



TOTAL FIRE BAN IN PLACE UNTIL FURTHER NOTICE

Great turnout for A&P Show

The 148th North Kaipara A and P show was a resounding success! The weather decided to behave perfectly which makes all the difference in enticing people to come along and then spend time wandering around the exhibits and bumping into friends.

A huge thank you to the many people who help make this event possible in so many different ways.

Large numbers of locals and visitors enjoyed one of the biggest shows in recent years. An expanded range of activities and attractions included a very popular classic vehicle display, laser shooting, and a big increase in trade and food stalls. The kids rides were free this year, and families with young children enjoyed the rides throughout the day.

A huge effort went into obtaining funding so we could offer up free activities for young and old to participate in, so a big thank you to the Show Committee who made

it all possible. I'm too scared to start mentioning names as I would need a whole page to give tribute to everyone who needs recognition but you all know who you are and thank you so very, very much.

One name I do need to mention is that of our recently passed Patron, Mr Trevor Brljevic. He was very much missed at the show and leaves a legacy of being a special community supporter and participant, especially in the indoor section with his vegetables and dahlias.

The extremely fat sheep in the guess the weight competition was 149kg - not sure what the record for the fattest sheep is, but he must be up there!

Hope everyone who came along had good time.

Janine



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OCS March News

As usual we had a slow start to the year. However we soon picked up and now most have quite full case-loads already.

Our free shopping trip to Whangarei goes twice a month, being the second Tuesday and fourth Wednesday of the month. The van leaves at 9am from the parking area at the Maungaturoto Retirement village, access is up the drive beside the new public toilet block on Hurndall Street.

Our free community lunches begin this month at the Good News Church hall, 98 Hurndall Street East, Maungaturoto. Everyone welcome. This starts at 11am for morning tea then lunch is served at 12 with the raffle draw at 1pm. Our chef, Damian, provides a beautiful meal which is followed by delicious dessert.

Wednesdays at the Community House starting at 11am we have 'Dancing Dollars' where a tasty lunch is prepared using locally bought ingredients at a set budget. The group talks about what meals can be made without spending a lot, plus other household tips and tricks for saving money. Stop those dollars dancing out of your pocket.

Our March calendar:

Tuesday 11th and Wednesday 26th- Free shopping trip to Whangarei.

Wednesday 19th- Community Lunch for all at The Good News Church hall, 98 Hurndall Street, 11am until 1pm.

Wednesdays at 11am The Community House – Dancing Dollars.

Best wishes to everyone, take care of yourselves, and we look forward to seeing you on the shopping trip and at the lunch.

Regards from all at OCS

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Chitty Chitty Bang Bang JR.

Otamatea Repertory Theatre is delighted to announce their next production, Chitty Chitty Bang Bang JR., with a cast of young folk 17 years and under.

Auditions will be held on Saturday March 15 so fill out a registration form at ort.org.nz (click on Upcoming Shows). Take a fantastic musical adventure with an out-of-this-world car that flies through the air and sails the seas. Based on the beloved 1968 film version of Ian Fleming's children's

book, and featuring an unforgettable score by the Sherman Brothers (Mary Poppins), Chitty Chitty Bang Bang JR. is a high-flying fun-filled adventure for both the audience and the performers onstage.

There will be eight performances from July 4 - 13 so mark your calendars.

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.

Paparoa Gym open day!

Recently the Sport and Recreation Association held the grand opening of the new Paparoa 24-hour community gym. This project has been an idea in the making for several years, and it is finally a reality, thanks to the hard work of many people.

Gary Dallas, one of our committee members, and Stacey Watson, who has extensive experience in gym operations, played key roles in making this happen. With their support, along with the efforts of our committee and local contacts, we've transformed what were once rugby club changing rooms into a fully functioning gym for everyone in the community.

We'd also like to express our gratitude to the Paparoa Community Depot Trust for their generous grant and to some incredible local tradies who generously gave their time and materials to help with the renovations of the old rugby changing rooms. Special thanks to Ian Ross for the flooring, Gareth Giles



for the lighting, Bryce Frewin for the security setup, and Garry Fraser and Tony Brewer for their help along the way. This gym is a space created by our community, for our community. With a range of equipment and an outdoor all-weather track with additional exercise stations, there's something here for people of all fitness levels. We now have 30 local members and look forward to seeing more join.

Libby for Paparoa Sport and Recreation Association



Kendal's a winner!

The Kauri Museum is pleased to announce the winner of the competition they ran at the Paparoa A&P Show. The competition was based on a 350-year-old Scottish recipe for Oatmeal Pudding.

The winner was Kendal Simich of Paparoa. She got all four missing ingredients from the recipe (sugar, salt, saffron and suet) and her guess of how many currants were in the jar was the closest. Kendal guessed there were 2,497 currants, and the actual number was 2,456.

Kendal won a \$50 voucher for the Gumdiggers Cafe and a Family Pass into the Kauri Museum.

The Kauri Museum would like to thank everyone who visited the stall at the Show, and for all the interest and support expressed by the public.

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Paparoa

Paparoa School news

School is well underway and by the time this Press edition is out, school will be halfway through the first term. Crazy!! Learning is going well- we have started a new math programme this year and kids are loving using the materials that come with it.

The pool is getting a big workout with swimming and water safety skills each afternoon, as well as a chance to cool down.

