



It will be Fun in the Sun at Paparoa Show – Saturday 7th Feb

Fun is what it will be all about at this year's 139th Paparoa A&P Show; with lots of things for kids to do and plenty to interest adults. EventFun Unlimited, a leading entertainment specialist, will bring seven top-class attractions.

The Extreme Rush Obstacle Course is a 28 metre adrenalin burst and the **Supa Slide** is huge at 9 metres high. There'll be two bouncy castles (**Shrek Castle** and **The Laughing Clown**), **Jeeps** for kids of all ages and the popular **Chair-O-Planes**.

The Mechanical Bull offers a real Rodeo challenge for riders. At the end of the day two prizes will be awarded, "stays-on-the-longest", and "most entertaining ride".

Segway Rides on the old Bowling Club lawn are a new attraction which will be great for our more adventurous visitors.

Mystical Haven Mobile Farm Park features cute and lovable furry friends and other little critters which children (and adults) can feed and handle.

Catch A Fish, the computerised fishing game where everyone wins, is guaranteed to have a queue of children wanting to have a go and at the sun-protected **Sawdust Dig** they'll be lost for hours searching for prizes.

Refreshments: Snow cones, candy floss, liquorice and sweets, ice creams and juices. Further food choices will include: Hell Pizzas, ethnic foods, hot dogs and chips, superb mussel fritters and cafe style foods. There'll be great coffee, superb juices and soft drinks too. No alcohol, but the pub is just across the road.



Traditional Events: All the traditional A&P Show events will be happening: equestrian, cattle, dairy goat sections as well as woodchopping and shearing, team roping & bull riding, and dog agility. Plus the Indoor Section with food exhibits, produce,

and arts & crafts.

Market Stalls and Trade Sites will share a wide variety of information with products to buy. You won't go home empty handed.

Entertainment The Red Arrows Jazz Band will have you listening, dancing and tapping in time. **The Talent Quest** at 1pm will reward budding local stars with great prizes.

Come early - the first 600 paying visitors to the Show will have one chance in three of winning a gate prize. The most valuable prize is a household water pump donated by McQuinn Pumps from Whangarei valued at \$975.

Want to know more?

Go to www.paparoashow.org.nz or phone the Show Secretary on 431 6011.



Art Gallery for Paparoa ...

an idea ...
whose time
has come

We had a dream - now it's in black & white.
Rock on White Rock!

Art is in the
eye of the
beholder
- behold the
White Rock
Gallery



Over the bridge from Paparoa village

An idea long in the imagining has finally been realised. Stu Robertson & Janice Booth have dreamed of establishing a venue where local artists can exhibit and they've been the driving force behind White Rock Gallery.

"We will do it" has been the mantra, and now 30 talented locals have come out of the woodwork in support (25 turned up at the working bee alone!).

White Rock is grateful for the support of PPI, 'Friends of the gallery' and others, beyond that it relies wholly on its membership to operate. White Rock welcomes Kaipara artists. ph 09 431 7144 for info.

White Rock
Gallery

From small beginnings,
great things will grow

Paparoa

Paparoa Press PP

PUBLISHED MONTHLY BY

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

CIRCULATION 1,000

CONTACT US

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ADVERTISING

Rate Card available by email
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15th of monthPublication date 1st of monthNew owners at *Cliff House*

After more than 125 years in the same family, and for many years empty and on the market, *Cliff House* has new owners Tony Bozzard and Charlee Kerr. Just after they moved in, we asked them to tell us a little about themselves.

"We were both captivated by the history and features of the building, as well as its long family history and association with Paparoa.

Made from the finest kauri from the Cliff family sawmills, it has stood the test of time, and remains a well preserved authentic example of an early Victorian building.

regenerate it, to live in and enjoy and share with family and friends. Throwing open the windows on day one, involved many hours with a screwdriver and crow bar!"

Charlee is South American, having been born in Dutch Guyana and raised in the Netherlands. She came to New Zealand 35 years ago and is no stranger to country life, having established a large lifestyle block in Waitoki some years ago and developed significant gardens there.

A former Real Estate agent she is now concentrating full time on restoring and developing Cliff House as a home for them both, and their grown up children.

Born in Worcestershire, UK,



Tony Bozzard and Charlee Kerr

Tony arrived in NZ 25 years ago, via Amsterdam and Kenya and has spent most of his life as a Marketing Consultant in Auckland, which he continues to do.

"In the very short time we have been in Paparoa, we have met many wonderful people, a result of being located next to the general store and mail boxes.

We have also discovered how "polarising" two overgrown camellia bushes can be!" PP



We feel very honoured to be the first non-family owners of this *Historic Places 2* building with the obligations of being custodians of a piece of history.

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Farmers' Market celebrates
8 years - rain, hail or shine!

Paparoa Farmers' Market has celebrated eight years of operation. In that time thousands of dollars have been contributed to the local economy and the market is an established institution.



Market managers since the inception, Mary and Graham, are stepping back and are looking for a keen person to take responsibility for the fortnightly management. Duties are straightforward and include putting out the road cones, signs, organising buskers, collecting stall fees and working with stall holders to ensure the smooth operation of the market.

PPI will still have primary responsibility. If you would like to be involved or would like more information please contact info@paparoa.org.nz PP

Pahi Regatta - full of fun and excitement

The camp ground was full, the weather was very kind to us, the tides were good and there were lots of entries and great racing.

The bouncy castle and other rides were well appreciated by the younger visitors. Food stalls were very popular, as was the Hangi, and the dancing and band were great on Saturday night.

Again on Sunday, the activities were well attended with 5 bathtubs in the 2hp race and 4 in the open division.



