

Gladiator comes to the A&P Show

Gladiator is coming to the Helensville A&P Show. But fans of the Russell Crowe-starring movie shouldn't expect to see any bloodshed - at least, not real blood.

Visitors to the 113th annual show on Saturday, February 28 will be treated to a Roman living history experience with authentic dress and social re-enactments featuring Roman civilians, Imperial Roman Guards and - yes - gladiators.

Two different re-enactment displays will be put on by the Auckland-based Imperium-Romana (Imperial Romans Society), whose goal is "to develop world-class standards of living history portraying and researching the life and times of Roman people in the first and second centuries."

The morning show will include a display of ancient Roman fighting formations, clashing shield-walls and the testudo ('tortoise') formation, in which the fighters align their shields to form a packed formation covered with shields on the front and top to advance against a hail of arrow fire from enemy archers.

The afternoon show by members of the New Zealand Gladiator School will feature Roman gladiators fighting in the arena, including a gladiatrix (female-fighter).

The mock gladiatorial battles will use special effects to simulate wounding and death and use lots of fake blood (in reality raspberry cordial and syrup).

The audience will be encouraged to decide the fate of the fighters in the traditional Roman manner, by raising thumbs-up for life, or thumbs-down for death. The re-enactments will be narrated, so there's no confusion about the fighting being real!

The group will also have a large Roman style tent featuring displays of weapons, shields and other Roman artifacts. Around 12 fully costumed Romans are expected to be at the show, and visitors will be able to have their photograph taken with a gladiator.

During the day the Romans will be



• Roman soldiers clash shield-to-shield in a re-enactment

parading around the show grounds at various times, looking to sign up new recruits.

"The Roman army is a great career choice!" quips club captain Brett Clark.

Members of Imperium-Romana have spare gear for any prospective new members who would like to try out life as an ancient Roman. Non-combatant members include noble senators, matrons, children and slaves that wear period Roman dress to join in the Roman feasts and fun. More information is available online at: www.imperium-romana.org.

For more on the Helensville A&P Show, see pages 2, 4, 8 and 9.

Writing competition on again

It's time for locals to put pen to paper again to write entries for the *Helensville News*-sponsored A&P Show short story competition.

This year the 'original writing section' has been opened up to children as well, with a 12-years-and-under class in addition to the open class. In previous years, each story had to use three specified words. This year, they must include the phrase "see you at the Show" instead.

There is a first prize of \$25, and entries cost just \$1 for show members and \$2 for non-members.

Stories must be original writing of around 450 words (one A4 page in 12pt text), and must be received by 5pm on Wednesday, February 18.

Hard copies can be dropped off either at the showground office or at Allsorts in Commercial Road, or emailed to info@helensvilleshowgrounds.co.nz as either a Word document or PDF file.

Entries will be displayed in the main indoor building on show day if space allows, and the winning open class story will be printed in *Helensville News'* March or April issue depending on space.

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editorial

Happy New Year everyone - not that it's all that new anymore! I hope you all had an enjoyable time of the festive season.

There has been an extremely lively debate going on over the past couple of weeks on the Helensville Community Facebook page, about the merits or otherwise of correct spelling. It began with one person having an issue with people who use 'txt' type spelling for general writing purposes.

The views seem to be split pretty evenly between those who maintain correct spelling and grammar are still relevant and important in today's world, and those who think it doesn't matter at all whether a person can spell or not, as long as their message is obvious.

As a journalist and editor, I'm obviously in the former camp, though I accept that language evolves and that changes to the way we speak and write are inevitable over time. If a person was never taught correct spelling and grammar, that's something which can be hard to overcome - but I have an issue with people using 'txt' language just because it's 'easier'.

Oh, please note: next month's issue will be coming out a week later than usual, so we can bring you photos from the A&P Show. It'll be published on March 10.

- Dave Addison, Editor

Children's Trail among Show's interactive activities

The 2015 Helensville A&P Show isn't just about looking at things and maybe going on a few rides; organisers are keen to point out the opportunities for active participation by show-goers.

The Children's Trail is back for a second year. Children under 10 years old will receive an entry form at the entry gate. They then need to follow a map around the showgrounds, answering questions at eight specified locations and getting stamps from stewards for each correct answer. The first 30 to take their completed answer sheet to the show office will get a treat.

For adults, artist Andrew Hall will be running a free sculpture workshop, helping show visitors turn waste into art, thanks to an Auckland Council Creative Community Scheme grant. The 'art from trash' project also ties in with the show again being a zero waste event.

Last year's popular UHY Haines Norton 'Guess the Weight' competition will be back, with locals able to guess the weight of two animals, most likely an alpaca and a bull.

And organisers are hoping to put on some village fete-style games, such as wheelbarrow and egg-and-spoon races.

Next book fair in May

The Lions Club's next book fair will be held over the weekend of May 30-31.

It will follow the club's successful pre-Christmas fair last year which raised just under \$6000. Funds raised from the book fairs are distributed to local organisations or members of the community in need of assistance.