Thanks to our Possum Purge fundraising we have purchased three new wooden picnic tables that are now situated around the school for our students and community to use.

We had circus performers visit the school and put on an amazing display. Our students had a go at some of the equipment (not the fire juggling) and they all loved



the unicycles.

Our Enviro classes have begun and are being held on Tuesday mornings. This year we have changed it a bit to include the whole school. We have four modules that the students participate in, rotating each week. We have Garden to Table, where a group will either participate in cooking or gardening, our Ngahere (bush)

programme and Mana Ake. Ms Harper, who is taking the Ngahere group, is working with the students to develop a plan to get our bush area created, so that this can become a part of their playground. There are some interesting ideas, and I know that this will continue to be an exciting goal for our school.

Our native corridor that we planted last year has made it through the summer. We have started adding cardboard and mulch to keep the grass down. A big thank you to Tony Northcott for giving us six bales of sheep wool. This is going to be added down in the native corridor as well as being used in

our vegetable gardens and orchard.

The summer of 2024/2025 has been glorious. Sun-drenched days have stretched on, perfect for swimming and picnics, but this amazing season has come at a steep price: the water we have had to buy.

This drought meant our taps have run dry, our fields are a little parched and brown, while the vegetable garden has withered and been struggling. We have been impacted too, thanks to a malfunctioning sensor in the boy's urinal. My first drought and a better understanding of what a special commodity water is in our lives.

Nga Mihi

Karyn Taylor, Principal



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Council Mark says – I would not put a price on friendship

I hope we can all say that we have friends; some will be closer than others. For me, my closest friends are those arising from a shared challenge or adversity. With my university mates it was the on-field struggles of a very social rugby team and the Thursday night corned beef and cabbage dinners at the hostel we lived in.

With my rowing mates it was the challenge of being physically tested through the hours of training and competing on the water.

I recently had a reunion with a crew from 1973. We hadn't really gathered together since back then, and it was a truly amazing experience. We have all lived quite different lives in different places (two came over from Australia), and all of us have had our challenges to deal with. The most memorable part was when we sat around the lunch table, and each in turn spoke about what their life had been over the previous 50-odd years. Marriage, divorce, widowhood, remarriage, kids, grandkids, personal achievements and tragedies, fortunes made and lost, titanium joints and dicky tickers. There were lots of laughs and a few tears as well. It was a safe space for sharing. We have now lived long enough to reflect back on our various experiences, and mature enough to be able to speak openly and honestly enough about them. We also talked

about the discipline and commitment that rowing required of us in order to perform, and how that did (or didn't!) make a difference to our respective futures. As our hyper-energetic cox'n afterwards said: "I was proud of our brothers that wore their hearts on their sleeves and talked us through their life journey as we sat at Karapiro." Part of his story is that he has learned to reo in recent years, and he gave us this whakatauki: Ehara toa i te toa takitahi, engari he toa takitini.

"My success is not that of a single person but instead the strength of many."

I have always regarded rowing as more than a team sport because of how closely everyone in the boat has to work together in unison to make it go faster. I think that experience has helped us all to deal with the adversities that life has thrown at us. While the endeavour was always for us to act the same as much as possible out on the water, we are indeed different people and have lived quite different lives since. And yet. And yet

our common experience all those years ago is a bond that endures. I've invited them all to my funeral - unless of course I've already been to theirs!

Mark Vincent
Otamatea Ward Councillor
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Paparoa Lions

Hello all from the Paparoa Lions-what a fantastic turn out for the February A & P show this year.

The Paparoa Lions Team were at it again serving up our usual hot dogs and chips, including cold drinks from our Caravan.

We would just like to say A BIG Thank you to all who support us whenever we're out and about in the community.

Some of you may have seen us at both the Paparoa A&P show and the Arapohue Show grounds recently, as we were there doing our thing wearing our cheeky smiles. 😊

Next Month Paparoa Lions will be on site with our food

caravan at the Hot Rod & Motorbike show, to be held in Dargaville on Saturday 15th March 2025.

It will be a fantastic day I'm sure, and we hope to see some familiar faces.

If you're there on the 15th March, come say hello. We will be serving our usual hot yummy foods as well as cold drinks.

Just a reminder we can take Cash or Eftpos only. 😊

What a fantastic start to a New Year- go 2025!

Yours as always
Paparoa Lions Team

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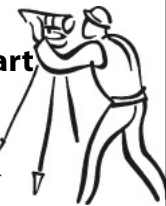
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Letters from The Old Post Office...

Smaller body smaller brain...

"Women aren't supposed to think, Wellsey. That's why your brains are smaller. Science proves it." — Elle Kennedy, *The Deal*.

Dear Reader, am so sooo tired. I think it is because my small brain cannot cope with the multitude of tasks that lie before me. Obviously, I need the support of someone with a much larger brain (and wallet) in order that I may lay about eating peeled grapes and fanning my bounteous bosom. And not thinking, cos

it is too hard.

Unfortunately, I can not blame the size of my brain on anything else but body size and, alack and lamentations, will have to put on my big girl trousers and DEAL with life and it's many trials and tribulations. And not lay about pretending a lesser intelligence.

For Poullain, a French scientist, "there was no evidence that women's inferior position in the world was due to some biological deficit. 'L'esprit n'a point de sexe,' he declared: the mind has no sex. In his 1906 paper Pearson stated that the measure of head size was not an effective indication of intelligence." And, given the opportunity, women were just as capable intellectually as men. Sacre bleu. A novel thought and not only but also, just to ensure that you understand to the full extent our (female) poor capability: when a woman did create or discover something important it was usually slowly written out of history or listed to a man's credit. (Aphra Behn, Christina Rossetti etc, etc.)

