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Local farmers win national environmental award

Helensville farmers Richard and Dianne Kidd have won the 2016 Ballance Farm Environment National Awards.

The win came just a couple of weeks after Dianne was awarded a Member of the New Zealand Order of Merit (MNZM) in the recent Queen's Birthday Honours for her services to health administration.

Richard and Dianne were presented with the award by Minister for Primary Industries Nathan Guy at a gala dinner in Northland on Wednesday, June 22.

The local farmers own a 376ha sheep, beef and forestry unit called Whenuanui Farm just south of Helensville on State Highway 16. Their breeding and finishing operation includes an 18.5ha pine woodlot and 15ha of regenerating native bush.

Richard says they are "really excited" to win the award, putting the success in part down to the strong partnership effort between Dianne and himself.

The Kidds will now be recognised as 'ambassadors' for promoting sustainable and profitable farming in New Zealand, and as such will spend a lot of time over the coming year travelling around the country, getting the message across to interest groups, government departments and even before a parliamentary select committee.

There is also the possibility of overseas study travel, but Richard says it's too early at this stage to know what that may be.

The Kidds were described at the awards function as "environmental champions and great role models for drystock

farming, achieving impressive stock and financial performance while working hand in hand with the environment".

They were chosen from the eleven regional Supreme winners of the 2016 Ballance Farm Environment Awards, having won the Auckland region award earlier in the year.

Named after the Waikato farmer who started the awards, the Gordon Stephenson Trophy is presented annually at New Zealand Farm Environment (NZFE) Trust's Sustainability Showcase, which celebrates agriculture's contribution to the New Zealand economy and highlights the efforts farmers are making to find better ways to manage their farming systems.

NZFE Trust chairman Simon Saunders says the Kidds will be excellent ambassadors for New Zealand's primary

MNZM honour

"Quite overwhelming" is how Dianne Kidd describes last month-winning with husband Richard the 2016 Ballance Farm Environment Award just a fortnight after being named in the Queen's Birthday Honours.

Dianne says being awarded a Member of the New Zealand Order of Merit (MNZM, left) was "very, very special".

"That was most unexpected and such a very special honour. I am thrilled about it."

She says the MNZM award, for services to health administration, reflects well not just on her but on "all of the great work this community has done".



• Richard and Dianne with the Gordon Stephenson Trophy

industry.

"It's clear Richard and Dianne possess the outstanding communication and leadership skills necessary to spread the sustainability message to both a national and international audience."

He says the Kidds were chosen from an exemplary group of regional winners, "who all demonstrated a huge amount of passion and commitment for their businesses and their industry."

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editorial

Should Northern Rodney be allowed to break away from Auckland City and form its own Unitary Authority? Is that even a practical idea?

The Northern Action Group's (NAG) proposal to the Local Government Commission asked to do just that. The commission rejected the proposal, but its decision was overturned on appeal by the High Court early last year. Now the commission has asked for alternative applications as it says (rightly so) that the NAG proposal doesn't just affect Northern Rodney, but the whole Auckland Region.

There are definitely some good points in the NAG proposal, chief among them the fact the area has a distinctly rural nature and there it is inappropriate for it to be ruled by an urban-based and focused administration.

But there are flaws in the proposal too. As the Te Awaroa Residents & Ratepayers Assn submission to the commission points out - "where is the iwi voice in the NAG application?". The proposed boundary between north and south Rodney would see the five marae of Ngati Whatua o Kaipara split, with Rewiti and Haranui ending up in the south and Puatahi, Kakanui and Araparera in the north. With a single Treaty settlement, how would that work under two different governing bodies?

The NAG proposal is a complex issue that needs careful thought. What do you think?
- Dave Addison, Editor

Waka Ama club excels at champs

Kaipara paddlers are officially among the best in the world.

Thirteen members of the local Tu Tangi Ora Waka Ama Club, made up entirely of Kaipara College pupils, posted a number of top finishes at the 17th IVF Va'a World Sprint Championships held at Lake Kawana on the Sunshine Coast in Australia in May.

The Under 16 Boys team placed fourth in both the V12 500m and V6 1000m finals, and came sixth in the V6 500m event.

The Girls Under 19 team also scored a fourth in their V12 500m final, and finished eighth in the V6 500m championship race. They unfortunately just missed out on qualifying for the V6 1000m final.

Some of the racing was very close - in the first V12 500m heat club members teamed up with the Manukau Outrigger



• Back from left: Daniel Way, Taine Cooper, Andrew Kelly, Daniel Calder, Liam Otto, Max Lusty, James Freshwater
Front: Anna Lawton, Tara Mansell-Sawyers, Sativa Tarau-Peehikuru, Sophie Fisher, Carissa Mansell-Sawyers, Keziah Lawes

Canoe Club; both teams made it into the finals and their fourth place was only 0.34 seconds behind the third place-getters.

The club members were part of a 555-strong contingent of paddlers from New Zealand who competed against around 2000 other Waka Ama racers from around the world in the biennial event. New Zealand as a whole finished the event ranked number one in the world.

The two Tu Tangi Ora Waka Ama Club teams qualified for the six days of racing at the world championships at the Waka Ama Clubs National event at Lake Karapiro in January.

Club members then had to do some serious fund raising, which included chopping, delivering and stacking firewood; car washing; a cocktail party; and selling raffle tickets. They raised \$13,000 in total toward the cost of their trip.

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The Driving School

Music legend holds brass workshop

Fifteen brass music students from five local schools had a once-in-a-lifetime opportunity when they were treated to a 30-minute workshop led by Belgian cornet superstar Harmen Vanhoorne on Wednesday, June 22 at Helensville Primary School.

The students from Helensville, Parakai, Waioneke, Waitoki and Ahuroa schools then held a free concert for their classmates and families, which also featured a solo performance by the world-renowned, multiple award-winning Harmen.