About a third of the total book stock sold at the Christmas fair. The leftovers will be re-sorted, with damaged or unsaleable books going to the Helensville Recycling Centre while suitable novels in less than prime

condition are donated to a mission library in the Pacific Islands. The rest of the books are then sold at the Lions book stall at the Kaukapakapa Market, which is held on the third Sunday of each month, and at other events run by the Lions Club of Helensville.

Books will be accepted throughout the year; large quantities can be collected, and smaller lots left at the Helensville Information Centre. For more information phone Chris on 420 8527 or Hilty on 420 8122.

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Market returning to Te Whare

A new market will be the first event at the refurbished Te Whare Oranga ō Parakai, the day following the building's official opening on Saturday, March 28.

To be called the South Kaipara Harvest Market, it will be held from 10am to 2pm on the last Sunday of each month and it will be focused on regional food, produce and related goods. There will be barista coffee and live music.

The 'harvest' name is important as it gets around the requirement for farmer's market stalls to be manned by the food producer.



• Electrician Nick Honeycombe and helper Grace Fletcher at the building site

South Kaipara Food Revolution (SKFR) project manager Jake Morgan says the idea is to form a collective of local growers, often people who may have a little surplus produce from their vegetable gardens or fruit trees, for instance, but who don't have enough of it to warrant having their own market stall.

Their surplus would be either collected or dropped off, bar coded, then sold at the SKFR stall. Bar coding the produce means the individual producers will be able to receive payment for their goods, and because it would be a collective, members would only need to help out on the stall maybe once in six months.

Unsold produce would either be returned to the growers, or distributed to local schools as food boxes.

"It [the food revolution] is about developing the South Kaipara as a food destination," says Jake. "We want to attract people from Auckland."

Anyone interested in having a stall at the market or finding out more about joining the growers' collective can email Jake at: southkaiparafoodrev@gmail.com.

Refurbishment work on the former Parakai Tavern building is expected to be largely completed by the opening day.

Local company B. J. Wilson Builders got the contract for the work, and most of the sub-contractors are locals too. Up to 10 workers are on site at any one time.

The Helensville District Health Trust raised around \$600,000 for the project says Jake, and has underwritten the balance to enable the building to be finished.

"The building is about the Health Trust taking a wide view of what health means," says Jake.

The finished plan adheres closely to the original concepts released early last year, but with refinements for both practicality and budget reasons.

The main entrance will now be at the front of the building (facing the Parakai Springs carpark) rather than



down the side. Some of the office spaces have been changed to a more flexible, open plan 'hot desk' area, and the kitchen, chiller, storage and toilet areas have all been modified.

The building will feature a commercial kitchen available for locals to use, plus a four-station teaching kitchen, opening onto a large central classroom area. The food preparation areas and market venue will make Te Whare the centre for the SKFR.

Jake says the plan is for Te Whare to feature a range of teaching options in addition to cooking, including from providers such as Unitec, Northtec and ACG. There will also be scope for locals to run courses.

A booking system is already in place for people who want to run classes.

Te Whare Oranga ō Parakai will also feature a large multi-purpose space plus rooms that can be used for community health initiatives, available to be rented just for the time they are needed.

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Secret new format for Roses Festival

The Lions Roses Festival on Sunday, March 8 at the Riverside Reserve in Mill Road will feature a major change this year.

At previous events, entrants bought raffle tickets, and associated numbered roses were tossed in the Kaipara River on the day to drift downstream with the tide, with those crossing the finish line first winning the major prizes.

This year, the river race is being done away with.

Visibility of the race was always an issue, and Helensville Lions have instead come up with a new plan which will enable everyone at the festival to see the winning roses.

But they are staying tight-lipped about just what that plan is, saying locals will have to turn up on the day to see for themselves.

The prizes this year include an original Jeff Thomson bouquet sculpture; one week's timeshare worldwide; an HP tablet and sleeve; a lunch cruise for two on the Hauraki Gulf; an assortment of creative toys; a wheelbarrow filled with gardening goodies; and dinner for two at The Tasting Shed in Kumeu.

It will be the second festival under the 'Lions Roses Festival' banner, having been held in its previous 'Running of the Roses' incarnation since 2009. The festival was rebranded and expanded last

year, and this March will again feature the new, more family-oriented format. It will run from 10am to 3pm.

Entertainment will include live music, belly dancers, cheerleaders, food and craft stalls, children's games and a fancy dress competition. There will be a demonstration by police dogs, classic cars, games by IN2IT, and quickfire raffles.

The Coast Guard will be giving rides in their boats, the museum will be open, and the local fire brigade will have their smoking 'Wendy' House in action.

Barking dogs will also be on hand - they are a group of people who teach children how to approach and handle dogs.

For more information on the event phone Pauline on 420 6208 or go to 'The Lions Roses Festival' Facebook page.



• Crowds at last year's Roses Festival

- Photo: Stellanova Photography

Local WWI soldiers to be honoured at A&P Show

Helensville RSA will be honouring locals who died in the First World War at their stand at the Helensville A&P Show.

The RSA was the recipient of one of the show's free community trade stands.

The organisation, with help from Archives New Zealand, the Helensville & District Historical Society and local schools, has researched and put together binders for each of the 35 soldiers.

