

New home for town's historic cairn

Helensville's historic cairn with its commemorative plaques has a new home - and the move has created a little mystery regarding a missing time capsule.

The cairn was moved from its long-time site outside the former Helensville Borough Council building on the corner of Commercial Road and Rata Street to a new location beside the main entrance to the Helensville Museum in Mill Road.

Contractors lifted the cairn, thought to weigh up to four tonnes, from its old site on Tuesday, September 17.

The cairn had to be moved because the land it sat on, known as the 'Ten Acre Block', has been returned to Maori ownership under the Treaty of Waitangi settlement, and new owners Ngati Whatua o Kaipara didn't want to take on the responsibility for its future maintenance says Rodney Local Board member Brenda Steele.

The Board set aside \$10,000 for the cairn's move, which was transferred to the Helensville & District Historical Society.

Around \$4300 of that money was used in the end for the shift; the remainder will stay with the Historical Society and some will go towards maintaining the cairn in the future.

The cairn features three brass plaques,

two of which date back to 1963. One is a memorial to the founders of Helensville, John and Helen McLeod, and Isaac and Janet McLeod. The second old plaque is a tribute to the town's early settlers, erected for the town's centennial in 1963.

The third plaque was installed and dedicated just last year to mark Helensville's 150th anniversary.

McLeod descendant Laurence McLeod says the two old plaques were originally installed on a bus shelter outside the Borough Council building in Commercial Road, but were put into storage for many years after the shelter was demolished as it had become a target for vandals.

They were found in the former Helensville Borough Council workshop, and when Clan McLeod celebrated its 125th anniversary in 1987 they donated \$300 toward the cost of building the cairn, so the plaques could again be displayed in public.

Laurence and his father Jock chose a rock from Flat Top Quarry to be mounted on top of the cairn, which was dedicated by prominent Helensville businessman, chemist and churchman, Rev. R. A. Coles.

Laurence McLeod was on hand for the cairn's move, and very keen to find a time capsule supposedly buried underneath. However no capsule was found despite a lot of digging, and it is assumed it is probably encased in the large concrete base which was moved along with the cairn.

Not to be outdone, Laurence placed a new capsule under the cairn as it was settled



• The cleaned up cairn in its prime new location outside the museum

into its new location. It's not a time capsule as such, but rather contains a small brass plaque with two coins inset - a 1962 penny commemorating Helensville's first 100 years, and a modern two dollar coin representing the present.

In conjunction with the move, the contractors responsible have thoroughly cleaned the old brickwork, replastered around the base, and reinstated the shell pathway which leads from the museum's front gate around to the riverside walkway.

Meet the candidates

South Kaipara Resident & Ratepayers Association is holding a public 'meet the candidates' evening on Wednesday, October 2 at Waioneke School, South Head. Refreshments will be available at 6.30pm with the meeting starting at 7pm.

Candidates will each have the opportunity to introduce themselves, explain why they are standing and why locals should vote for them. They will then be asked to answer three pre-set questions, before fielding questions from the audience.

■ Candidates have their say - starts page 8.



• Laurence McLeod (left) and contractors prepare to lower the cairn onto its new site

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editorial

By now, many of you (hopefully) will have already voted in the local body elections. However, like me a lot of you are probably still making up your minds. To give you a hand, many of our Rodney Local Board (Kumeu Subdivision) candidates have taken the chance to have their say in this issue - you can read what's on their minds starting on page 8.

And there is a final chance to meet some of the candidates at a meeting on Wednesday, October 2 at Waioneke School, South Head, starting at 7pm. Go prepared with some questions and learn where the candidates stand on matters of direct interest to you.

In our last issue we mentioned that two of the Kumeu Subdivision candidates lived outside the area, in Massey. One of those was Warren Flaunty, and we'd like to clarify that he has in fact lived for 40 years on an 80ha beef cattle farm in Red Hills Road, Taupaki, which is just inside the Rodney Local Board boundary.

What else have we got for you this issue?

There are a number of articles about things which affect our community in various ways. There's the newly-formed residents' and ratepayers' group (so new it's not even named yet!) on page 14; and local groups should look into an offer of free stands at the next Helensville A&P Show (page 4). After years without a local market, all of a sudden we have two - the Helensville Market in the War Memorial Hall, and the Farmers' Market at Parakai. Here's hoping they both flourish - see page 7.

On page 3 we have a report on the recent steam train visit, which brought the local community out in force, and on page 4 we detail the upcoming children's heritage activity day at the Helensville Museum - sure to be a fun family and community day.

- Dave Addison, Editor

Community touch competition returns

Tu Tangi Ora's popular community touch rugby competition returns on Friday, November 1.

The seven-week competition will be held each Friday from 6pm at Rautawhiri Park, immediately after the Junior Touch competition. The final night will be Friday, December 13.