Yet, so many amazing women, are just quietly being successful.

Not always quietly, I have to say. Indeed, I was rather taken with D'Aubigny (Maupin) a 17thC French adventuress. She was noted for her powerful, warm mezzo-soprano voice and sang in many famous operas, but she piqued my admiration most with her duelling prowess. Killing four men in duels AND burning a convent down in order to disguise her sudden elopement with her lover du jour.

Even earlier there was Teuta, an ambitious pirate queen who ruled the area of modern-day Albania from 231 to 227 BCE. Her warships roamed the Adriatic Sea and raided Roman and Greek merchant vessels and coastal

towns. I bet she didn't lay about on couches! Actually, she wasn't quiet either.

Then there was Zenobia. In 269 she seized Egypt, then conquered much of Asia Minor and declared her independence from Rome. Unfortunately, those who live by the sword tend to die by the sword, so her dominion was not long lasting. Nevertheless, she didn't hang about worrying about the size of her brain nor its capabilities.

In academia there was Hypatia of Alexandria (350-415 CE) an Alexandrian philosopher, astronomer and mathematician. The earliest known female mathematician and the last head of the Philosophical School of Alexandria. Clearly no slug a bed, even if a smaller head.

Then who developed the world-famous champagne house but the Widow Clicquot? (Obviously fixating on my favourite.) Dom Perignon was actually trying to get the bubbles out, whereas the Clicquot's saw it's potential.

Think, if it is not too hard, about Rosalind Franklin, chemist, molecular biologist, and a key figure behind figuring out the structure of human DNA. Yet, quelle horreur but no surprise, Franklin's skills in molecular biology were ignored as Watson and Crick were the ones credited with uncovering some of the world's biggest revelations about DNA. Interestingly, Franklin had perfected her X-ray crystallography technique by the spring of 1952, sometime before Wilkins.

Obviously, there was also Marie Curie who said, "I was taught that the way of progress was neither swift nor easy." - she was a 'female STEM superhero,' first woman to win a Nobel Prize, the only woman in history to



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ever win it twice, and the only human to ever win a Nobel Prize in two different sciences. Just thinking about her work makes me feel even more fatigued. What a woman. Nasty way to die of course. Maybe the couch is quite a good idea, n'est ce pas.

On that note I may leave you to your own research. So many women, so little time, as some famous person once said. Although, perhaps not quite in the same spirit.

Off to swan about with a grape or two...

Ka kite ano

Deb

On a side note, isn't this interesting. Viva la difference, but never less. Perhaps our two brain types could work together for a better world...

www.penguin.co.uk/articles/2019/03/how-history-got-the-female-brain-wrong-by-gina-rippon

"Just as remarkably, the

Stanford team mapped fMRI patterns of connectivity onto cognitive functions such as intelligence. They found particular patterns of connectivity within male brains that accurately predicted cognitive functions such as intelligence. However, that male model had no predictive power for cognitive functions in women.


Conversely, they found particular patterns of connectivity within female brains that accurately predicted cognitive functions such as intelligence among women. However, that female model had no predictive power for cognitive functions in men.

These findings strongly suggest that the determinants of cognitive function in male brains are profoundly different from the determinants of cognitive

functions in female brains.

Men and women are turning out to be different, more different than we may have imagined. That doesn't mean that women are better than men, or vice versa. But it does suggest that if we ignore the differences, we may disadvantage both women and men.

www.psychologytoday.com/us/blog/sax-on-sex/202405/ai-finds-astonishing-male-female-differences-in-human-brain



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Annual Fun Walk Run

Paparoa Sports and Recreation Association is once again holding its annual Fun Walk Run and Family afternoon on Saturday 22 March. Walkers and runners can enjoy a track of either a mostly flat 4km, or 5km which includes a grassy hill. The Kaipara Play Trailer will be at the showgrounds as well as some organised games. The free event is followed by a gold coin bbq at the Showgrounds supported by the Paparoa Lions.

The organisers have secured a major spot prize in the form of accommodation valued at \$500 at the gorgeous Harbour View Retreat in Mangonui. Anyone over 18 years who registers will be eligible to win this great prize. Kids get your parents to come along as there will be kids spot prizes too.

Registrations on the day are at the Paparoa Sports Pavilion at the Showgrounds from 3pm.

Libby



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At the market

When Margaret Smith bought her property in the Taipuha hills in 2007, she moved from a flood zone to a drought zone, and little did she know, her journey would lead her to become a local plant seller.

Initially commuting from Huapai on weekends, Margaret and her husband moved a house on in 2015, and made the permanent move by late 2016, after installing a new roof and solar power.

With a background in the nursery industry and experience at a plant centre,

Margaret had no plans to grow plants for sale. But as often happens with gardeners, she ended up with too many plants and decided to sell the excess. About 18 months ago, she started coming to the market, selling perennial plants and any other extras from her garden, sometimes even native plants.

Margaret enjoys the social side of the market- the banter amongst the stallholders and meeting new people. She will happily share her considerable knowledge of gardening.

