

Major extensions at Parakai church

Work has just begun on a three-quarter million dollar extension to the River Valley Baptist Church on the corner of Parkhurst and Fordyce Roads in Parakai.

The new building has been in the planning stages since July 2012, and local builder Paul Nasmith is expected to have it to lock-up stage by early November.

Then, members of the congregation will do as much of the finishing work as they can themselves, with the aim of having the building finished within six months.

"It's taken a huge amount of time to get resource consent," says building committee chair Shirley Wood. "Under the new unitary plan it hasn't been easy."

The extension will include a new main meeting room capable eventually of seating 200 people, although with a congregation of around 50 it won't be needed in its entirety to start with.

Instead, it will be divided up with permanent-looking but temporary walls to create extra room for a creche and a children's ministry room.

Also included in the extension will be a new entrance foyer, office, storage rooms and a toilet block. The existing meeting room will be repurposed as a multi-use space.

The new building was designed by a

congregation member who is an architect, and Shirley says the church is lucky to be able to call on a wide range of professions and skills from its members to help with the rest of the construction.

"We've got a lot of talent in the church, and will do as much [of the work] as we can," she says. Consultants have been employed for things such as drainage.

Much of the expected \$750,000 construction cost has been raised through donations.

River Valley Baptist Church was formed in January 2001 with a congregation of just 16, which met in a resource room at Parakai School.

The church bought its current property at



• Shirley Wood overlooks the construction site

the bottom of Fordyce Road in late 2006, and has already altered the building three times since.

Shirley says the latest extension will largely match the existing building in terms of style, although it will have an iron roof.

"It will look like it belongs in Parakai."

"It's a Parakai building, and we hope it will be used by the community," she says. Church members have met with Imelda King at Te Whare Oranga o Parakai to make sure its use doesn't clash with that facility.

Hospice opens Helensville clinic

Hospice West Auckland has opened a new nursing clinic in its Helensville shop in Mill Road. It is being run by specialist palliative care nurses as a service for current patients of Hospice West Auckland.

The clinic is open midday to 2pm on Wednesdays, and is designed to ensure hospice care is more available to those living in the Helensville area.

Hospice nurses care for patients in their own homes throughout West Auckland, and the clinic is a way to make hospice care more accessible, with both drop-in sessions and appointments available for current Hospice West Auckland patients.

Anyone wanting to enquire about being referred to Hospice West Auckland is welcome to drop by the clinic for a chat with one of the nurses. Alternatively they can ask their doctor for a referral, phone Hospice West Auckland on (09) 834 9755 or visit www.hwa.org.nz.

Meanwhile the Helensville Hospice Shop urgently requires new retail volunteers. Shifts begin at three hours per week. Anyone interested should email Sarah Jeffs at volunteerservices@hwa.org.nz or phone 09 834 9750.

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editorial

Make the most of the articles this issue, as next month's paper is going to be very different. It's had to be produced early, so will be a little smaller and won't feature our usual great selection of articles. Instead, apart from one feature story and the regular back page Town Talk column, we'll be bringing you a comprehensive listing of community organisations and sports and special interest clubs in our area.

I've talked in previous editorials about the struggle many of these clubs and organisations have attracting and retaining members - and in particular younger members. As an example, the average age for members of the Helensville & District Historical Society must be well in the 60s, and possibly older. What those folks do is fabulous - but they won't be around for ever, and younger members are needed to ensure the future of the society, and many other groups like it.

Hopefully our feature will encourage a few of you to sign up to one or more of the diverse range of offerings available in the local area.

- Dave Addison, Editor

Gatsby night proves popular



Looking very dapper are (from left) Oliver Vitali, Mark Athelney, Andy Healey and John Olson, who enjoyed Helensville Christian Life Centre's Gatsby Dinner last month.

They were among about 65 people who dressed up in the glamour and glitz of the 1920s for the event at the Commercial Road church, which included live jazz from some talented church musicians, a rather difficult 1920s-themed quiz and a catered buffet dinner followed by home-made desserts.