Tu Tangi Ora took over running the senior touch competition about four years ago, says Mili Sipa.

"Our last competition was a one-day tournament in 2011 which was won by a team called 'Monsters'.

"Our co-ordinator left in 2012 to have a baby and we struggled to find organisers or volunteers to carry on the competition, but due to several community requests to revive it this year, we have decided to go ahead with it."

Anyone aged Year 9 and up as of this year may enter. It's a mixed competition, and teams must have a minimum of two women players on the field throughout the games.

Teams can register up to 14 players, but a maximum of six can take the field at any one time.

In previous years up to 12 teams have

competed.

There will be prize money for the winners, but Mili can't say how much at this stage as it depends on the number of entries. In previous years the prize money has been whatever is left from the entry fees after expenses have been deducted.

"I think it worked out that they got about \$500," says Mili.

Team entry fees are \$150, and teams must also supply a referee. Registrations close on Friday, October 25.

For registration forms phone Mili on 420 7971, mobile 027 429 5497, or email her at mili@tutangiora.co.nz.



• The team which won the 2010 touch competition

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Diana comes puffing into town



• Steam train 'Diana' steams into Helensville

Historic steam train Diana with 300 people on board made a brief visit to Helensville on Sunday, September 15.

Belonging to the Glenbrook Vintage Railway and billed as the 'Helensville Express', locomotive Ja 1250 proved a crowd-pleaser, with a large number of locals gathered at Helensville Railway Station to watch it arrive - and a smaller group at Creek Lane as it pulled into town.

The beautifully restored vintage train is one of three steam engines operated by Glenbrook Vintage Railway. It had brought up 300 people from the Waiuku/Glenbrook area, 95 of whom disembarked for lunch at Waimauku.

There, another 95 people boarded the train.

"Those passengers came from around Helensville and West Auckland, but also as

far away as Warkworth, Whangaparaoa and Wellsford," says Railway Enthusiasts' Society president Alan Verry.

While the main purpose of the trip was the lunch visit to Waimauku, the train needed to continue to Helensville to turn around for the return journey, so the decision was made to give people the chance to ride from Waimauku to Helensville and back for \$20 a person.

The 300 visitors spent a couple of hours enjoying a 'whistle stop' tour of Helensville before the former New Zealand Railways train headed back to Waimauku.

While the train was stopped at Helensville station many people took the opportunity to have their photographs taken with the massive engine.

The fledgling Helensville Railway Museum opened temporarily for the duration of the visit, showing off its now-operational model of Helensville rail station in the 1940s.

"From all accounts the passengers enjoyed their outing on the train," says Alan. "Diana ran faultlessly and the whole trip ran very close to the original plan. Hopefully Helensville enjoyed the visitors."

A repeat trip is planned, though no date has yet been set.

Clarification

In our article in last month's issue on Ngati Whatua Nga Rima o Kaipara's affordable housing plans we referred to Kiri Powell as Heartlands co-ordinator, a role she no longer holds. Her correct title is Housing Project Leader.

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Heritage-based Activities Day to focus on children & fun

The Helensville and District Historical Society is holding an Activities Day focussed on young people as a way to recognise the Auckland Heritage Festival.

To be held at Helensville Museum in Mill Road, between 11am and 3pm this Saturday, October 5, the event will feature a range of entertainment and demonstrations of traditional and heritage activities with an emphasis on fun.

There will be plenty of chances for locals to actively participate, and although the activities will be geared towards children it's promised there will be plenty to interest adults as well.

Traditional games will be played, including hoops, spinning tops, jump rope, horse shoe throws, marbles, stilt walking and races such as sack races and three legged races. Craft activities including dressing peg dolls, making sand saucers and simple weaving will be available.

And in keeping with the historical theme will be a quiz, colouring competitions and taking part in mock trials in Helensville's



• Cousins Ra Kemp and Lily Baldwin Mackay shine shoes at an earlier museum heritage event - photo: Roy Brooks

historic courthouse. Story telling sessions will feature old family favourites for a range of ages.

The society's demonstrations are always popular and old favourites like butter making - with the chance for a sample - spinning and other handcrafts will be in Hedley House and the schoolhouse, while the barn will have a range of practical activities.

Entry will be by a gold coin, and there will be a sausage sizzle to keep the hunger away.

Free community trade sites for A&P Show

Local community groups, schools and not-for-profits are invited to apply for a limited number of free trade spaces at the 2014 Helensville A&P Show, to be held on Saturday, February 22 next year.

It's a repeat of a successful community initiative run for the first time for this year's show, which saw six local organisations gain vital public exposure by being provided with the free trade stands.

Because the number of sites is limited, the Association committee will choose the successful recipients once all applications have been received.

The free sites on offer are standard, unpowered 3m by 3m square sites. Recipients will also receive two free adult gate passes. Because of the small size of the sites, vehicles will not be allowed on the sites on show day, and there will be some other restrictions such as not being allowed to serve food, which would compete with paying trade stall holders.