A recent addition to her stall are some handmade stick men, with a sign that reads: "Guaranteed to keep your

garden free of everything that's afraid of stick men." Margaret tells me that in New Zealand that will include anacondas, camels and even hippopotamuses. If you want to know more, just ask.

After taking time off to recover from health issues, Margaret returned to the market, finding joy not only in the gardening but also in connecting with customers. What began as a way to clear out extra plants has become a fulfilling part of her life.

If you see Margaret at the next market, don't miss the chance to ask her about the stick men - they're a conversation starter you won't forget.

Pete



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I've been thinking... Machines

No, I am not a luddite. Machines are great. They do all sorts of things that I'd rather not, and they do them faster and better than I could. Long live machines.

However there are some machines that simply don't know their places in the scheme of things. These I call bleepers. Bleepers are machines that emit unpleasant noises in order to criticise my actions, or maybe yours. I hate bleepers. But I strongly suspect bleepers are about to take over the world.

Bleepers of my acquaintance include my car, my fridge, my washing machine, my oven, and my watch.

On the whole I tolerate the evil genius of my car. The little lady who is the voice of google maps is really very kind, patient and forgiving and I must admit there are times when she should yell something along the lines of "You are stupid. Why don't you listen?"...before patiently redirecting.

Bleeping loudly if the door is open or the brake is on can be forgiven on safety grounds. But losing cool just because there is a bag of goods on a seat and the safety belt is not on is taking things too far.

My fridge is malevolent. It's not my fault that the door is not hung properly and so doesn't shut without a strong shove. So the going-on-for-ever-with-increasing-volume bleeps are totally unjustified.

My washing machine is just

hurrying me up when it informs me that the cycle has ended with a few music phrases. I suppose it is making an effort to be polite.

The oven timer, bless it, is just doing its job but it invariably bleeps when I am comfortably doing nothing and I resent having to get up and make myself useful.

My watch is worst of all. It bleeps and vibrates and leaves me personal messages. Yes, that's right, it knows my name. It tells me it is time to be mindful. It suggests I should stand up. It cajoles me to use more kilojoules than yesterday, or take more steps. It tells me I am making too much noise for the good of my ears. It counts my pulse. On one occasion I was talking on the phone when it emitted a shriek. What's that? asked my companion.

"Just my stupid watch," I said.

AND my watch said, "THAT IS NOT NICE.!"

It is not nice to be reproved and to be bossed about by a machine. I don't care how state of the art and clever it is.

My machines are there for my convenience. I look after them. I shine their outsides. I tend to their insides. I pay for their electric energy, recharge their batteries and feed them petrol and oil. They have a good home.



The least they could do is tone down their expressions of disgust and impatience. And it would be reassuring to believe they are not planning to take over the world. And you and me. But I do have fears for the future.

RS

Al's Upholstery

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Kaipara Kids

We have a beautiful centre in the heart of Maungaturoto with an amazing crew of responsive teachers who love providing engaging and exciting play opportunities for your tamariki under five.

Our children enjoy regular visits out into the community, to the local park to enjoy nature, and our oldest children regularly visit Maungaturoto Primary School just across the road. We also regularly visit the Paparoa Community Gardens where our children help in the garden and learn

about garden kai, and we are an Enviroschool.

Our amazing cook makes beautiful fresh, nutritious meals every day, consisting of morning tea, lunch, and afternoon tea. We enjoy providing children with variety and encouraging healthy eating, often adding herbs and vegetables the children have grown in our garden to our meals.

We have an open door policy in our centre, though you



may wish to visit between 9:30 and 11am, as this is when you will see the most engaging play time in our centre, outside of food and sleep rituals.

Please pop in and see us or email office@kaiparakids.co.nz.

We hope to see you soon!

Kaipara Kids
Early Learning Centre



Paparoa Golf Club

The winter programme kicks off at Paparoa Golf Club Sunday 2nd March. 10am start for opening day with a BBQ to follow.

Come along and join in a day of fun golf - all levels of golfing experience welcome. Good fun, good exercise and a great way to meet new friends.

Cost \$10 including food. Eftpos available

The Sunday programme, following opening day, will not only include the 18 hole round at 10am, but also the opportunity to play the very popular 9 hole golf round - turn up at 12.30 for a 1pm start.

Programme for the year will be available so check out the new facebook page: Paparoa GOLF for updates and what is happening at Paparoa Golf Club.

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Maungaturoto Country Club news

We have a projector/audio system and very large screen now available in the function room. This is ideal for conferences, presentations, weddings, parties and funerals. Contact us if you want to hire this space for your business, club or event.

Each month we select (at random) a paid up member to win a \$30 voucher dinner.

Latest winner: Aaron Harrison.

MCC Review:

The NZ Gaidhealtachd has been running a Celtic summer school for 36 years and this year were pleased to use the facilities at the MCC.

It was a very successful event, with professional tutors from across NZ teaching music, dance and traditional craft from the world's Celtic nations.

Classes were held in bagpipes, fiddle, drumming, saxophone, choirs and traditional crafts such as weaving and jewellery making plus traditional sports such as archery, wooden sword fighting, slinging and Gub. All ages

were welcomed, and we saw a spread of ages from four years to 80 years with many families attending.

"It has been a pleasure to spend time in Maungaturoto and look forward to coming back again this year."

Working Bee

9th March, 10am- 2pm.

We are having another working bee. There are inside and outside jobs that we would love some help with. Even if you can only

spare an hour, many hands make light work.