The binders, tracing the histories of each soldier who died, will be on display at the RSA stand. After the show the binders will go

on permanent display at the RSA rooms in Commercial Road, and a copy of each will also be at the Helensville Museum.

As well as the binders, small reproductions of the nine large WWI timeline boards that have been installed around Helensville will also be on display. Currently only seven of those boards have been put up, and the remaining two full-size ones will also be on show.

The RSA also expects to have a few of their First World War artifacts on display.

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Grant goes to Children's Day Out

The Helensville Women & Family Centre (HWFC) has become the first local recipient of a grant from the Harcourts Foundation, receiving a cheque for \$500 towards this year's Children's Day Out on March 1.

Harcourts Helensville Realty and its sales consultants have been donating a portion of their commissions to the Harcourts Foundation since late last year, with the money raised to be returned to the local community by way of grants to successful applicants.

All money raised locally goes back into the Helensville real estate company's franchise area.

"I would very much like to thank Harcourts' Foundation for their generous contribution of \$500 towards the HWFC Children's Day Out event," says the centre's manager, Christine Salmon.

"The donation contributes towards putting on an event that provides a fun time for families, positively promoting the most important role in life - parenting - and treasuring our children."

The HWFC has run the Children's Day Out for the past eight years as a way for professionals and organisations to interact with the community in fun ways. The focus is on promoting active play between parents and their children, and the chance for local parents to receive information on parenting and organisations that provide services to families and youth.

Catering for children up to 12 years of age, the 2015 Children's Day Out will run



• Harcourts Helensville owner Graeme McLeod presents Christine Salmon with the cheque

from 10am to 1pm on Sunday, March 1 at the Helensville Memorial Hall with free entry. The theme this year is 'Treasure our Children'.

The day will include bouncy castles, fun activities, prizes, information bags, and food stalls.

The HWFC is a non-profit charitable trust, and any donations are gratefully received. Anyone wanting to contribute to the Centre should phone Christine on 420 7992, or direct credit into ASB 123 139 0002928 00. The HWFC Charities Commission Registration Number is: CC38349.

The Harcourts Foundation was set up in 2008 and has since raised more than \$2.7 million. All its administration time is donated, meaning 100 percent of the money raised goes back to the communities.

Grant applications can be made online at www.harcourtsfoundation.org, and must be for a specific event, project, item or initiative.

Dance shows raise \$1500 for HWFC

Two 'At the Movies'-themed performances held in mid-December by local dance school Danceville raised \$1500 for the Helensville Women & Family Centre (HWFC).

The money went towards the 30-plus Christmas hampers given to local families by the centre, and towards the Children's Day Out on March 1.

The HWFC was chosen as the recipient of the shows' proceeds by the students' parents at the request of Danceville's Zoe Hogan.

After the final performance HWFC manager Christine Salmon was presented with the \$1500 plus a box of groceries.

"Thank you so much Danceville - Zoe, parents and students - in generously supporting the centre and the work we do," says Christine. "It is support like this that enables our services and acknowledges our place in our community."

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Two new doctors start

Two new doctors have started at Kaipara Medical Centre - although one of them will already be familiar to many patients.

Dr Trinh Wright has been at the centre for the past six months as a registrar doctor while she completed her GP training. She has now started a one-year contract in Helensville.

She grew up in Avondale and Henderson after her family moved to Auckland from Vietnam when she was just two.

Trinh studied medicine at the University of Auckland medical school, then after qualifying spent three years in Auckland hospitals, including a year at Starship during which time she gained a diploma in pediatrics.

She then decided to move into general practice, completing her training over the past year.

Her areas of special interest are pediatrics and women's health, and she expects to take on further training in the latter and possibly rural emergency care.

Trinh lives with her husband in West Auckland but says she finds Helensville great, particularly the "interesting mix of lifestyle block owners contrasting with the poorer community".

She spends her spare time with family and friends, and is a keen Warriors supporter.

The second new face at Kaipara Medical Centre is Dr Dean Foster, who started there in late January.

Dean has been a GP for 18 years, mostly in the Auckland area but with a number of locums around the country. He has also worked in Gladstone in Queensland, Australia, and for three months in Zimbabwe.

Like Trinh, Dean trained in medicine at the University of Auckland and has spent time as most of the hospitals in the Auckland area, including accident and emergency care.

He has special interests in sports medicine, minor surgery, and the specialist areas of aviation and dive medicine.

Dean and his family moved to a 1.8ha lifestyle block in Helensville in April last year; his wife was keen on a country lifestyle, and they wanted their three children to attend Kingsway School in Orewa.

Dean was initially commuting to work in West Auckland, and then Orewa, until the Kaipara Medical Centre position became available.

As a keen sports person, the outdoor lifestyle offered by the Helensville area appeals to Dean. He enjoys cycling, swimming and running, and also enjoys trekking, high alpine climbing and skiing. His twin brother, Brent is a leading triathlete.

Originally from Titirangi, Dean is also a keen follower of politics.

Dr Sherine Tobias has left the medical centre so she can work closer to her family in South Auckland.



• Dr Trinh Wright



• Dr Dean Foster

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Call to share health histories

Helensville woman Lucinda Croft is looking for locals to interview about their health histories.