Applications for the sites close on Friday, December 6. Groups and organisations wanting to be considered for a site should email show manager Caroline Anderson at info@helensvilleshowgrounds.co.nz. Application forms can also be downloaded from the A&P Show's website at www.helensvilleshowgrounds.co.nz.



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- Dessert: Banana Fritters with ice cream & chocolate sauce \$9.50

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Wood oil rags almost cause fire in Helensville home

Helensville Volunteer Fire Brigade station officer Mark Anderson is warning locals about the potential danger of using wood oil stain, following a case where a house in Helensville almost caught fire recently.

The occupants found a room in their house filled with smoke from smouldering rags that had been used to apply linseed oil wood stain.

"The house owners in Helensville were very lucky," says Mark. "Overseas a skyscraper fire that killed three firemen started in the same manner."

Mark says the use of linseed oil, or other wood oils such as Lion Oil, to stain or protect wood is the cause of the problem.

"These oils are usually applied with a rag, which if left 'balled up' can spontaneously ignite. The problem is that the oil in the rag oxidises with the air at such a rate that heat builds up and a fire can start," explains Mark.

"If you use wood oils to treat raw wood then be very careful with the rags afterwards," says Mark.

"Leave them spread out, outside, to completely dry. The worst thing to do is to scrunch them up and throw them in the bin. A fire may well start several hours later."

Alysha wins speech competition



This is Year 7 pupil Alysha Anderson (12) from Helensville School, who won the North-West Speech Competition Years 7-8 speech contest late last month.

Alysha, competing against children from nine other schools in the Norwest area, won with her speech on 'why we should buy free range eggs'.

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New home-based early childhood education service

A new home-based early childhood education service has started up in the Helensville area.

Kids Create is offering the service to the local community and is looking both for families with pre-school children to use the service, and also home educators who can be trained to provide the service.

"[We are] particularly excited about working with the Helensville community to create early childhood education solutions tailored to local families' needs," says local Kids Create relationship manager Shirly Fairbrother, of Kaukapakapa.

"Kids Create will bring [local] employment by employing educators as well as helping parents to get back to work."

Shirly moved with her family to Helensville in 1990 where they lived for five years before shifting to Kaukapakapa.

"Kids Create approached me to be their local manager because I live here and understand the different challenges that rural living can bring to families bringing up children," she says.

The new home-based service officially launched in early September and already has more than 80 children in its care.

Director Sonny Vagana has been an owner-operator of his own preschool, Tafesilafai Aoga Amata in Beach Haven, a business founded in 1991 by his mother. He began looking for like-minded people to help



• Shirly Fairbrother with her dog Lara

make early childhood education accessible to all cultures and ethnicities within local communities.

While studying for a masters degree at Massey University Sonny met the three other directors of Kids Create, Christian Driscoll, Shalendra Das and Richard Skilton. All four shared the same determination to develop a home-based early childhood service that would eradicate poor ECE participation rates.

They believe a home environment can offer the perfect opportunity to deliver quality education, teaching both ethical and moral values as well as respect for each child's individual history and heritage.

For more information phone Shirly on 09 420 5555 or 027 221 8553.

Locals man the plough behind 'heavy' horses

Around 80 people took up the chance to see giant Clydesdale horses in action, ploughing at Peacemakers in Fordyce Road, Parakai over two days last month - some even taking charge of the plough themselves.

The horses, Lochie and Bert, are owned and operated by Paul Stroobant of Helensville, and were ploughing to prepare the organic community garden for sowing in a month's time. Despite recent rain the soil was in perfect condition for ploughing, and the heavy horses appeared to enjoy their work.

The October workshop at the community garden on Friday, October 11 will cover sowing larger crops and propagating vegetable plants. The free workshop starts at 10am.



• TA Morehu operates the plough while Paul Stroobant drives the Clydesdales



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From 0 markets to 2 markets...

After years without any form of regular market, Helensville is now blessed with two - one in Helensville itself and another at Parakai.

■ FARMERS MARKET

After a successful grand opening on September 28, the new Helensville Farmers Market will be back in action this coming Saturday, October 5 - and each Saturday after that.

The new weekly market will be held each Saturday from 9am until 2pm at Te Whare Oranga o Parakai, the former Parakai Tavern beside Parakai Springs hot pools.

Organiser Roxanne Donaldson says: "we are offering reasonably priced produce to the community as we are cutting out the middle man, and also offering a place where the locals can come and sell their produce."

Locals will be able to purchase a wide range of local produce, specialty meats, fresh fish and seafood, organic vegetables, honey, plants, arts and crafts, jewellery, pottery, and garden sculpture. There will also be live entertainment.

Roxanne says the establishment of the market follows battles with Auckland Council over permits, and the Parakai site was the third location she applied for.