The one-off special social occasion was such a success the church plans to host other themed dinner events in the future

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Locals feature in kids book

A new children's book by Helensville author and artist Ann Keane features local people and local scenery.

Readers of 'Let's Catch that Rainbow!' will recognise names such as Stokes, Bodle and Hayes - no first names are used - and the beautifully painted scenes are almost all views from Rimmer Road looking towards Helensville.

The main protagonist in the book is a boy called Hadleigh, which is Ann's youngest son's name. In fact the story is based on a tale Hadleigh, now almost 29, made up when he saw a rainbow while being driven to Hobsonville Kindergarten as a four or five year old.

"When we got home that night I wrote down what he had said. We actually made the rainbow cake [which appears in the book]", says Ann.

While the story is based on a real incident, Ann says she has "embroidered a few bits".

She says all the characters in the book are based on real locals.

"They've all known since Hadleigh was four or five that I had the story, but I don't think they thought it would ever happen."

Ann, a former kindergarten teacher and accomplished artist, has written more than 30 children's stories, but this is the first one published. The illustrations, in watercolour and ink, took her nine months, working about five hours a day.

She now has three more books being planned (one also set locally), and has only just been able to start work on them after seriously injuring her hand in a car accident. She has had physiotherapy for a year, and has only recently regained the ability to grip a pen or paintbrush.

She says it was "awful" not being able to paint for a year. "I had all these other stories I wanted to get on with."

Originally from Wairoa in Hawkes Bay, Ann started teaching in her home town after graduating from teacher training college in Wellington.

She then moved to Oratia Kindergarten in West Auckland, and met husband Rex, now a real estate agent with Burmester Realty in Helensville, while flatting in Henderson in 1981. She spent the last 12 years of her kindergarten career at Hobsonville Kindergarten, 'retiring' three years ago.



• Ann Keane with her new children's book

"I wanted to get into the garden and paint really [but] I didn't do any of that - I just wrote and wrote lots of stories."

Ann lived for five years at Whenuapai before moving to a house at the top of Rimmer Road - a house readers may recognise in one of the book's illustrations - before moving to her present home on a farm in Kiwitahi Road.

Let's Catch that Rainbow is available in Whitcoulls and Paper Plus stores nationwide - and the Helensville Paper Plus Select store even has some author-signed copies.

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Helensville loses popular entertainer

Graeme Ronald McCardle
5-11-1948 - 2-7-2015

Graeme McCardle was born in Helensville in November 1948 to parents Edna and Ronald. He was the second of three children, with an older sister, Lois, and a younger brother, Allan.

As a child Graeme loved playing rugby and tennis.

He attended Helensville Primary School, where he was known for never wearing shoes. He'd hide them near the gate as he left his house in the morning, and then put them back on again when he returned home.

He met Linda Leathart, who years later became his wife, when they shared a Form 2 class at school.

Graeme then went to Kaipara College where he 'specialised' in socialising and enjoying time with his friends - although he also managed to find time to play in the school's First XV rugby team.

He left school at 16, undertaking a mechanics' apprenticeship at McLeod Motors, and spending weekends helping his father with the family carrier business, where a love for trucking was born. After he qualified as a mechanic he worked fulltime for the family business, J. Hunter and Co, driving stock trucks.

During Graeme's teenage years, he joined the Helensville Players theatrical group, performing at the local young farmers' dance and the Fire Brigade ball, the beginning of a lifelong passion for entertainment.

In 1969 Graeme's friend Mike was dating Rosemary, who was at nursing college in Auckland. Mike didn't have a car, and needing to get to Auckland to see her asked Graeme if he would like to come on a double date and to provide the transport. Rosemary's double date friend turned out to be Graeme's old classmate, Linda.

Although Graeme and Linda had met again, it appears Linda was not that impressed; Graeme had to resort to ringing her mother to get her help to organise dates.