How to become a MCC member

We love to see new members enjoying the club facilities including the bar and restaurant.

For more info about what the MCC offers or becoming member visit www.thecountryclub.co.nz or call us on 09 280 9611 or email maungaturotocountryclub@gmail.com



Pest control

Thanks to the amazing volunteer conservation community of Pest Free Peninsulas Kaipara!

The team removed 6,549 pests in 2024. They were:

- 5,798 possums (not including Joeys)
- 75 mustelids (30 Weasels, 42 Stoats and 2 Ferrets)
- 576 rats
- 43 hedgehogs
- 15 wasp nests
- 86 others

This takes the total pests removed from Otamatea by them in the last five years to a whopping 21,058, including 18,969 possums and 275 mustelids (157 Stoats, 102 Weasels and 16 Ferrets).

Through all these efforts we get to enjoy our kaka call, kohekohe flower, kereru flock, and our forests regenerate.

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

White Rock Gallery

Picnic in the garden ...



Local artists of note FRANCES CASEY & DENNISE BROWNLIE

The years simply melted away as artists and artisans past and present gathered with their nearest and dearest to celebrate 10 years to the day of White Rock Gallery success.



There was a good turnout on a lovely afternoon in the gorgeous shady garden at Janice Booth & Stu Robertson's Pahi property.

Thanks to those who came, it was great to catch up and talk about all things art & craft to our hearts content!

Painting Workshop @ 50% subsidy

We're offering our first painting workshop for 2025: Tutor will be Elena Nikoleava, at Ruawai Art Studio, on Monday 17 March, 9.30am-3.30pm. White Rock Gallery is subsidising 50% of the cost, so only \$40 pp for the day, maximum of 10 people. Register interest by text to 021 265 4067, or email whiterockgallerynz@gmail.com

Autumn exhibition

Our autumn exhibition will be ready to view on 1st March, do come and see the latest offerings on display, as well as some earlier works. This exhibition will run until the end of April, so come and check us out. We're open 7 days, 10am-4pm, opposite Gumdigger's Cafe, in The Kauri Museum's Post & Telegraph Office. And, as always, there's something for everyone.

"Support living artists. The dead ones don't need it."

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

Maungaturoto and Districts Rotary

As we are only meeting twice a month, there has not been a great deal of activity for 2025 but we are looking forward to the presentation by our Youth Exchange student, Jaime, who will be telling us about her year in Belgium. We also hope at this meeting to start something new at Otamatea High School – watch this space next month.

With the help of our driving mentors, we continue to have success in enabling people to progress from their Learners to their Restricted Licence. Most of our candidates sit their licence in Dargaville but recently we have also had people sitting in Whangarei, Kerikeri and Warkworth. A number of DOE students use these lessons, together with their own driving log, to fulfil their Skill section of this award. With school up and running again (and remember, these lessons are not just for school students) we have a number wanting to have training. However, we are very short of Mentors. If you know of anyone who would be willing to give up even a half day a week to do this, please tell them to call me (021 142 0357). I should mention that our car is not dual controlled.

A reminder to book your tickets for the McSweeney band (22nd March) - see separate advert (p2). Unfortunately, Marion is not available this time, but we will still have an evening of dance you can enjoy, whether it be traditional or line dancing, or just a social night out with friends.

Eileen



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Kaiwaka Athletic Club

We continue to provide opportunities for young people to become more proficient in athletics. We have been very fortunate to receive (courtesy of Athletics NZ) a Run, Jump, Throw kit (see photo). Even though we have a reciprocal arrangement with Otamatea for the use of equipment we do not have, this kit will give us a wider range of activities to offer, especially for the younger athletes. There are at least six of most items, and the low hurdles will certainly be an asset for all ages. The Club will run at Otamatea on a Wednesday night from 4.30 to approx. 6pm, until the ending of daylight saving for the year. Come along and check us out.

Eileen



Wow - who knew?

Honoria Acosta-Sison, who graduated in 1909, was the first Filipino woman to become a medical doctor, eventually serving as professor of obstetrics and gynecology and head of the department at the University of the Philippines.

Ella Garber (Bauman), who graduated in 1924, was the founder of the Champa General Hospital in Champa, India. She served as a missionary there from 1926-1961. On returning to the US she served as director of Cancer Prevention at Allentown General Hospital.

Rebecca Cole was the first black graduate of the Woman's Medical College to be awarded an MD in 1867. She was followed by Caroline Still Anderson, Eliza Ann Grier, Matilda Evans, and Georgianna E. Patterson Young.

Sabat Islambouli, who graduated in 1890, was the first female physician from Syria.



Sabat Islambouli

Deb

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Science Corner



Altruistic animals

Altruistic: Unselfish. Selfless concern for the well-being of others.

Humans are capable of understanding shared fate, that planetary scale problems will eventually affect everyone, and we are stronger when we act without any obvious benefit to ourselves.

Gropers and giant moray eels work together in some parts of the world. A grouper stops by a moray eel lair and shakes his head in the eels face, then the two swim off together to go hunting. Only one will get a feed as they eat their prey whole - but I guess the partnership will even out.



Magpies help each other by removing scientific trackers off their fellow birds and, of course, family members. Takahe postpone their own families by devoting themselves to helping another Takahe mum look after hers.

Some birds help other bird species find food. In North America the tits lead the nuthatches to new food sources.