The 27-year-old has just become a certified holistic health coach after completing an online course from the Institute for Integrative Nutrition in New York.

While still employed full-time as a sales rep for fashion label Stolen Girlfriends Club, Lucinda is looking to establish a client base in her spare time with a view to eventually working full-time as a health coach.

As a first step towards that, she is offering interested locals a free consultation. If the interviewees decide they would like to go further, Lucinda will be happy to take them on as clients, although she stresses there is no obligation. The interviews can be done either in person or by telephone.

As a health coach Lucinda will act as a mentor for clients to help them achieve their



• Lucinda Croft

wellness aims. She will look at all the facets of the client's health, including current eating habits, relationships, exercise, career, and sleep patterns, to develop a personalised programme to help the client meet their health and wellness goals.

"It's a whole new paradigm of career," she says, explaining that while health coaching is already big in the United States, it is still in its infancy in other countries.

Her New York course included training in all dietary theories. The idea is that every person is different, and there is no one diet that suits everyone - rather a tailored approach is needed.

Lucinda is planning to further her training by taking a short course in August this year in Santa Monica, California.

She will have a website detailing the services she offers up and running by May, at www.sofreshsoclean.co.nz.



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medical centre notes

In February we are emphasising women's health, in particular cervical screening. The DHB and Procure are enabling us to provide a funded free cervical smear to women aged between 30 and 69 who have never had a smear before, or if it has been five years since their last smear.

We currently have four nurses who take smears, and once a fortnight there is an evening smear clinic available. We encourage women to be proactive in looking after their health, and smears are an important part of women's health screening.

February is also the start of the new school term, and is a good time for those children entering school that have not yet had their four year immunisations to come and see our fantastic nurses to make sure they are protected as much as possible.

From the reception and administration team: we currently waste a lot of time trying to contact patients who have changed their contact details and not told us. It may be we have urgent information, such as changes to medications, results or appointments.

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- Dr Phillip Barter, Clinical Director



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Lots of new attractions at this month's

As well as the headlining fighting Roman gladiators (see article front page) there are numerous new and updated attractions at this year's Helensville A&P Show, which for the second year in a row will be a zero waste event.

The layout of the 113th annual show on Saturday, February 28 has been refined again for this year, with the main entertainment stage moving back close to its original location in front of the main show building. The fence bordering the racetrack will be removed, allowing the stage to be moved further back, leaving more space in front of it.

On the stage the spotlight will be firmly on leading Auckland band Sal Valentine & the Babyshakes, playing at the Helensville Show for the first time.

Described by New Zealand music download website Amplifier as "widely regarded as one of the greatest live acts in the country", the 10-piece jazz and rhythm and blues band often has a distinctive big-band sound. They have recorded both an album and an EP, currently available for sale.

Between their sets the audience will be treated to brother and sister Emilie Barton and Chris Harwood, and the popular North Shore-based Ukelele Union group.

For the young and young at heart,

another new act at the A&P Show is sure to be a huge hit - Captain Festus McBoyle and his band of pirates.

The captain, who describes himself as "New Zealand's ultimate rotten pirate entertainer", performs in the vein of Spike

machinery.

What was the 'Relish the Taste' food demonstration and stall tent last year, located in the trade area, will this year become a farmers' market, while the food and wine area moves back to its former spot between the wood chopping and bar areas, by the office end of the show building.

Of course the Helensville Show has its roots in our district's agricultural and pastoral heritage, and the 2015 show will do what it does best - highlight the farming aspect of our community through displays and competitions of animals, including cattle, sheep, alpacas, miniature donkeys, horses, poultry and working dogs. Many of the trade stands will be farming-themed, plus there will again be a Junior Farmer competition for local school children.

The Cookie Bear Roadshow, which will again feature a wide range of rides, mostly for school-aged children although a number are aimed at smaller children.

Also returning will be the popular 'Water Walkers' Zorbs, and there will be a vertical bungee jump.

The youngest visitors to the show will be pleased to see McDonald's Travelling Farmyard back again, where they will be able to pet and feed lambs, piglets and goats.



• Getting up close and personal with animals is what the Show is about

Milligan, Benny Hill and Monty Python.

His semi-vaudeville style musical show also features sidekicks Ida Crumpet and Penny Short. They perform humorous songs, play pirate games and tell 'tales of the sea', and have played before audiences of more than 12,000.

Other new attractions to look out for include maypole dancers and a display of retro caravans and old and new farm

HELENSVILLE A&P SHOW

Saturday, Feb 28

from 9am

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- ▶ Imperial Romans Society Gladiators
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- ▶ Food & wine from our area
- ▶ Captain Festus McBoyle & his Pirates
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- ▶ Farmers' Market
- ▶ Maypole dancing
- ▶ Cookie Bear Roadshow
- ▶ Guess the Weight competition
- ▶ Animals: horses, cattle, sheep, alpacas, mini donkeys, poultry
- ▶ Sheep dog trials
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Helensville A&P Show

Carmel's face painting will be back again to deck them out in all sorts of colourful designs.

