite new.

To celebrate the gym's first anniversary we are having a Fitness and Movement Expo to showcase the physical activity groups that are currently on offer. These include: Paparooa Community Gym, Exercise to Music, Line Dancing, Box Fit, The Mad House (Mad's classes), Senior Fit run by Maungaturoto

Physio, yoga classes, racquet sports and more.

Everyone is welcome to this free event with great giveaways, on **Sunday 22nd February at the Paparooa Sports Pavilion from 3-5pm.**

Contact Libby, 021 2080093, if you want more info, or just come along.

Libby




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## Juicy mango, avocado and macadamia salad

Summer on a plate- serve as a side or enjoy on its own.

### Ingredients

- 2 baby cos lettuce, leaves separated
- 2 small mangoes, sliced
- 1 avocado, sliced
- 2 rashers rindless bacon, fried until crisp, chopped
- 2 free-range hard-boiled eggs, chopped (optional)
- 1 red onion, thinly sliced
- ½ cup toasted macadamias, roughly chopped
- Shaved parmesan and basil leaves, to serve

### Dressing

- ½ cup olive oil
- ¼ cup white wine vinegar
- 1 Tbsp dijon mustard
- Sea-salt flakes and freshly ground black pepper

### Method

Combine lettuce, mango and avocado in a serving dish. Scatter over bacon, egg, red onion and nuts. To make dressing, whisk together all ingredients in a small jug. Season to taste. Drizzle dressing over salad just before serving. Toss gently. Scatter with shaved parmesan and basil leaves to serve.

### Cook's tips for this salad

- This salad is beautiful served with grilled meat, chicken or fish. Or if you prefer, it can be served on its own with a grain such as rice or quinoa.
- If you don't have bacon, you can substitute it for prosciutto.
- Cos lettuce can also be substituted for spinach.

### Preparing mangos

#### Sliced

Hold mango upright with its stem facing upwards. Using a sharp knife, slice off cheeks one at a time, close to the stone. If slicing, scoop flesh from skin with a spoon and slice as required.

#### Cubed

For a 'hedgehog' pattern, after you slice off the cheeks, score mango flesh 3 or 4 times vertically (being careful not to cut through the skin) and then 3 or 4 times horizontally. Firmly hold both edges of mango cheek and turn inside out. Slice flesh away from skin or eat straight from skin.



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## Paparoa resident up for awards

Local costume designer Kate Hawley has been nominated for best costuming at the 2026 Oscars and BAFTAs Awards for the Netflix horror Frankenstein.

Kate's previous work includes costuming for TV show The Lord of the Rings: The Rings of Power and Peter Jackson's Hobbit

trilogy.

Kate has also worked with Frankenstein director Guillermo del Toro, pictured with her, on his films Pacific Rim and Crimson Peak.