Due to the popularity of the market she is looking for more sellers of vegetables and fresh produce.

Anyone interested in having a stall should phone Roxanne on 022 131 0297 or 09 420 7438.

■ HELENSVILLE MARKET

Locals can expect to see a wide range of stalls at the new Helensville Market, which opens for the first time in the Helensville War Memorial Hall on Saturday, October 2.

At least 20 stalls are already booked including: cards and stationary; children's clothing; art prints; jewellery; crochet beanies and booties; soaps and candles; Rawleighs products and cards; vintage collectables; crafts; recycled clothing and henna tattoos; knitting and crochet; recycled clothing and toys; and ice cream.

The Breast Cancer Society will also be holding a stall, and buskers will provide entertainment.

The market will run from 10am to 2pm on the second Saturday of each month, at least until December.

People interested in having a stall should phone Arwen on 021 710 367 or Elsje on 027 201 1530. Stalls cost \$10, and tables can be supplied if needed.

■ medical centre notes

I am pleased to be able to announce that we will have a new female GP starting at the end of October.

Dr Nicole Badie is coming from Boston, Massachusetts in the United States, having worked in several places around the world including Australia. She has a particular interest in public health. In next month's column I will give a more detailed introduction to Nicole.

Also in October we will be starting our ManageMyHealth secure web access for patients.

This has now been set up, and people who wish to enrol in the programme will have password-secured web access to be able to make non-urgent appointments, order repeat prescriptions, and get notifications to view results or recalls via the secure web site. This will hopefully make it easier for people to get access to results and to access some of our services at their convenience, rather than by phone.

If you are interested in taking part in this new service, please speak to our staff or pick up a pamphlet from Kaipara Medical Centre about it. There is annual fee of \$10 to cover running costs for the software.

- Dr Phillip Barter, Clinical Director





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Local Board candidates

The 2013 local elections are held by postal vote. Enrolled voters should have received their voting papers by September 25. Voters need to complete their voting documents and return them by post, by Wednesday October 9.

If you haven't posted your voting documents by then, you can drop them in the ballot box at Helensville Library no later than noon, Saturday, October 12.

Helensville News asked Kumeu Subdivision candidates for the Rodney Local Board to provide us with some words about themselves and what they have to offer. Here (in alphabetical order) is what they had to say...

■ PAULA DAYE

As residents of this unique rural community we absolutely must control expansion or risk losing our 'rural' feel. To realise the vibrant future we all want for this area, our local board needs people who can listen and then get things done. I was encouraged to stand because I can do both.

In my career in the Health and Disability sectors - literally from 'Bedpan to Boardroom' - I've successfully battled with Governments to ensure the people I represented were heard and served.

As CEO of two large organisations, I was responsible for strategic planning, multimillion dollar budgets, building strategic alliances and the delivery of quality services during periods of social and political change.

My empathy and passion for the community has led to a variety of board positions with charitable organisations,



including Deputy Chair of the John Walker Find Your Field of Dreams Foundation and Chairperson of Sight-Loss Services among others. I am also a panel member for the Confidential Listening and Assistance Service.

We've raised three daughters, and we now have five grandchildren who are frequent visitors to our family home.

I have the energy, time and commitment and promise to consult, listen and represent your views at every opportunity.

■ WARREN FLAUNTY

I am a rural farmer and pharmacist, farming beef cattle on 200 acres in Taupaki for 40 years, and a current Local Board member. I have a wealth of intellectual



knowledge to ensure the above sections of the community continue to be well

• To page 9

A VOTE FOR WAIMAUKU resident! PAULA DAYE IS A ✓ FOR COMMUNITY

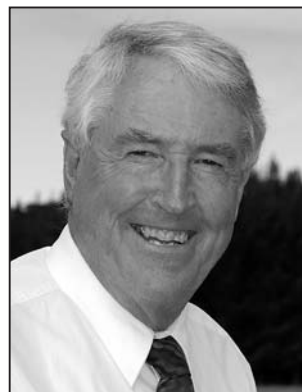
It's about listening & getting things done.
I'm known for doing both.



Paula would be an asset to any community. I fully endorse her as a local board member for Kumeu.

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Authorised by Paula Daye,
Sarah Todd Lane, Waimauku



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I have a wealth of INTELLECTUAL KNOWLEDGE to ensure the above sections of the community continue to be well represented on the greater Auckland Council, making informed, sensible and disciplined decisions on behalf of the community. I believe I have the drive, experience and enthusiasm to continue to be an effective community representative. Always available to the community.

Authorised by Warren Flaunty, Westgate Pharmacy, Westgate
chemist@xtra.co.nz Ph 021 999 246

have their say ...

• From page 8

represented on Auckland Council, making informed, sensible and disciplined decisions. I have the drive, experience and enthusiasm to continue to be an effective community representative. I am always available to the community through my pharmacy at Westgate.