Linda was also training as a nurse, and Graeme would often turn up at the hospital in his smelly stock truck and clothes. That didn't put Linda off, and they were married in 1970 and moved in to Gow St in Helensville.

Graeme was a very regular visitor to the local dentist, and he was left with just 12 teeth for his wedding day - six on the top and six on the bottom, just enough for a decent wedding photo smile.

After his wedding, he had the remaining 12 teeth removed and replaced by dentures, a feature which meant Graeme was able to

periodically change his look with different sets of false teeth - as evidenced by his music CD covers.

Graeme and Linda had three children, Martin in 1971, Simon in 1973 and Kelly in 1978.

In 1980 Graeme went to work in Woodhill Forest, a job that would last for 20 years and forge some special friendships and traditions. One of those centred around Friday nights after a hard week at work. It started with a cold beer at the Grand Hotel and then home to the McCardle house for fish and chips - and on more than a few occasions Graeme had to bear

Linda's wrath for being a 'tad' late back from the pub.

About the same time as Graeme entered the forestry game, he was asked to join a local band, The Freightliners. Despite some changes in the band personnel, they stayed together for 25 years, playing gigs all around the North Island.

In 1985 Graeme was asked by Alan Hargreaves and Malcolm Smith to help set up a local country music club - the Helensville River Valley Country Music

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• Graeme McCardle

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International dinner for St John cadets

St John Helensville's Youth Division cadets held an international dinner last month to celebrate finishing their International Understanding badges.

To gain the badge cadets chose a country and selected a passport. Each week their passport was filled with facts and articles they researched to share with other cadets, and to gain a better understanding of other countries and the issues they face.

At the celebration dinner the cadets dressed in costumes from their chosen countries and brought food to share from that country. They had to enter through 'customs' and have their passport stamped and checked.

St John Area Committee member Shelley Vitali says Helensville Youth Divisional Manager Anita Hall is "a real asset" to St John.

"She is passionate about Youth Division and the opportunities it offers young people. She is a fun and creative leader and able to engage children and teenagers so they all enjoy the process and learn something new every week."

St John Youth Division is held on Mondays from 6pm to 7:30pm during school terms at the ambulance station in Rata Street, Helensville. For more information

phone Anita on 021 294 0544 or visit www.stjohn.org.nz.



• Cadet Jaimi S. with the Ploughman's Lunch she took as part of her United Kingdom studies

Helensville loses entertainer (cont...)

• From page 4

Club, which is still going strong today.

Graeme recorded four country music CDs and won a number of country music awards in New Zealand, but probably his greatest accolade was being Entertainer of the Year runner up in the New Zealand Country Music awards. Graeme also

Xmas book fair earlier

The Lions Club's popular annual Christmas Book Fair will be held slightly earlier this year, over the weekend of Saturday, November 21 (from 9am to 4pm) and Sunday 22 (10am to 3pm).

It will follow the club's hugely successful book fair in May which raised a record \$8000 for use in the local community. Chief book sorter Chris Clark says large numbers of newly donated books are arriving daily, ensuring lots of fresh stock for the Christmas Fair.

Nonfiction will be split into 20 separate categories, including one dedicated to New Zealand subjects, while fiction will be arranged alphabetically, with six special interest areas.

Paperbacks will be \$1, hardbacks at \$2 and children's books just 50c. There will also be a wide selection of jigsaws, board games, puzzles, LPs, videos, DVDs, CDs and quality magazines.

For more information phone Chris on 420 8527 or Hilty on 420 8122.

attended the Australian Mildura Country Music Festival annually since 1997, having his own show there for the last eight years.

Later in his working life Graeme owned his own coach, contracting to different companies and making trips all around New Zealand. He loved this work, especially the opportunity it gave him to entertain tourists with his own particular brand of humour, wit and exaggerated anecdotes.