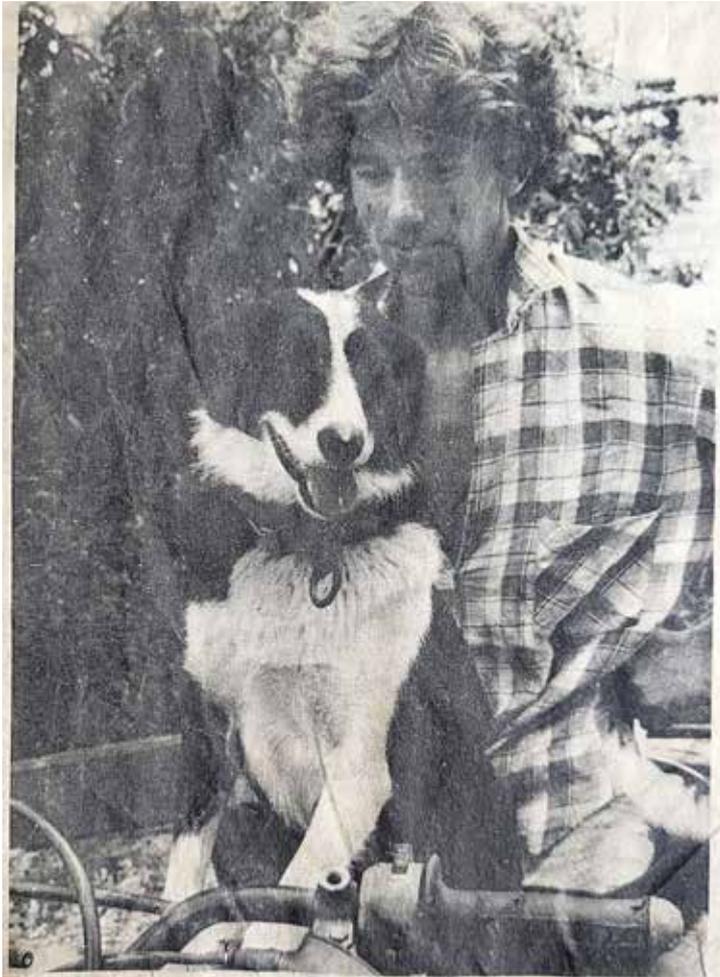
Kate's work on Frankenstein won Best Costume Design at the 2026 Critics' Choice Movie Awards, and last year, she was crowned the inaugural Costume Designer of the Year by the British Fashion Council.

The Academy Awards will take place on, March 16th and BAFTAs February 22nd.



PP

## Blast from the past



"It's a burn up on me bike that's what I like". Zeb an important member of the sheep mustering team on Derek Hames's farm likes nothing better than to leap upon his masters motor bike and head off into the sunset.

Pictured with Zeb is 'the boss' Michael Plunket from Paparoa.

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## From our family to yours

### Bean Musing



This year we went small in our summer garden, and honestly after the weather we've had, we were glad we did. Its been beans and beans- much to the children's disgust- but so many have been frozen that the bean joy won't stop when the summer does. Kilo for kilo, I've decided I much prefer growing them to peas. No, you didn't ask my opinion on such banal things but since when does the Paparoa Press care to ask if you want to hear the writers opinions on all things banal?

Peas, for example, can be collected in the kilos, spend hours shelling and then work out to the grams. Beans come as they are. By the bucket full. Outdoor tomatoes were all sacrificed to stink bugs, but thankfully we had a bunch in the tunnelhouse, literally enough for a sandwich every two days, but I'll still be grateful about it. The crop which keeps on giving even when I wish it wouldn't, is the habenero. In the tunnelhouse we have capsicum, habenero and chilli plants that are now three years old, they just wont die. As rumoured in last months press, we are wussy when it comes to spicy. So two habenero plants, producing ridiculous amounts of HOT peppery material is really wasted on us. Mainly I mention this publicly in the hope some family is lacking habeneros and wants to come and take several kilos off our hands... honestly, message me, and they're yours!

And that's the extent of summer gardening at our place. We actually put one of our big veggie beds back into lawn (not that we were lacking lawn by any stretch of the imagination), but just to have a break AND it was a trade off that I would be allowed to plant a wisteria vine. Wisteria owners may be shouting warnings at me about now, and I suspect that's why Hubby has "forgotten" to plant it... What's one more pretty, invasive, foreign creeping species, ready to strangle the life out of anything close by worth worrying about? But I'll leave the politics to the professionals, and hope you all have a wonderful February, BEAN good!

Jenny

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Hurry, hurry, hurry  
Worry, worry, worry  
I should have done it yesterday  
Everything's a mess today  
This is a disaster  
I can't go any faster...  
Whoa!  
You are not a human  
Doing  
You are a human  
Being  
Stop for just a moment  
Cease such useless torment  
Put your mind at rest  
Remember how you're blessed

c Anne Bate May 2025

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## Tithonia - Mexican sunflower

Tithonia diversifolia is a versatile plant with many benefits. Its rapid growth, vibrant flowers, and ecological contributions make it a valuable addition to gardens and landscapes.