Paul Stroobant will be running his popular clydesdale-drawn carriage rides, which give show visitors a good look around the grounds and everything that's on offer, while Helensville Pony Club will again be holding pony rides for the children.

The Dayle ITM Woodhopping is one of the show's most popular spectator sports, and the North Harbour Axemen will be in action again this year.

Show organisers are keen for visitors to the event to check out some of the other

returning regular competitions which because of their locations on the ground are sometimes overlooked, such as the highland dancing at the Railway Street side of the trade area, and the sheepdog trials which are situated in the triangle of land between the racetrack, Railway St and Stewart St.

Other regular features will include demonstrations by Brightside Spinners, and the River Valley Amateur Winemakers & Brewers Guild, back for its 30th consecutive year at the show.

Once again a number of organisations have been granted free trade spaces for the show. This year they include Helensville Lions; Helensville CAB;

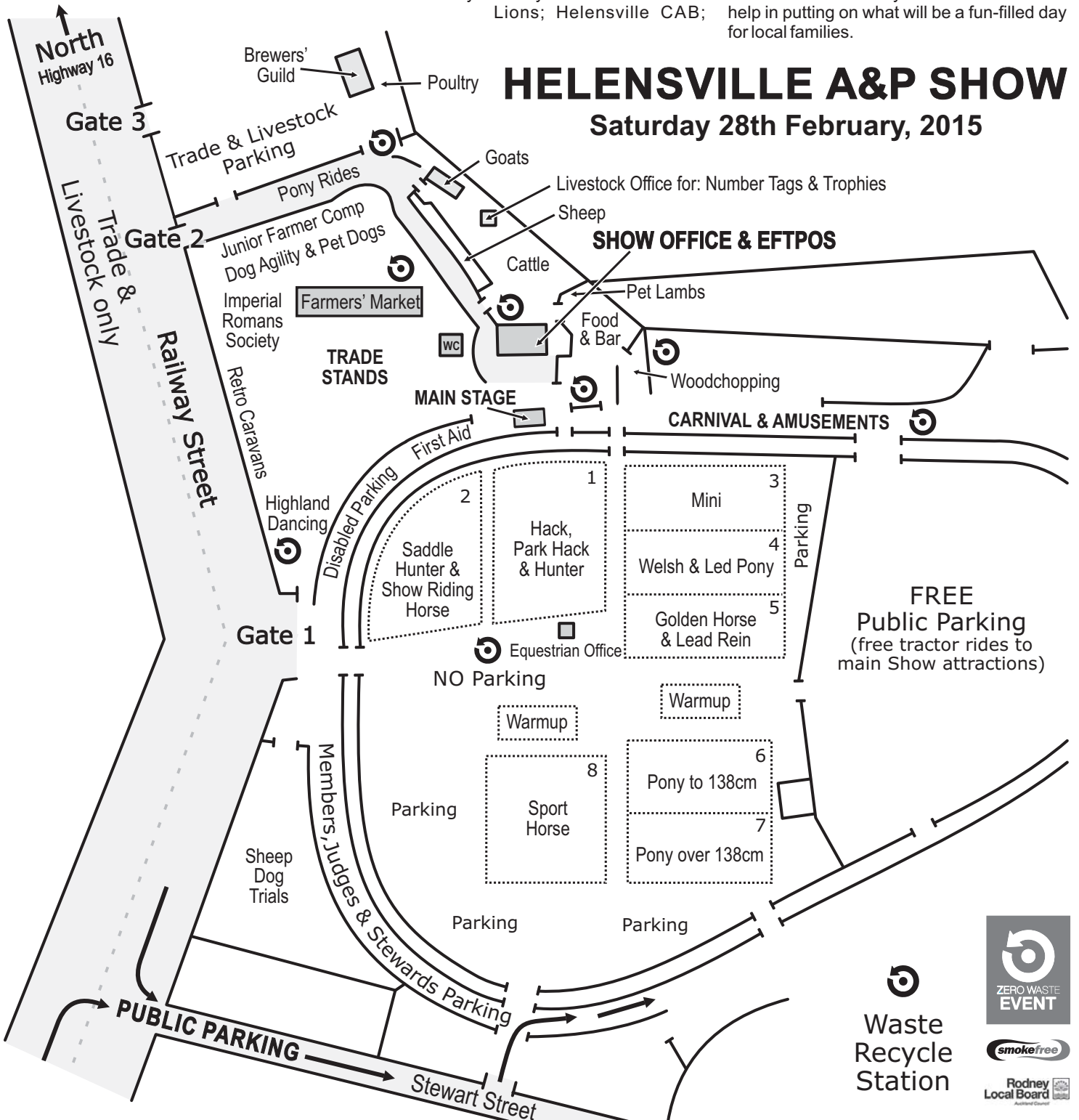
Rural Women NZ; the McCosh Charitable Trust; South Kaipara Land Care, Helensville RSA; and Hospice West Auckland.

As usual there will be free tractor rides from the public carpark, accessed through Stewart Street, and an EFTPOS cash out facility will be available at the show office.

Entry to the show is by cash only - EFTPOS will not be available at the gate. Entry: adults \$10, school children \$5, preschoolers free, family pass (two adults and up to four children) \$25.