The Unitary Plan will be released shortly and we need to work together as a community to achieve the most desirable outcomes.

The board is advocating supporting the status of Helensville as a 'Town Centre' and the proposed heritage precinct, which restricts building height in some areas. Helensville's heritage should be protected whilst enabling the town to reach its full potential. We are requesting that Helensville/Parakai be considered further as an area for growth and a new RUB.

We are also advocating for options to provide for future growth in Helensville including the provision of infrastructure and living zones to support this. The community in Helensville has been very clear about their desire for growth and this is supported by the Local Board.

Strong residents and ratepayers groups are vital for the health and vitality of communities, and the Local Board is working with the community to resurrect the Helensville R & R Association.

Community involvement: QSM (2004) for public service; JP (34yrs); Massey Community Board (15yrs); Trustee West Auckland Hospice (18yrs); Member Taupaki Ratepayers, Rodney Local Board (3yrs).

Business skills: owned and operated Massey Pharmacy (35yrs); director Westgate Pharmacy; RMA Commissioner; elected member WDHB (12yrs); Past President Waitakere Licensing Trust, member (27yrs); Chairman WDHB Three Harbours Health Foundation.

■ THOMAS GRACE

I am a lifetime resident of Woodhill. I am a self-employed beef farmer. I have a wealth of knowledge in local government.



Currently I am chairman of the Transport Committee and deputy chairman of the Rural Advisory Panel of Auckland Council, and hold six other portfolios including heritage and biosecurity.

Outside of council I am a member of the Auckland Conservation Board, chair of the South Kaipara Community Patrol and the Helensville Environmental & Recycle Trust. An active Rotarian, I am a motor racing enthusiast, driver and official.

I am absolutely passionate about our patch. The new city structure is only part way through its development. I want to finish the

work we have started. The council's Unitary Plan will soon be released and our community needs to work together to achieve the best possible outcomes.

I have the political, social and management skills required to make informed, sensible, disciplined decisions for our community to achieve the outcomes you want. I offer a common sense, down-to-earth approach that is essential for our unique area.

Re-elect Thomas Grace as a tenacious, passionate advocate for the Rodney ratepayer.

• To page 10

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VOTE to Re-elect



Thomas Grace

- **Passionate & Tenacious**
- **Advocate for the Rodney Ratepayer**
- **A vote for me is a vote for our unique area.**

gracewoodhill@clear.net.nz

09 420 8969 021 464 446

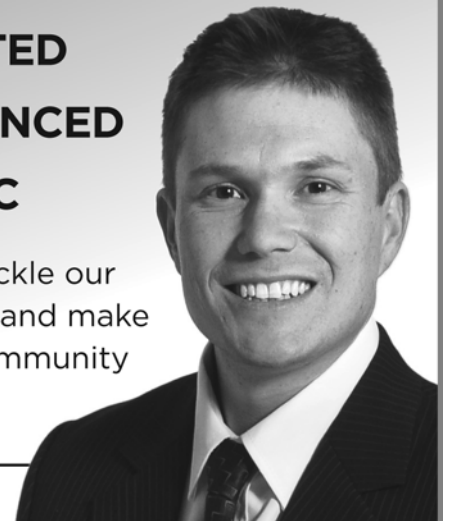
Authorised by T. Grace, 1581 State Highway 16, Woodhill

MORGAN HANCOCK

FOR RODNEY LOCAL BOARD

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- **EXPERIENCED**
- **DYNAMIC**

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Re-Elect BOB HOWARD

- Knowledge
- Experience
- Commitment

Rodney Local Board

Authorised by
 Bob Howard,
 86 Main Road,
 KUMEU. PH: 412 2855

Local Board candidates

• From page 9

■ **MORGAN HANCOCK**

I live in Kaukapakapa on a small lifestyle block with my wife, our 3-year-old daughter and my mother-in-law.



I have lived most of my 37 years in the West/NorWest and am proud to be part of the community. As a successful business owner of 10 years with a young family I know the drive and motivation it takes to get things done. I love living in Rodney, and believe we should be able to live and make a living here, while protecting our rural lifestyle and countryside.

Having worked with council previously I am familiar with the council's systems. One of my main goals as a board member will be to cut through the layers of red tape that drag down many of our community's projects.

I will be a strong and responsive advocate and want to ensure that Rodney rates are being spent in Rodney. I will be able to focus my time fully to the role of board member as I am not seeking positions on multiple other boards. Allow me to bring some energy and focus to the Rodney Local Board.

■ **BOB HOWARD**

Bob is the current Chairman of the Rodney Local Board and a Kumeu resident for 28 years. He has been pleased with the

amount of financial support the Local Board has been able to offer local clubs and community facilities in its previous term. His focus has been urban design in townships and he is committed to retaining the rural and village character of the Rodney area.