**Ornamental Value:** Known for its vibrant yellow flowers, which add a striking visual appeal to gardens.

**Ecological Benefits:** Attracts pollinators like bees and butterflies, contributing to biodiversity and providing a food source for beneficial insects.



**Soil Improvement:** Can improve soil quality by accumulating nutrients and enriching the soil with fertilising results.

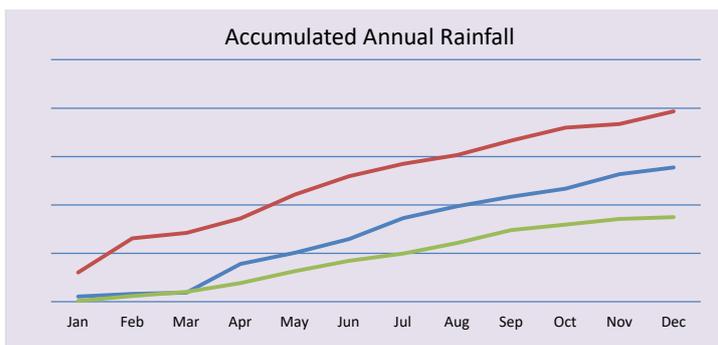
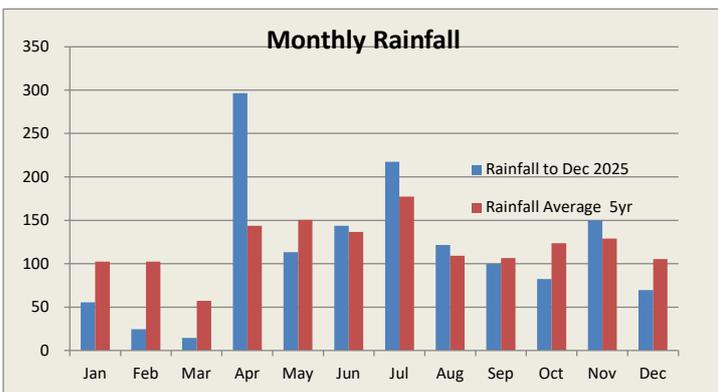
**Medicinal Uses:** Traditional uses include the treatment of inflammatory conditions, gastrointestinal infections, skin diseases, urinary tract infections, and more.

**Fertiliser and Animal Feed:** The plant can be used as a natural fertilizer and animal feed, making it a valuable addition to sustainable farming practices.

PP

## Rainfall Paparoa (at Taylors) to 31-Dec-25

Rainfall			Accumulated Annual Rainfall		
	to Dec 2025	Average 5yr 2025-2018	to Dec 2025	Wettest 2023	Driest 2015
Jan	56	103	Jan	56	304
Feb	25	102	Feb	80	656
Mar	15	57	Mar	95	712
Apr	297	144	Apr	391	864
May	114	151	May	505	1,109
Jun	144	137	Jun	648	1,295
Jul	218	177	Jul	866	1,425
Aug	122	109	Aug	987	1,515
Sep	100	106	Sep	1,087	1,667
Oct	83	123	Oct	1,169	1,800
Nov	150	129	Nov	1,319	1,835
Dec	70	105	Dec	1,389	1,967
	1,389	1,444			875



Notes: Number of days without rain in 2025: Jan-Jun 85  
Jul-Dec 85

Wettest days: 29 Jul 84.5mm  
4 Apr 60.4mm  
18 Nov 42.1mm

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## Science Corner



### Curious Facts

**1.** A 33-gram finch has a bite power of 70 newtons which is 320 times as powerful (pound for pound- please excuse mixed weight references!) as a Tyrannosaurus rex. Humans are exceptionally weaker.

**2.** There is a **mosquito (Culex rotoruae)** that breeds in hot poisonous thermal pools and is thought to be exclusively found in the Taupō volcanic zone, Rotorua, and Ngawha Springs in Kaikohe



**3. The Hektoria Glacier** on the Antarctic peninsular has shortened by 8.2km in just two months. The fastest loss ever recorded for any land-based glacier.