Show manager Caroline Anderson thanks the show's sponsors and supporters as well as the Rodney Local Board for their help in putting on what will be a fun-filled day for local families.

HELENSVILLE A&P SHOW Saturday 28th February, 2015



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Mothers compete in Helensville for title of NZ's Fittest Mum

As many as 75 mothers from around New Zealand – five of them locals - will be battling it out in Helensville on Saturday, February 14 for the title of 'Fittest Mum NZ 2015'.

Competitors in the national CrossFit competition will compete for prizes in two categories: 'RX' for the top athletes experienced in CrossFit, and 'Scaled' for those new to CrossFit or who cannot yet do all CrossFit movements.

They will have to complete four different challenging workouts to be in with a chance of claiming bragging rights as the fittest mum in New Zealand.

The event will be held at CrossFit Infinite at 79 Mill Rd, Helensville, next door to Helensville Fitness Centre, which will hold an open day at the same time. The competition will run from 8am until about 4pm and is expected to draw up to 400 spectators.

A fundraiser for the local community will be held in conjunction with the event. Competitors and supporters are being asked to donate used children's clothes, which will be sold at a market stall at the competition with proceeds going to local charity.

It will be the first time a 'fittest mum'

CrossFit competition has been held anywhere in the world, but CrossFit Helensville head coach and director Sly Natty says next year it will be opened up to other countries.

While CrossFit started in Helensville in August last year, the competition will double as the official opening of CrossFit Helensville.

CrossFit is an international 'sport of fitness' which encompasses strength, speed and cardiovascular endurance as well as power, stamina, co-ordination, agility, balance, flexibility and accuracy.

The idea is for a CrossFit athlete to be capable of performing across a broad range of tasks and be equipped to deal with the many varied physical challenges they might encounter in day to day life.

"In our gym we programme constantly-varied functional movements – those found in real life," says Sly.

"In this way we train our athletes to use the basic mechanics of their bodies to greatest effect and therefore maximise the amount of work they can carry out in a set time frame."

The focus of CrossFit isn't about looking good, but rather about improving functional ability.



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Hay time in Helensville



• Bales on a Parakai farm ready to be stacked for winter

Farmers around the district have literally been making hay while the sun shines over the past few weeks. Perfect hay making weather has followed a superb growing season, resulting in heavy hay crops district-wide, with many farmers getting many more bales made than they expected. However, with a drought looming for much of the country - including possibly in our district - there is likely to be a much greater demand for hay than normal as well.



• Sunrise over the tractor of hay contractor Caleb Jackson



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Happy new year to you all and we hope you have all enjoyed a safe, happy and healthy break over the Christmas and New Year period.

Te Whare Oranga Update: Put Sunday 29 March in your calendar!

The summer holiday period is typically a time when things shut down and work stops for a while – but not here at Te Whare Oranga! Barry Wilson our builder has had his team working throughout the holiday period to ensure our March 2015 opening date becomes a reality. Extensive renovations throughout the former Parakai Tavern are underway with exciting interior designs and landscaping planned for February and March.

We can't wait to show you your new community facility and invite you all to attend our inaugural Harvest Market day on Sunday 29 March from 10am – 2pm. Guided tours of the renovated building, not to mention entertainment and delicious local food will be on offer throughout the day. Mark it in the calendar and bring the family – we're planning a fantastic first market day to be proud of!

Farewell to June King

December 2014 saw the end of an era, as June King our Assistant Manager retired from her role at the Trust. Many people throughout the South Kaipara community know June and her tireless efforts at the Trust – she's been with us for over 20 years and will be sorely missed. We wish her all the very best for her retirement 😊



June King pictured above left cuts her farewell cake with Trust Manager Charm Torrance.

PEOPLE'S CORNER

Jake Morgan



Jake is the Project Manager for the South Kaipara Food Revolution, the cornerstone of Te Whare Oranga ō Parakai. With extensive international experience and expertise in the

hospitality sector, Jake works with us part time to steer, develop and (very soon) launch the South Kaipara Food Revolution. He's excited to connect local food producers with local consumers – especially via the monthly Harvest Market starting Sunday 29 March 2015, 10am – 2pm.

When he's not revolutionising local food production and consumption, Jake is busy running noodle, a PR and photography business owned with his partner Michelle. He also works as a real estate photographer.



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St John update

Helensville's St John youth division will be back in action on Monday, February 16. A family-oriented youth group that caters for children and youth from 6-18 years, the division covers all aspects of first aid and is also involved in local and community events.

The group meets on Monday evenings from 6.30pm to 8pm behind the St John Ambulance Station in Rata Street. Phone leader Anita on 021 294 0544 for more information.

Former and present members of the Helensville St John Area Committee and Op Shop staff gave up their New Year's Eve, until the early hours of the morning, to support operational ambulance crews on their busiest night of the year.

Welfare stations, providing hot and cold drinks and food, were set up in the ambulance bays at the four Auckland hospitals. This enabled ambulance crews to get a short break between jobs. Donations of home made food, supplies purchased from Op Shop sales proceeds, and company donations meant there was plenty for everyone. This has become an annual tradition and is greatly appreciated by the crews.