He combined his passion for coach driving with his love of music by regularly serenading passengers. He also made regular visits to Parakai rest home Craigweil House, where he would entertain the residents with songs and humour.

Graeme's family made annual camping pilgrimages to Matamata Opal Springs, an almost 30-year tradition, and he would encourage as many members of his family as possible to join the 'camping fun'. What he loved most was everyone sitting around in the evenings sharing stories, singing songs and enjoying each other's company.

Graeme also became the 'Games Master' at the annual Shelly Beach Boxing Day community sports day, where he set up and refereed games.

Graeme battled cancer for his last 10 years, never giving up. He set up team Tickety-Boo, which participated in the two most recent Relays for Life, a Cancer Society event. Showing great courage, in March of this year he hobbled around on crutches to show support for other cancer sufferers and their friends and families.

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Free quad bike courses on offer for local women

Kaukapakapa man Andrew Senn is holding two free training days for women on the safe use and maintenance of quad bikes and side by side vehicles.

Andrew runs Adventure Powersports, a Polaris off-road vehicle dealership in Silverdale.

Since teaming up with Polaris early this year he has met many local users of both quads and side by sides, gaining an appreciation of how customers use the vehicles along with a chance to visit many local lifestyle and farming blocks.

Andrew says he is "keenly aware of the safety issues surrounding these off road vehicles", and also wants to encourage locals to take care of what are valuable pieces of machinery.

So in conjunction with CARNZ Training and Polaris, Andrew will run two training days in Kaukapakapa which will focus on the safe use of both quads and side by sides, plus the basics of maintenance.

The free courses, on Fridays October 16

and November 27, will start at 9.30am with practical driving lessons, then after a lunch break an hour will be spent on maintenance. The day will finish with wine and cheese and is expected to be over by 3pm.

Numbers will be limited to 15 for each course, and no prior experience is needed.

Helmets will be available, although Andrew encourages participants to bring their own if they have them, along with appropriate clothing and footwear.

If there is strong interest in the courses Andrew says there will be more in future, including for men.

Women interested in taking part in the courses should register their interest by phoning Andrew at Adventure Powersports on 09 444 0636.

Andrew opened Adventure Powersports in Silverdale in January 2014 and has been providing the local community with motorcycle and quad bike servicing since, including a pick up and drop off service with loan bikes available.

Teams fill hall for trivial pursuits



The Helensville District & Historical Society held another successful Trivial Pursuits fund raising evening on Friday, August 14. More than 100 people in 13 teams (pictured above) competed in the annual event, won again this year by the team Girls' Night Out.

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Losing your marbles?

Many people who run a business sometimes feel like they are 'losing their marbles'.

For local businesses in those doldrums, help is at hand in the form of Helensville's Jaime Peacock and her new company, Marbles Business Solutions.

"I like helping smaller companies, because it's often the smaller growing companies where business starts growing and it starts getting away on them.

"They're really good with their trade, and then suddenly they have to be a manager, and they have to be a business owner, and they are like, 'what the hell am I doing?'

"It's the soft skills that start getting away on them.

"To me it's second nature - I've been doing this sort of work for the last 20 years."



• Jaime Peacock

Jaime says 'soft' skills such as human resources, employment relations and communications are often done poorly by small companies. "They are also the sorts of things if you don't treat them properly they

can end up biting you in the bum."

Jaime is nine years into 10-year conjoint Bachelor of Business with HR Management and BA in Psychology degrees, and hopes to continue with a Masters in industrial psychology.

She set up Marbles Business Solutions - also known as Bag of Marbles - as she felt local companies may need someone to come in and look at the processes they have in place, and work out ways to improve those.

As well as human resources and helping with recruitment, Jaime can help businesses with business improvement; organisational behaviour; project and change management; and administration outsourcing.

She works part-time in health management, and with a three-year-old child to look after, plans to grow Marbles slowly to suit her lifestyle.

Jaime and her husband moved to Helensville three and a half years ago, and she says they love the community.