**4. Horse mussels** used to cover the sea bed in many harbours and estuaries but due to dredging and silt build up these have disappeared.

Jenny Hillman ( a marine scientist from the University of Auckland) has begun filling the gap left by the death of these mussels by making fake seaboard mussel beds using the shells left as waste from the mussel industry- thus recycling- (35,000 tons of it per year) to make the lost seafloor habitat. It is hoped that this rebuilt seafloor will provide habitat for young fish such as snapper and shellfish like scallops.

**5. Biomimicry** - humans stealing ideas from the natural world. Mussels and barnacles glue themselves to the rocks when they change from swimming larvae to stationary adults. This had inspired new forms of adhesive.

**6. Termites mounds** in the extreme heat of Australia have been using a passive cooling system for several millennia- long before humans cottoned on to the idea.

**7. Ants** work together so effectively that they are now being studied as examples of efficient teamwork with a view to programming robots.

**8. Wombats** create extensive networks of burrows which protect them from enemies but also provide safety for other species when Australian bush fires strike. In a study in 2015 researchers found more black-footed wallabies in the burrows than wombats.

Stella

### Cool Creatures

Enypniastes eximia, commonly known as the swimming sea cucumber or headless chicken monster, is a unique deep-sea species known for its distinctive appearance and swimming ability.

This sea cucumber lives across all oceans, including near Antarctica, at depths below 500m and down to at least 6,000m.

It eats organic matter that drifts down from the ocean surface (hopefully not plastic). It is burgundy coloured and about 25cm (about the size of a small roast chicken) in size.



Stella

## Kaipara Refuse and our "rubbish"

Kaipara Refuse is an amazing locally owned and operated business with their main depot and offices in Ruawai, and a Resource recovery centre at Dargaville - but they are much more than just your regular waste company.

Kaipara Refuse exists to serve two purposes:

- To financially support the Kaurilands Skills Centre - a residential facility that has been running since the 1990's and provides homes for about 20 people with intellectual disabilities.
- To create roles for the Kaurilands residents, and to help them get out into the community, contributing with their valuable skills.

When you buy a yellow recycling bag (or a blue rubbish bag), you are directly supporting the Kaurilands Skills centre, and you're supporting other people with disabilities in the district by way of employment.

### What can go into your recycling bag:

- Aluminium cans
- Steel and tin cans
- Glass bottles & jars
- Plastic #1,2 & 5
- Paper
- Cardboard

All of the resources that go into creating all of these items (and others that have no recycling value) are finite. We need to respect their value as resources and not simply digard them because they are "cheap".

Kaipara Refuse workers



hand sort your recycling - so consider this when placing your items in the bag. Make sure all bottles and cans are washed out and the lids removed. Any food residue can go mouldy and putrid which is not pleasant to handle. A whole bag of recycling can be contaminated by one dirty item- and the lot will end up in landfill.

Dirty items in your recycling will attract flies and maggots, which also applies to any food placed in your blue rubbish bags. The maggots can then also contaminate the yellow recycling bags which are usually just piled in with the rubbish bags. So, please, stack the yellow bags well away from the blue bags. This of course, wouldn't be a problem if people were more mindful.

It is important to NOT put food scraps in your rubbish bags for a number of reasons:

- It attracts scavengers who rip open the bags and strew the contents around.
- It's a terrible waste of a resource that should somehow find it's way back into our soils.
- When organic matter (food or garden waste) breaks down in landfill it does so anaerobically (without oxygen) and creates, among other things, methane and leachate.

All of these points are things we should be thinking about when we dispose of our organic waste.

So, when you pick that thing up to buy it, have a think about where it will end up. Look at the type of packaging products are in. Start composting, or start a worm farm - it's not that hard and there are plenty of websites that can run you through the basics.

Margie

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## Congratulations to the Matakoho Kauri Museum!