Finally, Helensville St John plans to have a stall at the A&P Show on Saturday, February 28. It will showcase both the Op Shop and the work St John does, both locally and for the ambulances and crews who serve the South Kaipara population.

from the frontline

Happy New Year everyone ... let's make 2015 a year when we all take steps to ensure we do not become victims of crime.

Dishonesty offending has been rising and unfortunately some people are not vigilant enough when it comes to protecting their homes and belongings. There are no guarantees, but there are simple things you can do to reduce the risk of someone breaking into your home or vehicle. A high percentage of dishonesty offending reported is opportunistic.

During summer many people leave house and vehicle windows open due to the warm weather. This provides easy access for thieves. Make sure your home, sheds and garages are secured at all times, and use effective catches and locks.

- Lock your vehicle, no matter where it's parked and regardless of how long you will be away from your vehicle.
- Never leave your belongings on display. If you have to leave items in the car, keep them in the boot.
- Take valuables (eg wallet, mobile phone, ipod) with you. Definitely don't leave them in plain view. Even leaving them in the glove box or under the seat doesn't ensure they are secure.

We sometimes forget that some of the items we have with us can add up to hundreds if not thousands of dollars. Would you leave a wad of cash just sitting on your front seat? So why would you leave your laptop sitting there?

Getting to know your neighbours is also an effective approach in the fight against crime. If you're not aware of crime happening in your area then you're less vigilant. Joining Neighbourhood Support is a great way to remain informed about crime in your street. For more information email me at: MBX062@police.govt.nz.

Public information is invaluable in helping us catch those who commit burglaries and thefts. If you see any suspicious behaviour call 111 immediately. Lots of burglars and thieves are caught this way. If you have historic information and want to remain anonymous call Crime Stoppers on 0800 555 111.

- Mandi Bell, Community Constable



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Top painter and sculptor to exhibit

Exhibitions by top local artists, painter Jayne Thomas and sculptor Jeff Thomson, kick off 2015 at the Art Centre in Karaka Street.

Opening on Saturday, February 7, Jayne Thomas's exhibition will showcase her unique approach to her work, whereby she often creates effects by burning paint away with a blow torch, revealing previous layers of paint or even previous paintings.

United Kingdom Jayne immigrated with her parents to New Zealand, eventually settling in Helensville. She has exhibited regularly since completing a Certificate in Creative & Visual Arts at Rutherford College in 2000.

Jayne works mainly in oils and encaustic, her main subject being the human figure (left), looking at anonymity and what creates it. She has also tutored contemporary art for three years.

Jayne's show will be followed in March by an exhibition of work by internationally recognised Helensville sculptor Jeff Thomson.

"Jeff's shed has to be one of the most inspiring places to visit in Helensville," says Pauline, "and this exhibition will give a real taster of what is to be found lurking within its walls."

Jeff, known predominantly for his corrugated iron works including animals, birds, kangaroos for an Australian airport. He also won an award in the World of Wearable Arts competition, and is now one of the judges.

Auckland-born Jeff has become the 'Corrugated Iron Man of Australasia'. From an early age he developed an ability to draw images quickly with pencil rather than using the written word. He started observing and collecting the wealth of highway paraphernalia found on New Zealand roadsides, leading to his rural letterbox sculptures, the first body of Jeff's works to gain national recognition.

His latest Helensville exhibition will be curated by Pauline's husband Andrew Denton. Andrew mentioned to Jeff that he'd love to do some art, and Jeff's response was the challenge: "why don't you". Andrew is now exhibiting his first public sculpture, 'Sprout', at the latest exhibition at the Kaipara Coast Sculpture Gardens.



"This is a real 'must see' exhibition," says Art Centre coordinator Pauline Denton.

"If you like one of Jayne's paintings, buy it before she paints over it or blow torches it!" she quips.

Pauline says Jayne marries her "maverick, almost vandalistic approach" with beautifully lyrical painting and drawing techniques.

Born in the



• Andrew Denton with his 'Sprout' sculpture

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• Jeff Thomson in his Helensville shed

with Kaipara chef, Peter Brennan

Sweet corn

Cucumbers, tomatoes and the fresh greens vegetable gardens all take a lot of watering and tending over the hot months of summer. The return for this effort is a bounty of fresh salad basics around which most of our summer meals are based.

A few slices of dry parmesan tossed with the lettuce and olive oil then garnished with shredded mint leaves and coriander is a family favourite.

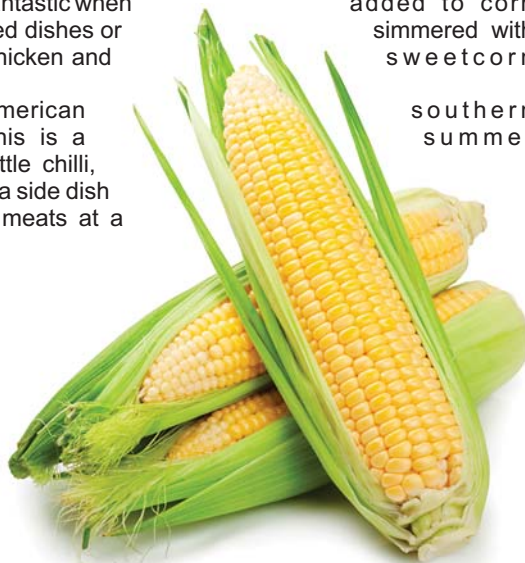
Meanwhile out in the garden the sweetcorn is quietly doing its thing, not very demanding of your time or the watering can, yet able to produce a crop of equal importance.