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medical centre notes

Dizziness is a frequent issue brought up in consultations.

There are two main types of dizziness. The first is a light headed sensation, like the your head is going to float away. This is often due to low blood pressure, and you can experience this for a few seconds if you stand up quickly after lying down for a while, and is more noticeable if your blood pressure is low due to illness, or dehydration etc. However if this is prolonged or progresses to the point of fainting, then the cause for the low blood pressure needs to be looked into.

The other dizziness is more a room spinning, giddy feeling, due to vertigo. This is often made worse by turning the head, rolling over in bed etc, and can be associated with nausea, and people sometimes stagger like they're sea sick. This is due to the balance centres in the inner ear sending incorrect messages about your movement to your brain, either due to a viral infection of the inner ear, or if it is recurring can be due to benign positional vertigo (BPV). This can be very debilitating, and there is medication for symptom relief, but not curative. There are exercises that can help shorten the episodes, and we can provide information on these when you see us.

- Dr Phillip Barter, Clinical Director



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Outdoor club goes quad biking

The Helensville Outdoor Pursuit Club spent an exciting hour and a half quad biking over a scenic farm in Wilson Road, South Head last month.

After getting suited up in safety and wet weather gear, the 14 club members were given safety instructions, followed by a drive around a practice circuit - a big learning experience for those who had never ridden a quad bike before.



• Outdoor Pursuit Club members take to the hills on their quads

"The Trail Blazer Safari was an amazing adventure to take part in," says club member Jennifer Orr-Havill. "We got to ride through mud, and up and down hills. We saw fantastic views, including the deer running alongside us at some stages and also across the tracks in front of us."

"I was glad to see some familiar faces and a few new ones joining in."

Jennifer describes the outing as "an incredible challenge to take part in" and says she is glad she "stepped up" and took part.

"A huge thanks goes to Jana Mills for organising another fantastic challenge. And to 4 Track Adventures for providing a professional and outstanding day."

The club's next outing is to Action World in Henderson on Saturday, October 3.

Inaugural arts festival over Labour Weekend

An inaugural Helensville arts festival, 'Arts in the Ville', will be held at various venues around Helensville over Labour Weekend.

The festival will feature open studios, exhibitions and live interactive displays covering wood, paint, metal, thread and

clay. It will run from 10am to 4pm, from Saturday, October 24 to Monday 26.

Maps will be available throughout the town, and the festival will coincide with the official opening of the Helensville Arts Centre in its new War Memorial Hall basement premises.

Tennis club to hold open day

Helensville Tennis Club is holding an open day on Sunday, September 13 starting at 10am at Rautawhiri Park.

The club is looking for new members, and hopes locals will come along and have a try out. Coaching is available for both new and improving players throughout the season. The open day will also feature a sausage sizzle.

Club chairman Phillip Ashton says it's also a chance for existing club members to dust off their rackets and get a little practice in for the coming season.

Registrations for the 2015-16 season will be open on the day, with a family membership costing \$280 for two adults and two children (extra children \$20 each). Single memberships for those over 16 years costs \$145 and for those 16 and under, \$65.

Helensville Tennis Club hosts an annual social Business House competition which starts on Thursday, October 15. Regular club nights are on Tuesdays throughout the season.

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Lifestyle Expo to celebrate 40 years

One of Helensville's longest running businesses will celebrate its 40th birthday in October.

Oikoumene Forest will hold a Lifestyle Expo at its yard in West Street, opposite Helensville showgrounds, on Saturday, October 10 from 9am to 1pm to celebrate the anniversary.

Owner Chris Smith has held three previous solo expos, plus another in conjunction with Farmlands, and says he expects up to 500 people from Auckland through to the Brynderwyns to attend.

The expo will have local experts and brand representatives on hand to hold demonstrations and provide information on a wide range of lifestyle topics.