Adam Walker, a marathon swimmer, was struggling in a swim across Cook Strait with choppy cold water and prayed for something good to happen - like a burst of energy or a change in the weather. What he got was 12 dolphins suddenly appearing and surrounding him - close enough so he could have touched them, with one in particular going slowly around him in circles. He looked down into the sea below and also keeping pace under him was a large shark. He thought about flagging his support boat, but suddenly he found the shark had gone. Were the dolphins protecting him? This is not an isolated instance of dolphins helping humans. In 2004 at a beach near Whangarei a group of swimmers were herded by dolphins into a tight group which was a scary experience in itself - until they saw a great white shark near them. The dolphins circled until the shark disappeared.

Humpback whales have been seen saving a seal from an orca in 2016 by the whale rolling on its back and pushing the seal up onto it's belly. The second whale pushed the seal back on with its flipper as it started sliding off.

Most altruism by animals is towards closely related kin but this does not explain some of the other examples.

Interesting.

Stella

It's a string thing...

Did you know you can learn ukulele and guitar right here in Paparooa?

Even if you're a complete beginner- you can go along to L.U.G.S Ukulele & Guitar Tuition at the Sports Pavilion on Tuesday afternoons.

Guitar is at 1pm and ukulele 1.30pm and it costs just \$12 for casual classes or \$100 for ten.

If you have any enquireies contact Lynn on 0274583691.



BOOKS AND BOOKCLUBS

“There is no great genius without some touch of madness.” – Aristotle.

You can judge for yourselves whether the following books are genius or just plain crazy. First up, “Should We Stay or Should We Go,” by Lionel Shriver. A married couple in their 50s, after caring for the wife’s Dad with dementia, make a pact to take their own lives, together, when they turn 80. But when they get to the appointed time, do they still feel the same? We are given several different endings to their story, some happy, some utterly dreadful, and some that enter into fantastical. It’s nice to be given the choice. If you are afraid of growing old then this book is to be avoided. I found it extremely funny and I especially recommend it to the Pahi Bookworms Club, as I know you like to chuckle over the joys of aging.

“The Silent Patient,” by Alex Michaelides is about a psychotherapist who treats a patient who has stopped speaking after the death of her husband. She has been convicted of his murder and is committed to the psychiatric hospital rather than prison. Chapters from her diary written before the murder, and the Psychiatrist’s own narrative alternate throughout, giving subtle clues that keep changing or leading you off in the wrong direction. With problem marriages to deal with as well as workplace rivalry, we wonder at times just who is the mad one here. This is a clever suspense novel which also points out how our childhood molds us. As if we didn’t know.

To my mind (quite possibly also mad?) the author Diana Gabaldon must be completely insane. I would hate to be living in her head. However, her “Outlander” series has made her millions so maybe not so crazy. There are nine mega volumes in the series with a tenth and final one due out this year. They have also been made into a TV series which premiered in 2014 and the first two series were available on Netflix for a time. The theme is the passionate love story of Claire and Jamie, set in and around the 1950s, 1980s, 1730s and 1740s. The settings are Scotland, the Battle of Culloden, Bonnie Prince Charlie, Paris, the French Revolution, the Caribbean, pirate ships, North America, George Washington, Lafayette – are you getting the idea? Claire, while honeymooning in Scotland at the end of WWII, is inadvertently sucked through a time portal into the middle of the Scottish/English wars. She meets and marries Jamie, yes, a husband in the present and one in the past, and their unbelievably complicated relationship begins. They get little rest from trouble, hardship and disaster through all ten novels. One drama hasn’t concluded before the next one begins. I was exhausted reading the first tome. The bad guys are truly evil and cruel and their dastardly deeds told in lurid detail. I also had to flip over the pages of all the passionate sex scenes. (The TV scenes weren’t much better.)

I wouldn’t normally review such books but people all over the world are obsessed with the Outlander series it seems. I must admit my curiosity was piqued. Luckily for me there is also an Omnibus and so I could glimpse where next without having to plough through all those volumes. Recaps of the TV series are all over Youtube, as Series Seven was aired as recently as 2023, and the final, Series Eight, is currently being previewed. That can save you watching endless episodes as well. But the ending is yet to be revealed. It is bound to be OTT DRAMATIC. Phew! I’ve run out of energy just reviewing it all. Approach with care, you have been warned. Or you may just fall in love with them too and become addicted.

You may remember “The Girl in the Mirror,” by Rose Carlyle, the best suspense novel I have ever read. Her second book, “No One Will Know,” is not as good, but is still a thrilling read. It fits the theme of madness because there is no way the characters behave in any believable manner, or I hope not anyway. I cannot tell you too much. Young, penniless, desperate and pregnant – what happens next? Read it and see. Not what you expect.

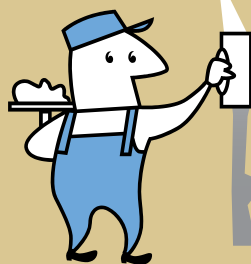
Reading about someone else’s madness clarifies your own sanity. Stay sane.

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End of the summer harvest

We are coming to the end of our summer harvest due to the weather, especially the lack of rain.



If you were not able to make our annual Passata Day and Harvest Celebration Lunch on March 2nd, or still have lots of tomatoes ripening, one of our volunteers preserves her tomatoes using the following recipe:

Slow roasted tomato Sauce

Cut your tomatoes in half and place on a lined tray, cut side up. Drizzle with olive oil.