With the inevitability of growth in our areas, Bob is keen to focus on local area transport systems - both bus and rail - plus ensuring connectivity between the new developments and town centres with efficient footpath networks.

His experience over the past three years has given him a sound network across Auckland Council and strong ties with many diverse community groups. If re-elected, he will continue to advocate and work towards the betterment of our Rodney Local Board, being 46 percent of Auckland's land area.


■ **PHELAN PIRRIE**

Local resident, ratepayer and businessman Phelan Pirrie devotes significant time to our community and lives in Muriwai with his wife Allison. He is General Manager and shareholder of Best Berries, a major strawberry supplier based in Huapai.



• To page 11

Vote PHELAN PIRRIE
Rodney Local Board



For Action with Results!

A Road Forward?

Our district is a great place to live, work and play with over 1 million visitors turning up each year, but lack of investment in quality roads, safe footpaths and public transport mean it can be frustrating to get around. The Local Board should ensure Auckland Transport invests in our district, economic development and transport go hand in hand...

...but is our Board leaving this to chance?

A vote for Phelan this election will see a Local Board member who will;

Listen to your local road & transport concerns and take action.

Be living & working in your district and 100% focused on getting results for you!

www.votepirrie.org

Authorised by Joss Hong, 94 Oaia Rd, Muriwai

have their say ...

• From page 10

Active with voluntary community organisations, Phelan's roles reflect his values and contributions: Vice President, North West District Business Association; Chief Fire Officer, Muriwai Fire Brigade; Chairman, Muriwai Environmental Action Trust; Executive member, Muriwai Beach Progressive Association; Senior Firefighter, Kumeu Fire Brigade; Honorary Fisheries Officer.

Phelan believes we have a fantastic community with an enviable lifestyle; an effective Local Board will preserve and enhance the things we value.

"The board needs to have a coherent vision for our community's future, this vision needs to be used to argue for increased investment," claims Phelan.

A vote for Phelan this election will get our community a board member who will be accessible to the community and who will ensure action, not just talk about it.

"Our community needs a dedicated, focused Local Board pushing for action and fairer rates distribution" says Phelan.

"I'm genuinely passionate about our district, its future and listening to you and getting results for our community."

■ BRENDA STEELE

While I will work alongside any fellow board members, my work ethics are totally

different. To date I have taken on this position as a full time job which has given me a very firm understanding of the 'new Auckland Council' and the role of a Local Board. This is to advocate, represent and speak on local issues at the Local Board and Governing Body.



I will always bring a real view to the table which comes from 'grass roots' communities living in the Kumeu Subdivision. This is my point of difference!

I am committed to including our young people in future planning and supporting opportunities for job training alongside education up-skilling. Adult learning programmes are equally important. If we link these together the potential for a job training and education satellite is huge. It will require a collaborative approach from stakeholders and the Rodney Local Board.

Kaukapakapa and Shelly Beach have led successful community projects, with more to come. South Head are at the early stages of scoping a project. Muriwai are also proactive in leading local initiatives. Waimauku Lions are leading an awesome project as a village entrance point. Helensville and Parakai communities have several projects being delivered within the next year. It has been a pleasure working alongside all these awesome groups.

Part-time Gardner needed - Woodhill

Helping maintain gardens, citrus orchard, including care of trees and plants, weed control, weed eating, & weed spraying (organic) on 3.5 acre lifestyle block. Approx 3-5 hours a week, once a week. Must enjoy organic gardening and have some horticulture knowledge. Please post your experience to Vicki, PO Box 52, Helensville.

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Brenda STEELE



RODNEY LOCAL BOARD

Authorised by Brenda Steele, 30 Wharepapa Rd, Helensville, 09 420 8191

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John Old celebrates centenary

Members of Helensville Lions Club drove to Rawene in Northland on Sunday, September 8 to celebrate - for the second time - the 100th birthday of former long-serving club member John Old.

It was the second birthday ceremony because the club had already celebrated John's centenary, in his absence, at the club's August meeting.

At Rawene the club members were joined at the Masonic Hotel by many of John's friends and family, along with members of the Opononi Lions Club.

Helensville Lion Dennis Cummings was master of celebrations for the event, providing the gathering with an overview of John's achievements both in his private life and as a 50-plus year member of Helensville Lions Club.

"[It was] a great occasion to honour a fine old gentleman," says club publicity officer Ed Hayhoe.

At the club's August meeting members celebrated with a birthday cake baked by Barb Ross, signed a birthday card, and sang 'Happy Birthday'. Photos taken at that earlier celebration were assembled into a collage and taken to Rawene for the second birthday 'bash' - along with a second cake, also baked by Barb.

John Old first joined Lions at Te Awamutu



• John Old cuts his cake at the Rawene party

in 1961. When he and wife Joyce moved to Helensville in 1967 he transferred to the Helensville club. John was Lions Club Zone Chairman in 1974 and 1987; became a Melvin Jones Fellow in 1988; and was made a Life Member of Lions International in 2001.