There was drama in the 2hp race when the "Pinewoods" entry couldn't get started, and it was nearly a buoy length behind the others by the time it got away. Once going it managed to make up time, finishing third. When the lead boat missed the last buoy to come in second.



The open bathtub race had 4 starters, one broke down and had to be towed back to shore, another had engine troubles but finished 3rd, while the other two took out first and second.

With the tide coming in, the kayak racers battled against the current, and one of the men fell out of his kayak, needing assistance back to the start line. The Miss Pahi competition was well attended and overall a great weekend was had by all.



Sunday Racing Results

Under 13 Kayak race:

- 1 Pitipi Craig
- 2 Natalie Darwick
- 3 Isaac Sheppard

Ladies Kayak Race:

- 1 Katie Smart
- 2 Adele Wells
- 3 Whitney Lake

Mens Kayak Race:

- 1 Rob Galley
- 2 John Lennard
- 3 Geoff Lillas

Bathtub Race 2hp:

- 1 Hoteo 1
- 2 Team Mangawhai
- 3 Pinewoods

Bathtub Open Class:

- 1 Team Mangawhai
- 2 Pinewoods Warren
- 3 Pinewoods Wayne

Paparoa Tennis

Children's Tennis – Tuesday afternoons coaching:

Beginners 4.30–5.15pm, More experienced 5.15–6.00pm

Adults Tennis:–

Tuesday evenings from 6pm, Friday afternoons from 1pm
All welcome. Some racquets are available.

The tennis courts are open all year round for members or for casual play. Casual play is only \$2 a game or a family sub is \$70.

Professional coaching group sessions with Grant van Dalsum (note change to Sunday afternoons).

Sunday afternoon February 15 and March 8

Beginners 2.00pm – 2.45pm, More experienced 2.45pm – 3.45pm, Adults 3.45pm – 5.00pm

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Tinopai fishing contest

January 10th 2015 dawned with a clear blue sky, little wind and a calm Kaipara Harbour. The first car and boat trailers came in about 5am, and set the scene for the day.

Ticket sales had been steady and were similar to most other years. This was



great as there had been trepidation about the *No Alcohol* rule, but obviously people wanted to fish! Things were quiet at the school until the sprat weigh-ins started and from 3 o'clock, it was all on.

All of a sudden, there were huge snapper being weighed in at the weigh station, the food stall couldn't be seen because of the crowd, and the raffles were being snapped up. The day was hot and what shade there was, was snatched up quickly. Our auctioneers arrived and the sprat competitors accepted their prizes with huge smiles.

The Inner Harbour and Outer Harbour fishing prizes were announced amidst cheers from the crowd and then the auction started. Finally, the \$1000 ticket holder was announced and Mr Ray Parker generously donated \$100 back to Tinopai School. Thank you!

All in all, it was an excellent day. The majority of people respected the School's stance on no alcohol and people had lots of fun. The takings were down

due to no bar but we will be meeting our sponsors to discuss how we can do better next year. Of course there will be a next year! Thank you to everyone who came, supported us, and enjoyed the day. You are awesome!

Sonya Kaihe



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Book Review: February



TITLE:

STAND BY ME :

HELPING YOUR TEEN THROUGH TOUGH TIMES

AUTHOR:

JOHN KIRWAN with ELLIOT BELL & KIRSTY LOUDEN-BELL

PUBLISHER: PENGUIN

In recent years former All Black, John Kirwan, has become instrumental in raising public awareness of depression and mental health.

As a father of three teenagers he is highly aware of the challenges his children face as they negotiate their way through their teens and into young adulthood. In *Stand By Me*, John Kirwan teams up with clinical psychologists Elliot Bell & Kirsty Loudon-Bell to provide an informative guide to common teen mental health issues.

Aimed predominantly at parents, yet equally valuable to anyone working with teenagers, *Stand By Me* is an accessible read that avoids technical jargon yet is sufficiently detailed. A raft of issues are covered: from identifying the differences between anxiety and depression, how to get help and what you can expect from the process, through to helping your young people develop resilience and coping strategies.

The personal experiences of a number of teens and their parents provide an insight into the journeys of some individuals and their families. A list of book and online resources is also included.

Hames family celebrates

Over the Christmas period 150 Hames descendants and their families celebrated the arrival of Charles and Mary Hames in Paparoa in 1864.

The weekend activities for the 150th included a picnic on the original land on Paparoa Station Road, tours around family points of interest, a dinner, church service and a walk from the landing point on Te Pahi River over the hill to Ledbury Farm, which is still owned by Hames descendants today.



To get to their allocated piece of land, Charles, Mary and their four sons (aged 11, 8, 5 and 2) undertook a four-month sailing ship journey from England to Auckland. They then took a boat to Riverhead, followed by a 14 mile walk to Helensville. This track was through dense bush and was extremely muddy. Mary finally went behind a tree, stepped out of her crinoline, left it there and she never wore one again!

Due to delays in waiting for boats, and more arduous walking it was another three weeks after arriving in Helensville before

they finally arrived at Barton's Landing up the Pahi River. From there it was a 4km walk along surveyors' lines over the hill to their allocated section now known as Ledbury Farm, named after the village they left in the south of England.

Back in England Charles was a teacher and Methodist lay preacher. He became deaf relatively young and so needed a change of occupation. Mary was a dressmaker, and together they believed that emigrating to New Zealand



would give them a chance to practise their Methodist faith and to have their own land.

However they, as other Albertlanders before them, were totally unprepared for the enormity of the challenges that faced them, including their isolation. But they persisted; subsequently had two daughters born in Paparoa and eventually thrived to become successful community members.