Oven roast at 180°C for about an hour.

Remove from the oven and cool before blending in a food processor with olive oil, garlic, herbs and a little brown sugar to balance the acidity.

Freeze in portions until needed.

It is delicious stirred through spaghetti or used as a sauce on homemade pizza.

Laura Kateley-Cullen



Pets in the Valley



On Saturday 15th Feb a special "Cowboy Up" fun day was held at the Team Roping arena in Paparoa. Tarita Smith was the driving force behind this event which was a fundraiser for the Cancer Society. The variety of people enjoying their horses reminded me how amazing horses are for breaking barriers. There would have been 80 years between the oldest and youngest riders, male and females compete equally and you don't even need to speak the same language to enjoy riding alongside each other. The competitions were such that you didn't feel intimidated to take part even if you had never done something before and there were plenty of recycled ribbons handed out. I

had always wanted to have a go at some Cowboy Challenge obstacles and I had a great time teaching my horse to walk over a see-saw, walk through a flapping ribbon curtain, canter around with a flag and drag a post around. What a neat way to develop your horse's trust in doing what you ask it to do. Well done to Tarita and all her helpers for putting on such a great event.



Janine

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March in the Garden

We are all madly making jam, sauces, pickles, and bottling fruit... All at once! Running out of jars! It's nice to stop and be thankful for all the rewards - that's from all our hard work in our gardens! Go us!!!

March is a nice time to review our vege beds. What worked well? What seeds tolerated the dry? What tasted the best? Were our tomato frames sturdy enough? Light? Shade? What can we do better next season?

Now is the perfect time to start planting your winter crops (cauli, broccoli, leeks). New seedlings can be planted underneath elongated established summer crops like tomatoes or cucumber. Prune just enough to make room for the seedlings whilst maintaining enough foliage to create moist shady growing areas. Feed! Feed! Water! Water! Keep adding compost, leaves, manure, coffee grounds, cut comfry... or whatever you have, into your vege beds once summer crops are removed - these beds have worked hard over summer.

I've also started 'Potting up' the self-seeded tomato plants, then these will come into the greenhouse so I have tomatoes over winter.

On the flower garden front scatter some colour - cosmos, pansies, zinnias, sunflowers and these will give you some end of summer joy.

Whilst it is still dry it's also time to gather and dry seeds - place on a flat tray in a warm place and don't forget to label and date the seeds well. I store mine in paper bags but an old fridge makes a great seed storage room (working or not).

Happy Gardening
Smiles, C

Gazpacho - a great way to use tomatoes

This cold tomato and cucumber soup is such a perfect way to use an excess of tomatoes and cucumbers in this hot weather.

6 tomatoes (skin removed by putting in boiling water for a few minutes- the recipe says to remove seeds too but I don't)

1 cucumber chopped (remove skin if necessary)

1 garlic clove

1tsp of wine or balsamic vinegar
Use your blender or hand whizz to blend this until smooth.

Add 1tsp salt

1/2tsp pepper

4tablespoons of good olive oil

You can add a slice of sourdough bread at this stage for a thicker soup. (Other optional additions include red capsicum, chilli, basil leaves or lime juice.)

Blend again.

Recipe says to strain but I didn't find this necessary.

Chill and serve.



Stella

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WHAT'S ON - MARCH 2025

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

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

Kaipara Wellbeing Hub - Sat March 8, 12 - 3pm, Sports Pavilion. See ad p7.

White Rock Gallery Painting Workshop - Mon March 17, 9.30 - 3.30. See p12 for registration details.

Otamatea Repertory Theatre Auditions - Sat March 15. See p2 for details.

Otamatea Sheepdog Trials - Fri & Sat March 21 & 22, 104 Marohemo Rd. Ph Mike 09 431 6770. See p9.

McSweeney Band - Fri March 22, 8 - 11pm. Maungaturoto Country Club. See ad p2 for booking info.

Fun Walk Run - Sat March 22. Registrations from 3pm. See below 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.

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 golf programme every Sunday from 2 March - 10am start for 18 holes, 12.30 for a 1pm start for 9 holes. \$10 haggle includes food. Eftpos available. Enquiries 022 678 1474.

Ballroom Classes Saturday evenings at the Paparoa Memorial Hall, 6.15 - 7.45pm. An hour of tuition (social foxtrot, waltz, cha cha, rumba, slow jive etc) followed by a half hour of free time to practice, laugh and socialise. \$15pp. For more info ph Lisa on 021 828-531.

Lynn's Ukulele Group (L.U.G.S.) Tuesdays 1.30- 2.30pm, Paparoa Sports Pavilion. \$10. New players welcome. Also beginners guitar class 1pm. Ph Lynn 0274 583 691.

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.

Paparoa and Mangawhai Parishes Anglican Services -March

There will be services at 9am each Sunday at Christ the King, Mangawhai.

Other services:

2nd - 11am - St Pauls, Kaiwaka, Eucharist.

9th - 11.30am - Holy Trinity, Maungaturoto, Morning Prayer.

9th - 11.30am - St Albans, Whakapirau.

16th - 10am - Holy Trinity, Maungaturoto, Café service.
11am - St Pauls, Kaiwaka, Eucharist.

23rd - 11.30am - Holy Trinity, Maungaturoto, Eucharist, followed by AGM.

30th - Time to be confirmed, St Michaels, Haku, Eucharist.