Barrow of goodies for garden party winner

This is Gaylene Saggars (left) of Parakai with the barrowful of goodies she won at the Helensville Mitre 10 Garden Party on Saturday, September 14. She, along with everyone else who spent \$30 or more in the week preceding the party, went into a draw for the barrow.

Also winning was Karen Broadley, who scored a raised garden kitset for getting all the correct answers in the garden party quiz. Three others won a selection of shrubs for being closest in guessing the quantities of lollies (1008), seeds (10,849) and potatoes (127).

Ukelele Union provided musical entertainment through the day.

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Helensville School at ski competition

Two teams of five pupils each from Helensville Primary competed in the recent North Island Primary and Intermediate School Ski Championships at Whakapapa ski field at Mt Ruapehu.

The Panthers team consisted of: Kendrah and Rosie Smith, Brianna and Ben Clarke, and Andre England. The Tigers team was made up of Zoe Cook; Greta, Claudia and George Pilkington; and Lewis Aldridge. Reserve was Mila Clark.

The Panthers finished 11th out of 40 teams and the Tigers 31st out of the 40.

Kendrah Smith finished a creditable eighth in the junior girls group out of 142 competitors, while Rosie Smith came 15th in senior girls, out of 64 entrants.

Competition started with a free practice day. Racing began with a slalom, with the students competing in four groups - junior boys and junior girls (Years 1-6), and senior boys and senior girls (Years 7-8).

Unfortunately bad weather meant the final day of racing was cancelled.

The competition is one of the largest single-sport primary schools sporting events in New Zealand, and the largest skiing event held at Mt Ruapehu with more than 300 competitors.

Helensville Primary aims to send a team again next year.



• Claudia Pilkington in action in the slalom

Railway museum to open December 1st

Helensville's new railway museum will open to the public on Saturday, December 1 following an official, invitation-only opening ceremony the previous day.

Railway Station Trust members are working furiously to get the facility ready, with carpet to be laid, new displays to be set up, and all the memorabilia currently in the museum room in the railway station to be moved across and put on display.

The enormous model of Helensville railway station as it appeared in the 1940s is already operational, but still needs a lot of cosmetic work to finish it off - that's expected to be an on-going project.

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- Gisborne - Offering quaint rural charm and long sunny days. Stroll the City Rose Gardens or tour the lush local vineyards to sample the region's famous wines.

- Hobart - Lies along the Derwent River and is dominated by the breathtaking Mount Wellington. Stroll the harbor side docks to browse artist studios and visit the Tasmanian Museum and Art Gallery.

- Melbourne - There's a lot for cruise visitors to see, but you can't go wrong in the city center, full of welcoming pedestrian lanes and Victorian veneers.

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Second intake for Youth Vision programme starts this month

The second intake for Te Awaroa Youth Club's free Youth Vision youth development programme starts on Tuesday, October 15.

The eight-week programme for 12 locals aged between 16 and 24 teaches employment, life, social and community skills, plus health and fitness, and also features adventure-based learning.

It's designed to encourage and foster self-belief, self-motivation and the skills necessary for further training and/or employment.

The first intake was held in August.

So far more than 50 young locals have successfully completed the Youth Vision employment training programme since it began in 2011. The programme has been funded by money from the Mayoress Fund for Youth, and the Auckland Council Large Youth Grant.

For more information either call at Te Awaroa Youth Club, 10 Awaroa Road, phone 420 7977, text 021 299 1369, or email: youthvision@teawaroayouthclub.

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New residents and ratepayer group



• Back, L-R: Jonathan Benge, Owen Jackson, Kura Geere-Watson, Clifford Wright, Jenny Smith, Peter Brennan, Des Hawkes. Seated L-R: Holly Ryan, Helen Martin, Irene Hogan

After years with no united voice to present our area's views to Auckland Council, Helensville and Parakai now have a new residents' and ratepayers' group.

An enthusiastic turnout to a meeting on Monday, September 9 resulted in a 10-person committee being formed. Regular meetings will be held on the fourth Monday of each month, starting 7.30pm at the Men & Family Centre, Gerald Stokes Avenue, Helensville.

A formal name will be chosen at the organisation's first meeting, along with the election of office holders. All locals are welcome at the meetings, and it is not too late for anyone wanting to join the committee.

An early focus of the committee will be the next phase of the Auckland Council's Unitary Plan process, a 90-day consultation period following the plan's notification on September 30.

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with Kaipara chef, Peter Brennan

Nuts are nature's snack food

Almonds are a favoured nut/seed in our house. Apart from the fact we have three almond trees in the orchard, we have eaten them as part of our diet for many years.