As always the best of the corn all ripens at about the same time. So when it is at its best I go through and pick the biggest and ripest cobs, we eat what we can fresh and process the rest.

Sweetcorn can be easily stored in the freezer as whole cobs, to be pulled out and steamed later, or it can be cut off the cobs with a sharp knife and the kernels can be bagged and frozen. The kernels are fantastic when added to corn fritter recipes, can be thrown into stir fried dishes or a chicken frame to produce delicious chicken and sweet corn soup.

There is also a very popular American states dish called 'Maque Chox'. This is a stew of fresh corn, onions, garlic, a little chilli, tomatoes and cream. Usually served as a side dish it will sit nicely alongside salads and meats at a barbeque.

southern summer



■ Maque Chox

- 2 large cobs of corn.
- Splash of cooking oil
- 20g butter
- 1 x medium onion diced
- 2 x cloves of garlic crushed
- 2 x red or yellow or mix, capsicums, diced
- 1 x chilli diced
- 2 x medium tomatoes, diced
- 2/3 x cup of white wine, stock or water
- 2 x table spoons of sour cream
- Chopped fresh basil

First, peel the corn and pull off the silks. Lay it on its side on the chopping board and carefully cut off the corn kernels, saving them to a bowl.

Add the oil and butter to a pot and set on a medium/low heat. Add the diced onion, garlic, capsicum and chilli. Saute for a few minutes then add the tomatoes and wine. Cover, reduce the heat and allow to cook for a few minutes.

Add the corn and the sour cream and cook for another few minutes until the corn is tender and the mix is quite thick. Season with salt and black pepper then serve in a bowl with the fresh basil sprinkled on top.

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■ KAUKAPAKAPA MARKET

Next Kaukapakapa village market is on Sunday, February 15 from 8.30am to 1pm, featuring live music from Foster Watkinson on the tenor sax plus stalls, food, coffee and more. For more information or to book a stall phone Sarah on 0274 831542 or email sarah1@maxnet.co.nz

In conjunction with the market will be Story Time with Crispin Caldicott, who will be reading from a selection of classic children's books in the the historic Kaukapakapa Library between 10am and 1pm.

■ HELENSVILLE AGLOW

Pastor Len Buttner from the Eagle Ascend Ministry will be guest speaker at the Helensville Aglow meeting on Friday, February 27, 7.30pm at the Helensville War Memorial Hall.

He has given talks in Africa, Australia, the United Kingdom, Asia and New Zealand, and he will talk about 'The Power of the Love of God'. All welcome; a donation is requested. Enquiries to Marilyn Gray, phone 420 4346 or 027 290 3605.

■ SOUTH KAIPARA U3A

Dr Mary Ann Powell will speak on 'Rural Schools in NZ' at the next South Kaipara U3A meeting on Friday, February 13, 1pm at the

St John ambulance rooms, 7 Rata Street. Dr Powell's research has a special interest in children and young people, and her talk will be focus on the rural school setting.

A second 'mini' speaker, Marvyn Crone, will tell 'Charlotte's Story' - "we came on a ship to the hell-hole of a Promised Land, the goldfields, Victoria, Australia, 1850's".

Entry will be by gold coin donation and afternoon tea will be served. Phone Jenny on 09 827 8861 for more information. From March, U3A meetings will return to the first Friday of the month.

■ KAIPARA LANCERS

Registrations for the Kaipara Lancers rugby league teams are being held on Tuesday, February 17 and Thursday 19 from 5pm at Rautawhiri Park, for both Junior (under 13s) and Senior teams. People wanting to register should bring a birth certificate, passport or driver's licence. Senior team training began on January 27.

■ KKK SCHOOL COUNTRY FAIR

Kaukapakapa School's biennial Country Fair will be held at the school grounds on Saturday, March 7 from 10am to 2pm.

There will be miniature ponies; donkey rides; plant, old fashioned sweets and cake stalls; raffles; auctions; all day entertainment on stage; and the Helensville Farmlands Gumboot Toss with Red Band gumboots and jandals up for grabs.

This year the School Support Group has a number of projects earmarked for the funds raised including supplying tablets and other equipment for classrooms and landscaping.

"All those things that help the children of Kaukapakapa School to learn in a productive and fun environment, but that the ministry simply cannot afford to fund," explains principal Tony Westrupp.

An Eftpos 'cash out' facility will be available on the day.

For more information phone Kaukapakapa School Support Group chairman Jane Cocking on 420 4113.

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Editorial Enquiries, Letters to the Editor and Advertising:

Dave Addison - Ph: 420 7215 • Mobile: 021 178 5568 • Email: dave@helensvilleneews.co.nz

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Letters to the Editor: should be kept to around 250 words and may be edited as space dictates.



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