Paparoa Sports and Recreation Association

Fun Walk and Run

AND FUN FAMILY AFTERNOON



Saturday 22 March 2025

4km or 5km options

Registrations from 3pm at Paparoa Sports Pavilion

Spot Prizes, including accommodation valued at \$500 at Harbour View Retreat in Mangonui

Free Entry, Free Play Trailer and more. Gold coin BBQ to follow

Come and have some fun Paparoa!

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

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, Maungatūroto

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

Holy Trinity Anglican Church, Maungatūroto, 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

Mainly Music Wed 9.30am Paparoa Comm Church, Lynaire Porteous 431 7520

Matakohe Garden Circle 1st Weds each month, 1pm, J Mackinnon 431 6689.

Maungatūroto Opportunity Shop Open Mon, Wed, Thurs, Fri 10am-3pm.

Alternate Sat mornings 10am-1pm.

Maungatūroto and Districts Rotary Club Maungatūroto 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 Maungatūroto 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 Mah Jong Group 1st & 3rd Tues, Paparoa Hall 1.30-4pm, Sara 021 0774947

Paparoa Playcentre Tuesday and Thursday 10am-1pm. Franklin Rd. Visitors welcome. paparoa@playcentre.org.nz

Paparoa Primary School 2025 - term 1 starts Thursday 30 Jan, ends 11 April. Term 2 - 28 April - 27 June. Term 3 - 14 July - 19 Sept. 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. At playcentre. 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 Maungatūroto 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

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LOCAL TIDES for MARCH 2025

TIDES - CALCULATED for PAHI-WHAKAPIRAU

| DATE | LOW | HIGH | DATE | LOW | HIGH |
|------|-------|-------|------|-------|-------|
| 1st | 6.36 | 13.02 | 17th | 7.31 | 13.52 |
| 2nd | 7.18 | 13.43 | 18th | 8.01 | 14.23 |
| 3rd | 8.01 | 14.26 | 19th | 8.33 | 14.55 |
| 4th | 8.45 | 15.11 | 20th | 9.08 | 15.32 |
| 5th | 9.34 | 16.00 | 21st | 9.52 | 16.18 |
| 6th | 10.30 | 16.56 | 22nd | 10.49 | 17.17 |
| 7th | 11.36 | 18.03 | 23rd | 12.05 | 18.32 |
| 8th | 12.56 | 6.51 | 24th | 13.27 | 7.20 |
| 9th | 14.20 | 8.22 | 25th | 14.38 | 8.37 |
| 10th | 15.28 | 9.37 | 26th | 15.34 | 9.37 |
| 11th | 16.21 | 10.31 | 27th | 16.23 | 10.25 |
| 12th | 17.04 | 11.13 | 28th | 17.08 | 11.09 |
| 13th | 17.42 | 11.50 | 29th | 17.52 | 11.52 |
| 14th | 18.16 | 12.23 | 30th | 18.35 | 12.36 |
| 15th | 6.30 | 12.53 | 31st | 6.55 | 13.40 |
| 16th | 7.01 | 13.23 | | | |

Community Directory

EMERGENCY: FIRE ■ POLICE ■ AMBULANCE dial 111

COAST TO COAST HEALTH CARE

Maungatūroto 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, Maungatūroto.09 431 8969

LIONS CLUB PAPAROA President Ken Chambers09 4317443

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 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

HIPPY - Learning to learn together

Kia Ora my name is Kim and I am the HIPPY Coordinator with Great Potentials Foundation for the Kaipara District. I relocated to the Kaipara over 5 years ago with my young family and have enjoyed our change in lifestyle from urban to rural. I am Qualified in Early Childhood Education with many years' experience with all age groups.

I am new to the HIPPY Coordinator Role and am excited to showcase this amazing programme in my local community.

HIPPY (Home Interaction Programme for Parents and Youngsters) is a FREE

home-based programme which has been designed to support parents to get their 2 - 5 year old child ready for success in education. Parents are given weekly workbooks with activities to do with their child at home

for 10-15 minutes a day, five times per week. The HIPPY curriculum is designed and linked to Te Whariki and the New Zealand Curriculum. The workbooks and activities develop both the cognitive and non-cognitive skills that are essential for children to become competent and confident learners.

Who can sign up?

- Children from 2 - 5 years old.
- Children who do not attend Kindy, Kohanga or Early Childhood Centre more than 8-10 hours a week.
- Children on a waiting list for an ECE service.

I am currently on the lookout for a HIPPY Tutor to join me in delivering the programme to our local Whanau.

Here is more information about the role:

What does a HIPPY Tutor do?

- Visit families in their own homes.
- Provide 1:1 support to build parents confidence and skills as their child's first teacher.
- Role-play weekly activities, providing learning support through home and virtual visits.
- Attend whānau hui playgroup (group meetings).
- Receive ongoing support and training from local Coordinators.



- See children and families flourishing and enjoying spending time together!

What are some requirements for the role?

- You must have a Driver's License (minimum restricted)
 - Undergo a Police Vetting Process
 - Can work flexible hours
- If you are interested in learning more about the programme or the Tutor Role please get in touch with Kim on 027 258 4384 or kim.mcdonald@greatpotentials.org.nz

Kimberley McDonald
KAIPARA COORDINATOR

FREE in home learning programme for children 2-5 years old

021 258 4384
@HIPPYKaipara
kim.mcdonald@greatpotentials.org.nz

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