Helensville's Duncan McNab will run a sheep dog trial demonstration, and there will be a fencing demo as well. Hitachi will be



• Chris Smith - about to celebrate 40 years of Oikoumene

founder Ernie Smith, Chris' father, had been selling poles on the site for some time under the Ernie Smith Post Yard name.

The name 'Oikoumene' is Greek and means 'all the men of the inhabited world'.

Chris, who has worked for the business for 30 years, says around 1990 the decision was made to move from just selling posts to include hardware, metal gates, and manufacturing their own timber farm gates.

"It's changed completely since," says Chris, explaining the business has tried to grow with demand.

"We've gone from a farm district to a lifestyle type district, and the demands that came with that, such as the decorative gates, which has become a big part of the business."

Around seven years ago Oikoumene joined Buildlink, which increased the company's range of building products.

'Smart' ATM coming

The ASB has confirmed to NorthWest District Business Association BID manager Gary Holmes that a 'smart' ATM machine will be installed at the existing site within the next week or two. The machine will be able to accept cash deposits.

Library hours change

Helensville Library's opening hours changed on Saturday, August 29. There is no longer a late night on Fridays, but Saturday opening hours have been extended.

The library is now open from 9.30am to 5pm Monday to Friday (previously Friday closing was 6.30pm). Saturday hours are now 9.30am to 4pm - opening half an hour later than before, but staying open an extra three hours in the afternoon.

The changes are a result of Auckland Council's Long Term Plan 2015-2025, which sees library hours across the city changed to a more unified model.

For more information, including hours for other libraries, visit the libraries' website: www.aucklandlibraries.govt.nz.

Times for regular events at Helensville Library are: Storytime (aimed at 2 to 5 year olds, but all ages welcome), Tuesdays 10.30am to 11am; and Wriggle & Rhyme (aimed at under 2s and their caregivers), Thursdays 10.30am to 11am.

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Body language expert to repeat workshops

Due to the popularity of the workshops she held in Helensville in August, body language specialist and writer Steph Holloway will return in October to repeat the courses.

The workshops will again be run by the Women & Family Centre, this time at the Helensville War Memorial hall meeting room.

Steph's 'Say it Out Loud' workshop will be held from 7pm to 9pm on Thursdays from October 13, with a cost of \$40 for four sessions. That workshop was previously held during the day time.

It is a body language recognition and de-coding workshop that Steph describes as giving you "super powers" to unlock communication within your relationships, and uncover what people are really thinking.

She will also repeat her 'Living and Working in your Element' workshop, which takes participants through a process to discover what "lights up their life", and how a person can adapt their days and time to get there.

This time it will be a daytime workshop, running from 10am to noon on Tuesdays from October 11, also with a cost of \$40 for four sessions.

Topics covered will include uncovering your personality traits, body language, space clearing, minimalist theories, and differentiating yourself on a CV.

"I've been made so welcome in the Helensville community, and would like to thank the Helensville Women and Family Centre for their amazing support and co-ordination of the classes.

"The people who attended the [earlier] classes were a great mix of people, who came with their own agenda and an open mind; it has been a pleasure to work with them," says Steph.

To book for the workshops phone Michaela at the Helensville Women & Family Centre on 420 7992 or email: michaela@hwfc.co.nz.



Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest and establish breastfeeding.

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Growing Clever

The South Kaipara Food Revolution and the South Kaipara Economic Development Scheme are pleased to present 'Growing Clever', a series of seminars designed to inspire and inform people about the role that food and food production has and can take in making the South Kaipara a great place to live, work, learn and play.



7 October: South Kaipara – 1000 years of food and restoration with Margaret Kawharu, Ngati Whatua. 7.00pm – 8.30pm, Te Whare Oranga o Parakai.

Please reserve your space: southkaiparafoodrev@gmail.com

Out of Our Own Backyards (Oooby)

Are you interested in growing produce for a profit? Oooby (www.oooby.org) have set up a new distribution hub in Matakana and are actively seeking local suppliers of good quality preferably organic or spray free produce.