Originally from the Mediterranean parts of the Middle East, almonds have a long history as a food. There are sweet and bitter almonds, the sweet being the types we are familiar with as far as food is concerned; the bitter were used for medicinal purposes but with great care, as bitter almonds contain a measure of cyanide.

They are a protein food and contain enough carbohydrate to be ground into a perfectly useful flour.

As my wife is a celiac, she can't eat wheat or any gluten grains, so we use almond flour for cake baking. The flour holds moisture well and though quite dense it makes very palatable and crumbly cakes.

As a snack food nuts are nature's answer - they are easily transported, stored and can be eaten on their own or as a mix with dried fruit for a trail mix. Nuts are also a good value food: if purchased in raw form and in bulk they work out to be a cheap source of enriched protein (enriched because they also contain oils).

Roasted nuts are more palatable to modern tastes, as slightly bitter foods have lost favour with the salt and sugar addicted palate of the modern generation. Getting kids to eat nuts, especially teens, will benefit

■ Roasting Nuts

In a large bowl mix warm water and table salt to a ratio of 1 teaspoon of salt to each cup of water. Pour in the nuts, making sure they are all under the surface of the salted water. Cover with a plate and leave on the bench for seven hours or over night.

The next day, rinse them under cold running water and spread them in a single layer onto a baking sheet, set the oven to 100° Celsius and leave the nuts in there for at least a day. It's a great thing to do over the winter as the oven will keep the kitchen warm!

Once they are thoroughly dry and crisp remove from the oven and cool. They can then be stored in air tight jars for several weeks. When buying walnuts always store them in the fridge or freezer until they have been processed as above - this will slow the oil content from oxidising and making the nuts taste bitter. It is very important to be patient when roasting nuts as low temperature is essential; some varieties of nuts will become less nutritious if heated above 140° celsius.

them no end as many nuts contain essential oils that protect the skin from acne - but they have to be part of the diet on a regular basis to have effect.

To make this happen with our kids we roast our own. This is a slow process but well worth the effort. Most nuts will respond perfectly with this method, such as almonds, cashews, walnuts, peanuts, macadamia and seeds such as pumpkin and sunflower. Make sure they are raw, unseasoned nuts when you buy them; wholesalers will sell them in 1kg-5kg bags. The nuts are first soaked in a salt solution to remove any toxins and bitterness, then are slow baked until completely dry.



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ANIMAL BLESSING

A Blessing of the Animals Service will be held at St Matthews Church, 60 Garfield Road, Helensville, on Sunday, October 6 at 9.30 am. Creatures great and small are welcome; all pets must be leashed or caged. Each pet will receive a personal blessing.

TENNIS HOLIDAY PROGRAMME

Helensville Tennis Club is running a two-day school holiday program on October 7 and 8 from 9am to midday. Book online at www.iplaytennis.co.nz/holiday-camps-and-junior-tournaments.html.

HELENSVILLE AGLOW

At the next Helensville Aglow meeting at 7.30pm on Friday, October 18 at the Helensville War Memorial Hall, Peter Miller, the director of Hibiscus Healing Rooms will speak in a message called 'love who heals'. Peter will bring some Healing Room members to minister healing. He will also talk

about the Healing Rooms and their success. Everyone is welcome. Enquiries to Marilyn Gray, phone 420 4346.

TRIVIAL PURSUITS

The Helensville A&P Association will hold a Trivial Pursuits evening in the Helensville War Memorial Hall on Friday, November 8, starting 7pm. Cost will be \$10 per person, with tables of eight to 10 players. There will be raffles and prizes on offer. Everyone welcome. Enquiries to Caroline Anderson at the show office, phone 420 7572.

TIME TRAVEL FOR CHILDREN

Helensville children will be able to 'travel through time' doing fun activities and earning stickers for a 'TimeQuest' passport as part of Helensville Library's holiday programme.

The children will get to tell the library what book they would save for the future to go in a prize draw; to decorate a dinosaur to add to the library's display; add advice to a window display showing what a visitor from the future should know about living in Helensville today; and complete an activity booklet.

Special events aimed at 3 to 8 year olds will be held from 10.30am to 11.30am on: Wednesday, October 2 - Medieval Madness story time followed by fort building and making coats of arms; Monday, October 7 - Renaissance Revels story time and Venetian mask making; Wednesday, October 9 - Industrial Inspirations and Craft story time followed by making some industrial inventions or jewellery.

KAUKAPAKAPA MARKET

Next Kaukapakapa Village Market is on Sunday, October 20 from 8.30am to 1pm. Stalls will sell locally-produced crafts and produce, plants, and collectables, plus there will be the Lions sausage sizzle, a raffle, coffee and food. Live music will be provided by 'The Musicians' from 10am to 12pm. For more information or to book a stall contact Sarah on 0274 831 542 or 0800 831 542. or email sarah1@maxnet.co.nz.

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Helensville News - Publication Information

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