Charles kept a diary of the ship's voyage and a number of other Hames ancestors have also recorded various aspects of their lives which have given subsequent generations plenty to marvel at – their ingenuity, determination and sheer fortitude.

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What makes the Paparoa Press?

A local paper like PP could be regarded as the voice of the community. Even in this digital age we look to a local paper for news, happenings past and future, business promotion and an opportunity for discussion on relevant issues.

Visitors picking up the PP often express amazement that a small community like Paparoa could produce such an attractive and interesting publication every month. But some considerable effort goes into ensuring this happens regularly and on time.

SOURCING MATERIAL

Firstly the *Press Gang* meets early in the month to survey the news and plan next month's edition. This group, chaired by Loraine Rowlands comprises Janice Booth, Betty Cairns, Julie Harper, and until recently Norm Holloway.

WRITING

The *Gang* write a number of articles under the PP logo. There is also a very valuable group of contributors who write on a range of topics under their own names. They provide stimulating and provoking articles that reflect the community we live in.

DESIGN & EDITING

From the deadline of 15th of the month, editor Sally Taylor

begins to assemble all the material. This is a massive task taking 30+ hours, which brings the finished product to your letterbox each and every month.

Contributions often require clarification, are edited to fit and then positioned together with images to make them as effective as possible.

ADVERTISING

Advertisers have to be contacted and new ads developed. In fairness to all advertisers, ads are rotated every month and each ad always borders editorial copy. Without advertising support it would not be possible to produce PP.

PROOFING & PRINTING

Next it is off to the proofers for their eagle eyes to spot any errors or omissions. Then it goes to Robyn Skelton at the Paparoa Print Shop.

DISTRIBUTION

Distribution is by our local rural delivery contractors and volunteers in Maungaturoto RD and Whakapirau areas.

TO YOU THE READER ...

For those who enjoy reading PP please remember the hours of commitment that go into making it happen each month. If you would like to contribute in some way please contact press@paparoa.org.nz

Letters from the Old Post Office

Mad dogs and men

Days are long and bright and hot. Dogs and humans skulk in the shade wherever possible. And, of course, for the man in the shed this means he will have company.



There appear to be two men in the shed on a regular basis these sultry days: one tall and broad, and one, well more broad than tall perhaps. Now, this is in fact an excellent thing as the gossip that is tossed back and forth is illuminating to say the least, even if some of the nicknames give no clue as to the identity of the person referred to. Naturally some do, but I will reveal nothing except to say that one may earn their nickname by the size of the nose while another through their trade.

However, there are other benefits beside passing gossip and not the least of these is his lack of venturing out into the garden. So far, three new roses, a magnolia, a lime and several sundry bushes have escaped notice. The bushes and the roses do sport thorns and I am eagerly awaiting the "sportive" leaping about that will occur when he absentmindedly forgets where the beer fridge is and wanders about outside. Coincidentally, I did hear him singing, "I never promised you a rose garden" in the shower the other day, to which I carolled back, "Oh, oh, but I always promised you a rose garden, darling!"

NB: A thing of beauty is a joy forever (Anon - which just means I haven't googled it to see if there is a known source).

Deb C

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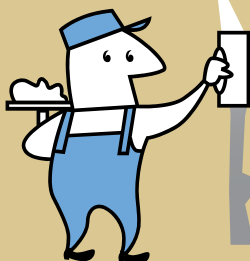


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Paparoa Primary School year begins

It is great to welcome everyone, especially our new families, back to school after a fabulous summer holiday.

Our pool has been well used by the community during the holidays and many children have improved their water skills due to spending lots of time in the water.



While the weather remains warm, we will swim every day during Term 1, learning water safety and will celebrate our skills at the Swimming Sports on February 20th.

We will be exploring water throughout the curriculum areas, particularly linking in to the Enviroschools programme. Likewise, we will continue to develop our vegetable gardens and orchard, and introduce chickens for their eggs.

We have been very fortunate to be the recipient of a \$2000 garden grant from Farmlands/Rural Women NZ to go towards purchase of a small garden shed, garden tools, and seeds and plants.

Continuing with Project Energise, we will learn more about healthy foods, particularly for our lunch boxes, and the importance of



drinking plenty of water.

The Perceptual Motor Programme (PMP) will be run with our Years 0-2 students. PMP promotes the development of language, social and motor skills through a range of activities. It is a fabulous programme used in many schools throughout the country and we are excited to be introducing it into our programme.

More information can be found on: www.movingsmart.co.nz

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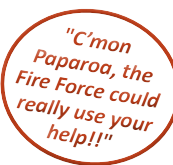
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Restricted Fire Season ...

We now have a RESTRICTED FIRE SEASON in place until further notice. This means you cannot light fires in the open air without a permit. Permits can be obtained online at www.havingafire.org.nz or phone Forest Protection Services on 09 430 7707.



Paparoa Volunteer Rural Fire Force summer callouts:

DECEMBER	3	Medical	Matakoke
	3	Controlled Burn	Tinopai - no action taken
	9	Scrub Fire	Pahi
	17	Car Fire	Paparoa
	22	Scrub Fire	Pahi
	26	Scrub Fire	Pahi
JANUARY	30	Structure Fire	Dargaville
	1	Scrub Fire	Paparoa
	4	Scrub Fire	Pahi
	8	Scrub Fire	Paparoa
	13	Car Crash	Pahi Rd
	17	False Alarm	Maungaturoto

Volunteers are needed. For any information regarding Paparoa VRFF, ph Noel 431 6677 or Cohan 431 6668.