Recently named Museum of the Year at the prestigious Museums Aotearoa awards.

The award recognises the museum's cultural leadership, community relevance, and active use as a living heritage institution.

## Local JPs

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**Graham Withers, Tinopai**  
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**Derek Birt, Māreretu**  
4316847

**Karen Weber, Matakoho**  
431 7087 or 027 272 6676  
By appointment.

## WHAT'S ON - FEBRUARY 2026

**The Kauri Museum** - open 7 days, 9am-5pm.

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

**Paparooa A&P Show** - Sat Feb 7, 9am. Paparooa Showgrounds. See front cover.

**Paparooa Movement Expo** - Sun Feb 22, 3 - 5pm, Sports Pavilion. See p12.

**Coming in March**

**Grow Paparooa Passata Day** - Sun Mar 1, 10.30am. See p 10 for details.

**Taipuha Community Hall Centenary** - Sat Mar 21. See p2 for more info.

## OUT & ABOUT AROUND TOWN

**Paparooa'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.

**Grow Whakatipu Paparooa Community Garden** Drop in for a chat, hands on experience, or a cuppa. Every Thursday & Friday 9am - 12pm. Op Shop open Sat 9-1. Next to the showgrounds.

**Paparooa Golf Course** The course is open for casual play - \$10 for 9 holes and \$20 for 18. Children under 18 free. Contact 0226781474 for all enquiries. 91 Golf Course Rd, Maungaturoto (off Golden Stairs Rd).

**Ballroom Classes** Over the school term on Tuesday evenings from 6.30- 7.30pm, \$12 per person, at the Paparooa War Memorial Hall. Contact Lisa (by text or leave a message) on 021 828-531.

**Music Group** Paparooa Sports Pavilion every second Thursday, 6pm. Ph Lynn 0274 583 691.

**Paparooa Beats 88.3fm** Community radio based right here in Paparooa. A "Beautiful Resistance" to the mainstream. Also available online at [paparobeats.radio12345.com](http://paparobeats.radio12345.com). If you would like to get involved and play your own tunes you can contact them on [paparobeats@gmail.com](mailto:paparobeats@gmail.com).

**Tea & Talk** Come and enjoy good food and some activities on the first Saturday of each Month at the Footprints Room behind the Anglican Church, 132 Hurdall st East, Maungaturoto. Feb 14 High Tea Theme : Valentine's Day Cost \$8. Contact Kirsten to book a place on 021 1807 321.



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## PAPAROOA PRESS NEEDS YOU!

Things happen in our little village (and surrounds) but we often don't hear about them until weeks or months later... or not at all...

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 can't be everywhere and know that there are many goings-on that simply pass us by.

Email [press@paparooa.org.nz](mailto:press@paparooa.org.nz) by the 20th of the previous month.

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



**REGULAR EVENTS, MEETINGS AND ORGANISATIONS**

- Aladdin's Cave Op Shop** At Grow Paparoa Community Garden open Sat 9am-1pm
- Anglican Church St Marks** Hook Road, ph 431 8193 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 8.30-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 Comes 027 368 7298
- 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, Tues, Wed, Fri 10-3, Thurs 10.30-3. Alternate Sat mornings 10am-1pm. Check FB on Sat.
- 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 Community Gym** To join email Libby at hames.jones@xtra.co.nz
- Paparoa Hall** Functions venue. For bookings ph Robyn 431 7306
- 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 Mah Jong Group** 1st & 3rd Tues, Paparoa Hall 10-noon, Sara 021 0774947
- Paparoa Playcentre** Tuesday and Thursday 10am-1pm. Franklin Rd. Visitors welcome. paparoa@playcentre.org.nz
- Paparoa Primary School** 2025 - Term 3 - 14 July - 19 Sept, Term 4 - 6 Oct - 16 Dec Ph 431 7379
- Paparoa Toy Library** Wed 10.30-1pm, Paparoa Community Church, 4 Hook Rd
- 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. At playcentre. Tina Ball 021 033 5128
- Selwyn Centre** Thurs 9.45am for over 65's, St Marks, Hook Rd, Sue 027 417 4626
- 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 Jnr 3.30 & 4.30pm, adult 5.30. Juliet 021 143 2560, Pete 021 056 7163
- Yoga For Everyone** Tues and Fri, 9.30am, Sports Pavilion. Hatha yoga & more. \$15. Equipment provided. Beginners welcome. Ph Luciana for more info 0221896496