Come to the South Kaipara Harvest Market September market on Sunday

27 September at Te Whare Oranga, from 10am – 1pm, where some of the organisers of Oooby Matakana will be available to talk to.

Oooby offers a guaranteed weekly market for your produce and can help with the planning and set up for commercial growing before you even stick a spade in the ground.

For questions or more information please contact Jake Morgan at southkaiparafoodrev@gmail.com

Helensville Women & Family Centre

The Helensville Women & Family Centre (HWFC) and Board of Trustees invite members of our local community to think about becoming a Trustee.

The Board has a role in governance of the overall operation of the HWFC and commitment to the development of the health and wellbeing of our community in the wider South Kaipara region.

For further information please contact Chairperson Erica McKenzie by emailing awright@helensvillehealth.co.nz or phoning 09 420 7878.

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Major commercial site for sale



One of the most prominent commercial properties in Helensville is up for sale.

The Kaipara Tavern in Commercial Road (shown in an aerial view above), along with its adjacent manager's accommodation building and the nearby fruit and vegetable shop on a separate title, has an asking price of just over \$1.7 million.

Real estate agent Peter Brennan, of Burmester Realty, says the main tavern building was constructed in the 1960s, at a cost of 600 pounds. The tavern was refurbished in the late 1980s. It includes a public bar, a gaming lounge and a garden bar at the rear, which backs onto the riverside walkway. The Commercial Road frontage was originally a restaurant, but now houses a liquor outlet.

The two freehold titles combined cover 1867sq.m, with the buildings occupying just under half of that area. All three businesses have new leases. The vendor, from Kaukapakapa, has owned the properties for 11 years.

Peter says the tavern has had several publicans over the last decade, but describes it now as a "settled family business".



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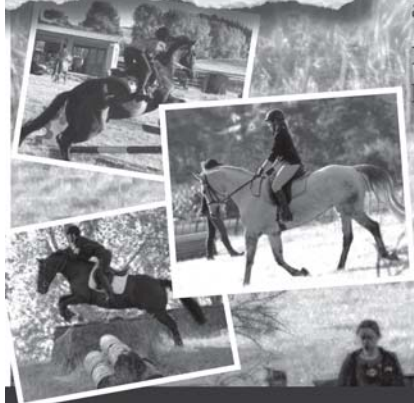
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Come and visit the Lifestyle Expo on 10 October 9am - 1pm, located at our yard on 1 West Street, opposite the Helensville Showgrounds for Hitachi and Paslode demo's, GatesPlus launch and much more.

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Beef and red wine casserole

Another comfort food recipe for those cold winter nights. Make a big batch and freeze some for during the week.

■ Beef and Red Wine

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1kg trimmed beef chuck steak cut into about 8 pieces.
- 1 cup finely chopped onion
- 1 tablespoon chopped garlic
- 4 medium carrots, peeled and cut into 2cm pieces.
- Salt and freshly ground black pepper
- 1 tablespoon any plain flour
- Half bottle of red wine, half a wine bottle of water.
- 2 bay leaves,
- Sprigs of thyme and rosemary tied with string into a bunch.

- 125g of bacon, cut the slices into 2cm pieces.
- 12 small onions, peeled
- 15 small tight white mushrooms
- 8 Brussel sprouts peeled and cut into quarters



Preheat the oven to 170° celsius. I use a large cast iron dish that goes on the stove and in the oven, but you can happily make this dish with a large frypan and a casserole dish.

Heat the frypan on a medium heat and melt the butter and oil together - heat until almost smoking then add the meat in a single layer. Turn it after a few minutes and brown all sides. Add the browned meat to the casserole as you go. Next add the onions and garlic to the pan and reduce the heat. Cook and stir for a few minutes then remove from the heat.