Yvonne Yorke

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Otamatea Repertory Theatre



ORT's 'Youth Theatre 2015' was a week of creativity, fun and excitement for a group of 37 youngsters, aged from seven to seventeen, 19 of whom had never been involved in Youth Theatre before.

From 9am to 3pm every day, the participants were taught singing, dancing, movement, acting and team-work, and they made props and some parts of their costumes.

The legend of Sir Gawain and the Green Knight's challenge was chosen as the theme for the week, and the show was named *The Quest*. It was a hugely ambitious project and the children worked very hard, led by five dedicated and talented tutors.

On Friday evening, resplendent in costume and make-up, with lighting, set and props, the youngsters put on a brilliant show to a full house.

Their joy and enthusiasm shone through and the show was declared a huge success. The fact that this all happened in five days is quite remarkable. All the children went away

richer for the experience. Many are already asking about the auditions for *Alice in Wonderland* which is the mid-year show for Otamatea Repertory Theatre.

Maura Flower



REMEMBER!



▼
▼
▼
**Your
pets
need a
holiday
too**

art from there and here

I always return full of enthusiasm after holiday travel has given me the opportunity to visit many galleries and art spaces.

Te Papa in Wellington seems at last to be exhibiting substantial collections of art within a lively, active atmosphere, and the whole building was buzzing with families. In Porirua, Pataka gallery was showing the Wallace Awards and this wide range of contemporary works provided challenging and provocative viewing.

I stopped in at many small galleries in little towns too, collecting inspiration for our own *White Rock Gallery*. I specially liked seeing work from local artists that expressed the character of their communities. New Zealand artists' love of realist painting and of landscape was widely reflected in paintings of beach (Waikanae), bush (Taihape), and mountains (Waiouru). The colour palettes of each area show subtle variation too, with the biggest differences showing up between Dunedin (subdued, greyed colours) and Paihia (crisp, brights).

Many artists have also made smaller pieces: photo cards, prints or blocks based on their larger paintings; these make affordable purchases that are very portable for travellers.

The main attraction of small town galleries is their difference. So many shops now belong to chains and display the same goods in the same ways throughout the country but local artists and craftspeople can give a unique insight into the character of the people and place they represent.

I hope you will all visit and bring others to *White Rock Gallery* and find something there of the heart of our community.

Helen Budd



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New Zealand has some fabulously creative authors and illustrators. Dave Gunson is passionate about the environment and has done some stunning illustrations of our native birds, wildlife, plants & trees. He has written and illustrated the *All About New Zealand* nature series for children as well as a range of activity books. Last year he published *The New Zealand Nature Activity Book* (New Holland), which includes a fabulous range of nature/environmental based puzzles, experiments and art activities.



WORKING WITH DRIFTWOOD

A great activity for this time of year is driftwood work. It can be quite small and simple or incredibly intricate and lifesize. You can see lifesize driftwood models of dinosaurs, kiwi, etc., as you drive around the country. Check out the moa at Matakohē's Kauri Museum.



CREATE YOUR OWN ART WORK

You can create your own art works by collecting driftwood when you are at the beach. The best driftwood is usually found on the back half of the shore furthest from the sea. Look for short and long lengths that are clean, without any bark still attached. You can thread driftwood on to string to make wind chimes, mobiles or picture frames.



SCARY FISH

If you want to get really creative you can glue and paint different sized pieces together to make a fish like the one at left.

Take a photo of your creation and send it to us at:
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We'll try to print it in the Press later on.



WAG 2015 is a go!

It's our 10th year so we're celebrating

To help get everyone enthusiastic and on their feet, we're going with an up-beat theme ... yep, it's "Rock 'n Roll" year.



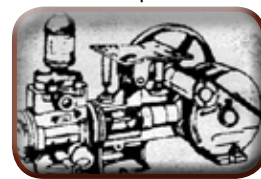
Categories will include old favourites and new; so start planning your entry, collecting your materials and thinking about music. The Committee is a mix of familiar faces and energetic newbies: Graham Taylor, Rachel

Sutton, Carolyn Skelton, Loraine Rowlands, Carolyn Muskett, Julie Holcroft, Betty Cairns, Helen Budd, & Jane Baird. We're in the planning phase now, so feel free to share any suggestions to help us make this a great event.

For a reminder of the highlights of WAG 2014, check out the DVD trailer: www.paparoa.org.nz. For further questions or more information, Rach would love to hear from you 0221 70 55 99 or rachel.sutton@piper.co.nz.

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Otamatea Harbour Care Update

on the scrounge for seed sources ...

Summer is the time of year to identify suitable trees for collecting seed for next season's sowings.

In its first season, Otamatea Harbour Care planted 2,000 plants at Huarau, and over the coming winter will plant significantly more which have been grown at the Society's nursery, plus some provided by the *Reconnecting Northland* programme.

However, before the next planting season, seeds will need to be gathered for the following year.

'Eco-sourcing' seeds from locally growing trees means we can be confident that the resulting plants will grow well in this area. Local manuka, cabbage tree (ti kouka), flax (harakeke), and karamu are readily found.



The Society would like to locate local, naturally occurring akeake and karo for seed collection. Akeake seeds should be collected from now until April, and Karo from May to July.

If you have access to such trees, or know where they are, please give Mark a call on 431 7353 or 021 0829 8037.



Motoring Matters

In 1948 a magnificent Talbot Lago car with a body designed by Pierre Saoutchik was displayed at the Paris motor show.

It was bought by a member of the Egyptian Royal Family and remained in Egypt until 1952 when King Farouk was deposed and abdicated.