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Help your community thrive and businesses survive

**LOCAL TIDES for FEBRUARY 2026**

TIDES - CALCULATED for PAHI-WHAKAPIRAU

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	17.36	11.42	17th	18.08	12.13
2nd	18.23	12.28	18th	06.23	12.47
3rd	06.41	13.11	19th	06.57	13.21
4th	07.22	13.51	20th	07.34	13.57
5th	08.01	14.29	21st	08.12	14.35
6th	08.39	15.06	22nd	08.53	15.17
7th	09.16	15.43	23rd	09.39	16.04
8th	09.55	16.22	24th	10.34	16.59
9th	10.39	17.07	25th	11.42	18.07
10th	11.35	18.02	26th	13.04	06.57
11th	12.47	06.40	27th	14.28	08.28
12th	14.10	08.03	28th	15.38	09.44
13th	15.20	09.22	Mar 1st	16.34	10.38
14th	16.13	10.19	2nd	17.20	11.25
15th	16.55	11.02	3rd	18.01	12.07
16th	17.33	11.39	4th	06.18	12.45

*My humble apologies for getting the January high and low tides around the wrong way - but it's nice to know people use it... Margie*

**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
- LINKING HANDS** Health Shuttle Service, Maungaturoto..09 431 8969
- LIONS CLUB PAPAROA** President Ken Chambers ..... 09 431 7443
- MAUNGATUROTO PHARMACY** ..... 09 431 8045
- RIVERVIEW 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** .....Appointments/enquiries 0800 184 803
- PLUNKET Helpline ..... 0800 933 922
- PAPAROA PRIMARY SCHOOL** Principal Karyn Taylor.....09 431 7379
- PHYSIOTHERAPIST** .....At Paparoa Medical Centre, Mon, Tues, Wed Book on 431 9062 or email admin@maungaturotophysio.co.nz
- PROGRESSIVE PAPAROA INC (PPI)**.....Pete Hames 021 0567163
- PARENT PORT Inc** ....free help for families 425 9357 or 027 280 5093

## January Youth Market

A few hardy young souls (and parents) braved the wind and squally showers to sell their wares at the Youth Market. Our budding entrepreneurs were selling cookies, scones, bananas, toffee and caramel apples, bath bombs, bookmarks, beeswax wraps, kids books and games. Well done to you all! *(Editor's note: I spent the next two days in a toffee apple and chocolate cookie induced coma...)*

Below is the stunning cake celebrating 20 years of the Paparoa Farmers Market. This glorious cake was created by Dennise Brownlie *Market story page 2...*



**Passata Day and Ai Fresco Harvest Lunch**  
 at Grow Paparoa Community Gardens on Sunday 1st March 2026 from 10.30am  
 Email: Laura on [lkateley@gmail.com](mailto:lkateley@gmail.com) to book a slot to process tomatoes and/or to book a spot for lunch by 23rd February

**SAVE THE DATE**  
**Otamatea Day Camp is on again in 2026!**  
 April 8, 9 and 10 (1<sup>st</sup> week of the school holidays)  
 DAY CAMP IS A 3 DAY BUSH ADVENTURE FOR KIDS FROM MATAKOHE TO THE BRYNDERWYNS, AGE 6 TO 12.  
 REGISTRATIONS ARE ONLINE AT EVENTBRITE, AND OPEN IN MARCH 2026.  
 SEE OUR FACEBOOK PAGE TO STAY UP TO DATE

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