Sprinkle the flour into the pan and stir it to get rid of the lumps. Add the red wine in about three lots, stirring it into the flour mix before adding more liquid. Lastly add the water and return to a low heat. Stir back to a simmer, whisking if you need to get rid of any lumps. Allow to simmer for a couple of minutes then add the carrots, meat, sprigs of herbs and bay leaves. Season with salt and pepper, give it a quick stir and transfer to your casserole dish.

Cover and place it in the oven and cook for one and a half hours. Test some of the meat by trying to tease it apart with two forks - if it flakes apart it is cooked.

When the casserole has been cooking for about an hour or so, heat the frypan on a medium heat, add a drop of oil and the bacon pieces. Allow them to cook and crisp up without burning. Lift the bacon out and onto kitchen paper then add the onions, mushrooms and Brussel sprouts to the pan. Stir fry together then drain them with the bacon.

When the meat is cooked and you are ready to serve, add half of the bacon and vegetables to the meat and stir it through, spoon the rest on top as a garnish. Serve it all on top of mashed potatoes.



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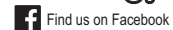
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■ SOUTH KAIPARA U3A

Christine Rose will speak on the 'Basics of Philosophy' at the next meeting of South Kaipara U3A on Friday, September 4. The meeting, in the St John Ambulance rooms, 7 Rata Street, Helensville, will start at 1pm with a brief annual general meeting. Gold coin entry and afternoon tea provided. For more information phone Judy on 09 411 8322.

■ COUNTRY MUSIC CLUB

The Helensville River Valley Country Music Club will hold its Five Club Day at Helensville War Memorial Hall on Saturday, September 20 from 10.30am to 4pm. Entry \$5 with lunch provided. Those attending are asked to bring a plate for shared afternoon tea. For more information phone club president Glynis Renata on 027 334 7130.

■ KAUKAPAKAPA MARKET

Jessica Woodhams on keyboard will provide live music from 10am to 12pm at the next Kaukapakapa Village Market on Sunday, September 20. The market will run from 9am to 1pm and feature stalls, food, barista coffee and more. In the historic

Kaukapakapa Library from 10am to 1pm visitors will be able to meet writer and artist Zee Southcombe - her books are written for children but with their wild sense of imagination, rich vocabulary and emotional resonance, are loved by readers of all ages.

For more information or to book a market stall phone Sarah on 0274 831 542 or email sarah1@maxnet.co.nz.

■ PARAKAI HARVEST MARKET

The September harvest market will be held on Sunday, September 27 from 10am to 1pm at Te Whare Oranga ō Parakai. Featuring a wide range of locally produced food goods. For stall holder enquiries phone Jake Morgan on 021 447 534 or email: southkaiparafoodrev@gmail.com.

■ HELENSVILLE AGLOW

Helensville Aglow will next meet at 7.30pm on Friday, September 25 at the Helensville Community Church, 40 Mill Rd, Helensville. Our speaker, Rev Brian France, director of Charisma Ministries, who will talk on 'From Soldier to Servant'. He will tell his story of healing after he was severely injured by a bomb blast in Northern Ireland in 1973 when serving there as a Platoon Commander in the RAF.

■ SHOWGROUNDS KEY HIRE

Key hire for the Helensville Showgrounds, enabling people to ride their horses on the grounds and sand track, is now up for renewal for the season which runs from October 1 until September 31 next year. The cost is \$120 for the year, plus a refundable bond of \$57.50. Contact the office on phone 420 7572 or email info@helensvilleshowgrounds.co.nz.

■ MUSEUM CHILDREN'S DAY

Helensville Museum will hold its annual Children's Heritage Day on Saturday, October 3 from 10am to 3pm. It will feature activities and games of yesteryear, plus a market.

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Helensville News - Publication Information

■ NOVEMBER 2015 deadline: Friday, 16th October 2015

ISSUE DUE OUT TUESDAY, NOVEMBER 3rd 2015

* Note: October issue has already closed

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Due out: Dec 1st	Copy by: Nov 13th	Due out: Mar 2nd	Copy by: Feb 12th

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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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