His niece, Princess Nevine, having caught wind of the troubles ahead, had the car returned to Paris and commissioned Pierre to sell it. He in turn passed it to a dubious car dealer who offered it to a wealthy land owner, Jaques Baillon. A deposit was paid, but full payment was delayed for many months. Ultimately, the deal became the subject of a long and drawn out court case which ended in M. Baillon owning the car.

In the early seventies M. Baillon himself fell upon hard times and sold many of his cars at auction, but several were left in old barns on his estate.

Last November, an auction house in Paris was alerted to the presence of these vehicles, among them the Talbot Lago which had been missing and presumed lost for over 40 years.

It's in a sad state, but complete, and along with the rest of the collection will be auctioned in Paris on 6th February, with an estimated value of between \$500,000 and \$700,000. Don't be surprised if it makes a lot more!

Graham Roberts



The Glass Guy



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Hydrotherapy for arthritis sufferers comes to Te Hana

Local physiotherapist, Amy Griffiths, has started a hydrotherapy class for Arthritis New Zealand. The classes are open to anyone with an arthritic condition such as osteoarthritis, rheumatoid arthritis or fibromyalgia.



Scientific studies have shown that exercise in water can improve strength and general fitness in people with arthritis. The warmth and buoyancy of the water makes exercising easier. Plus, exercising in a small group with people who have a similar condition offers peer support.

The class will be suited to those with arthritis and the small group will mean that Amy can tailor the exercises to suit each individual.

Amy says this is a great opportunity for those with arthritis to access a local programme specifically for them.

There has been a class in Whangarei for some time but that can be too far for someone with arthritic aches and pains to travel comfortably so having something local is brilliant.

The classes will be held at Karen Woolley's pool in Te Hana. Amy says this is a great facility and is really grateful to Karen and her family for allowing the community to access it.

The pool is lovely and warm and has good access with steps and a rail into the water. There is even a hoist for those unable to use the steps.

Classes will run every Wednesday during term time 11am-12noon. Classes will start Wednesday 11th February, at the Te Hana pool.

To register please call Sue at Arthritis New Zealand on 0800 663 463.

Or if you require specific information about the class call Amy on 021 207 2729.



The Kaipara summer garden

What a summer for the beach. All those gentle easterlies have been wonderful for Kaipara harbour holidays. The pre Christmas rain was amazing for the gardens and farms but it has disappeared and a big dry seems possible.

This season's big success is my sunflowers. What an amazing show – multiple, shaggy blooms nearly the size of a dinner plate, in a wonderful golden yellow line down the driveway.

An interesting discovery recently was to find green beetle larvae totally smothering the seed heads of the calendula flowers planted in the vegetable garden. These were very easy to kill, so I hope there will not be too many adults later. I have also been told that if you puff diatomaceous earth on your tomatoes you will kill these pests and keep them off the fruit. This is a good safe solution.

So what can you grow now, if you have enough water? In the garden dwarf beans, beetroot, cucumber, courgette, carrots, sweet corn and onions are all ok to grow in early February. For planting out in March, try cabbages, broccoli and leeks. Keep them in a shady area covered with fine netting to keep white butterfly off the brassicas.

RECIPE:

Paulette's Brown Rice Salad (great for those summer BBQs)

2 cups cooked brown rice	1 cup chopped fresh beans
¼ cup poppy seeds	1 cup toasted peanuts or cashews
½ cup sultanas	1 cup chopped sweet pepper
¼ cup sesame seeds	1 cup chopped parsley
½ cup currants	

Mix all the above ingredients and store until ready to serve.

Vinaigrette Dressing

Heat 1 cup oil and add 1dsp curry powder; Sizzle 1 minute. Gradually add 1 cup cider vinegar & ½ cup raisins; Boil 5 min. Cool; add juice of 1 lemon; then wiz in a blender. Use half of this dressing for the above recipe.

Very tasty and keeps well in the fridge for a few days.

Stella Clyde

Kaipara Diamonds Marching Team

We are a small, diverse group that has been marching together for about nine months.

We are one of over 100 teams that make up leisure marching in New Zealand. Our aim is to travel and meet up at events hosted by local teams, throughout the country.



Leisure Marching is a non-competitive sport and we are looking for keen people to march and enjoy fitness, friendship and fun.

We practise once, or hopefully, twice a week, in Maungaturoto.

Ph Cornelia Walker 431 9077.

Rural Women's Workshop

The Agri-Women's Development Trust (who ran the leadership course I attended in 2013) and Rural Women NZ are putting on a FREE workshop day for rural women in Whangarei.

It will help women recognise their unique skills and strengths and increase their confidence to reach their full potential.

It is being held at Whangarei Barge Showgrounds Event Centre on Tuesday 10 March, from 10-4pm.

Anyone wanting more information, or if you wish to register, talk to Libby Jones on 4316822.



What's Hot

The great summer events that happen every year – Pahi Regatta and Paparoa Show

What's Not



At time of printing nothing bad had been brought to notice. Whoopee!

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Walking the Heaphy Track

The Heaphy Track walk, between Golden Bay and the West Coast of the South Island, was on our list of things to do since enjoying the Able Tasman walk last year. It's a four day, 74km walk through the Kahurangi National Park and can be considered the best of nine Great NZ Walks.

Setting off in mid-December with my two grandchildren, our first thrill was the six-seater Golden Bay flight in perfect weather from Wellington to Takaka, especially exciting for the one whose future plans include being a pilot.



Taking a shuttle van to the start of the track, we started our first day's walk just after noon. This section proved to be quite difficult due to the round river

stone surface, and although the 17.5km climb was very gradual, I had to lift my feet up a bit higher than usual to prevent trips. The bush was great and the sound of tui and bellbirds followed us. *Perry Saddle hut* was a delight to see, after our 4am start from Auckland and our day's tramp.

There was a heavy rain warning for our second day, and we got underway early. We quickly covered the first half of our day's walk on an easy track and were entertained by many friendly weka!

We loved coming out of the bush into the tussock. When the rain did arrive, it was not as heavy as predicted, and instead enhanced the scenery with water trickling off the moss and fern walls beside the track.

The next day dawned damp and misty. The track was a gradual downhill walk through

bush with views of the river below and of flowering rata, leading to the *Heaphy Hut*, and the sandflies! We all walked at our own pace and met at various points, meeting new people on the way.

Our last tramping day along the edge of the bush by the ocean was no less scenic even though it was in misty weather. The short beach section was no problem for us, but it can be highly dangerous at high tide or during storms.

Highlights for us were the swing bridges, the giant rata trees, moss and lichen covered bush, the tussock, the native birds, hundreds of small streams, stunning rivers, great people, and flush toilets in the



huts! The track is well formed, and well marked, suitable for those of moderate fitness and limited experience.

At the end of the track, three happy trampers enjoyed hot showers, Karamea hospitality, and an interesting Backpackers' Now let's plan our next trip!

Stella Clyde

Hand-held history - *Path to Nationhood*

Taking a road trip in Northland can now be enhanced by the use of a new free app for smartphones and tablets which tells stories about one of the most dynamic and colourful periods of New Zealand's history.

The six app-based tours of Northland have been developed by Heritage New Zealand and My Tours and look at some of our earliest events in history when Maori and Pakeha first met - before the Treaty of Waitangi was signed.

They cover the Bay of Islands, the east coast up to Whangaroa and Kaeo, around the Hokianga as well as other places to the north and south. There is also a maritime tour of the Bay of Islands for boaties wanting to experience some of the Bay's history with their summer-time cruising.

"The app is like seeing history through new eyes. The six trails visit sites where some of New Zealand's earliest historical events occurred during one of the most frenetic and fascinating periods of our history - events that ultimately led to the establishment of a nation like no other," says Sherry Reynolds, Heritage New



Zealand's General Manager Northern. Sherry, who owns a property in Matakohē, has managed the app project from its inception through to its launch last November.

Directions to locations are included in each step of the individual tours as well as an account of what happened in each place, the facts and interesting stories can be read or listened to. Also included are tips on mobile phone coverage, fuel stops and road information! Great for visiting friends and family to use on trips north, the 'Twin Coast Discovery' tour begins in Auckland and follows the Twin Coast SH12 through the Kaipara, up to the Hokianga and further north.

For a free download to the *Path to Nationhood* suite of Northland tours, visit heritage.org.nz/apps or search for Heritage Trails through your online app store. PP

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Wake up to weeds ... JAPANESE HONEYSUCKLE LONICERA JAPONICA

What is Japanese Honeysuckle and why is it so bad?

Japanese honeysuckle is a fast-growing vine with glossy green leaves and fragrant, vanilla scented white to yellow flowers from September to May. The fruit is a black spherical berry containing a few seeds which appear from October to June. The twining stems of this plant strangle vegetation and anything else in its way, and it is capable of climbing to 10 metres high or more into trees to gain light, eventually killing the host tree. It is also able to creep across the soil taking root as it does so. This plant has now become an invasive, exotic weed in NZ, commonly seen on roadsides or forest margins. It can form vast colonies on forest floors cutting off the sap flow of other plants and shading their leaves.



Control and Eradication:

It can be controlled by cutting or burning the plant to root level and repeating at two-week intervals until nutrient reserves in the roots are depleted. Another method is annual applications of glyphosate based herbicides such as Roundup or Touchdown, or Grazon or Escort at the rates recommended by the manufacturers. Grubbing is effective if high labour and soil destruction are not of concern. Cutting the vine to within 5-10cm of the ground and then applying glyphosate has proved to be doubly effective, provided that the mixture is rather concentrated (20-25%) and is applied immediately after making the cut.

PP

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North Cloud Mangawhai Triathlon

Whether you are new or experienced in triathlon you will enjoy this event on the 22 February. Choose either to swim 500m or kayak 1.5km, followed by a 20km cycle and 5km run to finish. You can also team up with a friend or two and compete as a team with each member doing only one or two disciplines. All entries close 18 February 2015. If you require any more information please use this link <https://eventdesq.imgstg.com/index>

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OUT & ABOUT around the district

Many happy returns to Marina Russell who had a special New Year's Eve when she turned 80 and who is looking forward to many more years of Line Dancing.

Congratulations as well to John Eddy at GAS Paparoa, on his 70th. **Our condolences** go out to the families of Kevin Sterling and Brian Hartles both of whom recently passed away.

Paparoa Hall An Australian visitor attending a recent function was amazed at the hall size and facilities we have in our small town.

Change of ownership The Village Café changed hands seamlessly at the beginning of February. Thank you Carolyn and John for your super service and good luck in your next adventure.

Matakohe House Café and Bed & Breakfast has been awarded a Certificate of Excellence, 2014, by the online *TripAdvisor* (a good place to look at when looking for hospitality recommendations).

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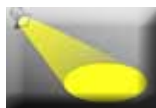
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Spotlight on ...

A man of many talents - Ken Subritzky

It is often unknown how much talent we have in this small country area, but when you start to dig, it is amazing what treasures are found. And so it was with Ken Subritzky.

Ken began his working life in a five-year marine engineering apprenticeship, and moved on to a job as a maintenance engineer on the Auckland Harbour Bridge within its traffic section. Experiences there were sometimes funny and at other times more serious, including rescuing a couple of 'jumpers' from the bridge.

He was one of the first in NZ to stretch limos, beginning with a Mercedes Benz which he cut in half and extended by 1.2m. Always a man of action, Ken also built a couple of houses and found time to travel in USA and the UK.

In 2000 Ken and wife Faye moved to their previously purchased lifestyle block at Pahi where they established the A1 Cattery. Needless to say Ken soon had a steel framed house on the property,

together with large 'man-sheds' where he restores cars and carries out numerous other steel related projects.

Two years ago he began his hobby of creating amazing



steel sculptures, some sold to overseas buyers. Others will be available from the newly opened *White Rock Gallery* in Paparoa. Work in progress includes a life-size zebra and a life-size eagle. We wait with bated breath.

Another new hobby has arisen from his move to Kaipara District. As Ken tells it, "as a

child I would hide in the toilets on sports days as I was no good at any sport, so it was a surprise to be invited to have a go at pistol shooting at the Dargaville Pistol Club."

This has developed into another serious hobby for Ken, who has now become the National Champion in precision, speed shooting (duelling), and over 55s champion for five years straight and the local pistol club champ and top gun for 10 or more years.

But wait, there's more! In 2014 an exciting new project evolved - a race car simulator which is a 2010 Holden Commodore mounted on a trailer designed and built by this talented man. Trialled at various events, it has proved to be very popular with young people in particular and all those who fancy themselves as Greg Murphy or other such heroes. I wonder what's next on his agenda? PP



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Pets in the Valley



You have probably heard of the disease called Facial Eczema but not everyone may know what it is about. It is not really a disease of pets but lots of people may have a sheep or two, a cow or an alpaca floating around that can be affected. The disease is caused by a fungus (*Pithomyces chartarum*) which grows in grass under certain humid weather conditions and produces a liver toxin called sporidesmin.

This causes the liver to not breakdown chlorophyll properly and photosensitive substances form in the blood which in turn react to sunlight and cause the clinical signs of jaundice and skin reactions. In some cases the skin damage can be very severe like a bad case of sunburn with the skin sloughing.



In sheep the wool protects much of their body so ears and the face can become very swollen and painful. In Friesian cows the white patches are affected the most. Animals don't like the sun and will seek shade (if it's available), they stop eating and don't want to be touched.

As with most things, prevention is better than treatment. Feeding zinc, pasture management, spore counting and selecting for genetically resistant animals are all important. So if autumn becomes warm and wet remember this disease is a Northland speciality!

Take care, Janine

WHAT'S ON - FEBRUARY 2015

SPECIAL EVENTS & MEETINGS

A & P Show 7 February, Paparoa showgrounds
Teddy Bears Picnic 14 Feb 9.30 -12 noon Maungaturoto Primary School
White Rock Art Gallery opens 2 Feb, open 7 days 10am - 4pm
Tennis Coaching Feb 15 Mar 8 see page 3 for details
The Kauri Museum 'The Man from Matakohē' exhibition ongoing daily

REGULAR EVENTS, MEETINGS AND ORGANISATIONS

Anglican Church St Marks 1st, 2nd & 4th Sundays 10am, Hook Road, Paparoa
Ararua Church 10.30am every Sunday, All welcome ph 431 6622
Art Group Paparoa 1st Sun in month, Helen Budd's Studio, ph 431 6192
Art Studio, Ruawai Mon 10-12noon; Tue 7-9pm, ph Frances 439 2554
Arty Farties • Summer Markets 9am-noon, opposite Village Green
 • Thur/Fri in the 'Tile Shed' ph Anne on 431 6229 to enquire
 • Crafty Kids Club alt Saturdays 10-2pm, Rm 5 Paparoa Primary School
 • Beginners Patchwork Group, Mon 7pm, Te Pahi River Drive
Badminton Thurs, years 5-11, 5.30pm; older/experienced 7pm, Paparoa Hall
Crafternoons 1st & 3rd Wed in month, 1-4pm, Tinopai Hall ph Lyn 431 6090
Exercise to Music Tue 10.30am Paparoa Hall \$5 ph Rose 431 7418
Farmers' Market Fortnightly Sat 9-noon, Village Green Feb 7, 21, Mar 7, 21
Fire Force 1st & 3rd Monday in month 6.30pm Depot Rd ph Cohan 431 6668
Gardening Club 2nd Wed of month, ph Lea 431 6296
Grey Power Last Wed in month, 2pm, Hall next to Resthome, M'gto
Indoor Bowls Paparoa Hall, ph Loraine 431 7290 or Robyn 431 7306
Library Mon 1.30-4.30pm, Wed 10am-12noon, Thu 1.30-4.30pm, Fri 9.30am-1pm.
 Open Market days - alternate Saturdays 9.30-1pm
Line Dancing Thurs 10am-noon Paparoa Hall ph Rose 431 7418
Mainly Music Wed 9.30am Paparoa Comm Church, ph Rebecca 431 7550
Matakohē Music Makers 2nd Wed in month 7.30pm @ Sports Pavilion, \$2 pp
Otamatea Quilters 1st Tue/mnth 7pm & 3rd Mon 10am, Paparoa Hall 09 439 2262
Outdoor Bowls Maungaturoto Green ph Tony 431 6026 or Brian 431 6884
Paparoa Community Church 10.30am every Sunday, Hook Road
Paparoa Hall Functions venue ph Robyn 431 7306 or a/h Loraine 431 7290
Paparoa Lions Dinner Meetings 3rd Mon in month 6.30pm, Sports Pavilion
Paparoa Playcentre Tue & Fri 9.30-12noon Visitors welcome ph Tina 021 033 5128
Paparoa Plunket Society Coffee Group 1st Tue/month, 10am Franklin Rd
Paparoa Toy Library Wed 10.30-1pm, Paparoa Comm Church, Hilery 431 7330
Selwyn Centre Thurs 10am for over 65's, St Marks, Hook Rd, ph 431 8193
Sports Pavilion Functions venue, ph Vickie Owens 431 6432 for bookings
St Mary's Catholic Church 10am Wed, 6pm Sat, Maungaturoto
Tai Chi Mon 11am, Sports Pavilion, Showgrounds ph Shirley 431 6408
Table Tennis Tues 7.30pm, Sports Pavilion \$2 Pete 431 6822
Tennis Coaching children Tues 4.30-6pm; adults Tues evenings Ph Sue 431 6224
Ukelele Players Beginners / experts, Thur 4pm Matakohē, ph Dennise 431 7012
Waka Ama Tues & Thur evenings 5pm, Sunday 10am, Pahi Domain
Yoga Paparoa Sports Pavilion Mon 8.30am, Thu 9am, Thu 5.30pm, ph 09 280 9694

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

HOOK, LINE & SINKER

There are still plenty of good sized snapper being caught out in the harbour.

No sharks or kahawai around.

We went out this last Friday with some friends and by 10.30am were back with our limit. The weather was very nice and the sea calm.

Gravy

**Paparoa Press CLASSIFIED ADVERTISING****Bee Swarms**

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LOCAL TIDES for February 2015**FEBRUARY TIDES - CALCULATED for PAHI-WHAKAPIRAU**

DATE	LOW	HIGH	DATE	LOW	HIGH
1st	4.27pm	10.28am	17th	4.40pm	10.43am
2nd	5.14pm	11.17am	18th	5.33pm	11.44am
3rd	5.55pm	11.59am	19th	6.22pm	12.23pm
4th	6.31pm	12.36pm	20th	7.10pm	1.11pm
5th	7.05pm	1.11pm	21st	7.56pm	1.57pm
6th	7.38pm	1.43pm	22nd	8.15am	2.43pm
7th	7.49am	2.14pm	23rd	9.01am	3.29pm
8th	8.22am	2.46pm	24th	9.49am	4.16pm
9th	8.57am	3.21pm	25th	10.39am	5.07pm
10th	9.35am	3.59pm	26th	11.36am	6.06pm
11th	10.18am	4.42pm	27th	12.43pm	7.14pm
12th	11.08am	5.33pm	28th	1.58pm	7.56am
13th	12.09pm	6.35pm			
14th	1.20pm	7.47pm			
15th	2.34pm	8.33am			
16th	3.41pm	9.42am			

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: Doctor Tue + Fri 8.30am-12.30pm..... 09 431 7222
 For urgent after hours medical service (Wellsford)..... 09 423 8086
DISTRICT NURSE Dargaville Hospital 09 439 3330
 Healthline - 24 hour service..... 0800 611 116
HOSPICE KAIPARA Dargaville Hospital 09 439 3330
KAIPARA DISTRICT COUNCIL Helpline 0800 727 059
 Mangawhai Office..... 0800 100 388
LINKING HANDS Health Shuttle Service, Maungaturoto 09 431 8969
LIONS CLUB PAPAROA Secretary Alistair Banks 09 431 6373
MAUNGATUROTO CHIROPRACTIC..... 09 431 8019
MAUNGATUROTO PHARMACY..... 09 431 8045
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PAPAROA PLUNKET Cynthia Keay..... 09 431 8187
 PLUNKET Helpline 0800 933 922
PAPAROA PRIMARY SCHOOL 09 431 7379
PARENT PORT Inc. free help for families Linda 09 425 9357
PHYSIOTHERAPY Lyndsay Bargh Mon/Wed/Fri from 8am...431 8576
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Local Photo Competition

January winner:



Winner: **Treehuggers at Bushman's Reserve**
- Belinda Weber

Congratulations to Belinda Weber for her lovely *Treehuggers* at *Bushman's Reserve*. Her photo will be set onto either a 5x7 chromalux board or a coffee mug.

So come on photographers, it's not difficult! While you're out and about snap a photo from our Kaipara area, and send to press@paparoa.org.nz. with your name and photo title. PP

Entry deadlines
for the next editions
are Feb 8th & March 8th
respectively



Pegasus Engraving



Highly commented: **Batley Cliffs** - Stacey Blythen

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Highly commented:
**Whakapirau looking across
to Pahi at night** - Sue Clayton



Highly commented:
I believe I can fly - Rita Hames

5 Questions for ... Maria Ellis

How long have you been in Paparoa? 15 years

Where did you come from? West Auckland

Why did you choose to come to Paparoa? We had heard that the Paparoa Motor Camp was for sale, so came up to see it. We wanted to raise our family in a rural setting and to have a motor camp, so Paparoa filled the bill.

What were you doing before you came to Paparoa? I was working at the Auckland Airport in a duty free shop, commuting from Te Kauwhata. Our first child, daughter Siobhan, was four when we arrived here.

What have you been doing since arriving in Paparoa? We built up the Motor Camp business for some years, then sold it and bought the closed-down GAS petrol station. This business soon became a thriving station, but we needed more time for our family, which now included two sons. We sold again. Laurie was keen to buy The Cruiser Bar & Grill with living area attached and pleasant grounds. I now manage the business with husband Laurie and employ a chef plus kitchen and waiting staff. We both enjoy the social aspect of the work and are open five days a week from 5pm. Since living here, painting and photography have become a passion and I enjoy weekly Yoga class. PP