Harmen was in New Zealand as part of a two-month concert tour of this country, Australia and Tonga.

The Helensville visit was Harmen's only school concert during his four week tour of New Zealand as ambassador for international instrument maker Besson of

France. The workshop and concert were made possible by the North Shore Brass Academy and ABI Music Ltd, who are the New Zealand agents for Besson.

Helensville School deputy principal



• Harmen Vanhoorne holding his workshop at Helensville School

Andrea Clarke says the school was "delighted to have such an internationally renowned musician at our school," adding the school was proud to have been chosen for the "unique opportunity".

The 15 students which took part in the workshop are part of programme to develop a community band in the north-west, established in 2015 by MusicRoom, which provides instrumental music lessons to rural students in Auckland.

Harmen's only public concert in Auckland will be with North Shore Brass at their pre-nationals concert, 'Contest Prelude' on Sunday, July 10 in Birkenhead. He then heads to Napier with the North Shore Brass band to compete at the 2016 Brass Band Championships of New Zealand from July 13 to 16.

Harmen regularly plays with orchestras in the United States and Europe, and with brass bands in the UK and Europe. He began his musical career in 1993 at the Music School of Izegem before entering the 'Kunsthumaniora' for gifted musicians in Leuven, Belgium aged just 14. His numerous awards including being named International Soloist of the Year in 2011.

Defensive driving course for locals

A defensive driving course for locals will start on Wednesday, August 3 at the Huapai fire station.

Being run by Sylvia Wilson of local company The Driving School, the course will be held over four consecutive weeks, with two-hour sessions and a final one-hour practical drive. The course will include two presentations by senior Huapai firefighter Cameron Baddeley, who will talk about road incidents that have happened in our area.

The course costs \$180, a portion of which will go to the Huapai Fire Service. Successfully completing the course gains drivers on their learner or restricted licences six months off the restricted licence period.

To register for the course, visit: www.thedrivingsschool.co.nz or phone Sylvia on 027 322 8961.

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Around the world via food, food, food

Eight countries in eight weeks might sound like tourist hell for some people - but for a number of local Year 7 and 8 school students it's as easy as a quick walk or bus ride.

That's because the students are part of a 'Flavours of the World' cooking club being run by Keryn Reardon, who is the kitchen manager at Te Whare Oranga o Parakai.

Each Wednesday for eight weeks each term, a group of eight students from Helensville School turn up at 10am for an hour-long cooking session. They are followed at 12.45 by another eight from Parakai

School. Different groups of students from each school take part in the club during the other school terms.

A different country is 'visited' each week, and the lessons start with a discussion about the country, it's geography and climate, and how that affects the foods eaten there.

Keryn, Helensville born and raised and a chef for 18 years, creates recipes for countries such as Argentina, Italy, Spain, France, Vietnam, China and Mexico, using

local produce wherever possible. The children are told how to achieve the end product, and then split into groups to perform specific tasks, like in a real commercial kitchen.

So while making empanadas for an Argentine dish, for example, one group made the dough, another the filling, and another the sauce.

Keryn says this teaches the children how to work in teams, and to learn how to work and move around in a busy kitchen, having to be aware of where other team members are and what they are doing.

The aim says Keryn is to work in with what Kaipara College offers in its food technology classes, but without being limited by a specific curriculum, saying it's a "bit more real-world learning".

The children are also taught how to adapt recipes to suit available produce, and the importance of seasoning. She says teaching them to cook healthy food is vital.

The students are evaluated by Keryn at the start of each term, and again at the end of their eight lessons.

The cooking club came about after Keryn approached Parakai School late last year and discovered a recent school survey had found huge support among students for just such a club. She put together a proposal

and approached Helensville Lions Club, which agreed to fund the Parakai students for a year to the tune of \$5000. The children pay a nominal \$5 each per class - and Keryn says sponsors have come forward to help children unable to afford that small fee.

Keryn then received additional funding through Rodney Local Board, which enabled the programme to be expanded to Helensville School, and more recently a grant from Foundation North which she



• Amy Fisher (left) and Holly Limmer cooking up a storm

hopes will be used to bring in children from Waioneke School as well.

The classes have proved very popular with the students.

"We make different types of food from different countries that I haven't tried before and didn't even know about. It's also really fun because we get to eat the food we make," says Amy Fisher of Helensville School.

"I've had wonderful feedback from parents as well," says Keryn, pointing out that most of the children now take an active role in cooking at home.

As she only works 20 hours per week Keryn isn't sure if the programme will be able to be expanded to other schools, also pointing out the logistical difficulties of children coming from the more distant schools in the district.

Old soft toys sought

Helensville woman Avon Aspden is looking for any unwanted soft toys in need of a bit of TLC which she can do up and then donate to underprivileged children for Christmas.

Avon has been cleaning and repairing the old toys for years, and says she generally does about 600 each year which go to needy children.

"I started by making toys for the City Mission but was told they were selling them. This is not what I intended as I hoped they went directly to kids whose parents could not afford toys."

Now the toys go to families in West Auckland, and to kindergartens, refuges, and in the past some have gone to refugee children.

"We get lovely letters back from organisations who are real surprise recipients of the toys, so it makes it all worthwhile," says Avon.

"They used to go to the St Johns Foodbank in the city and the Salvation Army, but I was told they now want new toys," Avon says. "We aimed for a thousand toys a year at that point."

"I am happy to do washing and mending and eye and nose replacements," she says, "but I can't take toys that need batteries. Parents who can't afford toys certainly can't afford batteries."

Anyone with toys they would like to donate can phone Avon on 420 8383.

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Progress on building and displays at museum

Work on the exterior of the Waitoki School 'Sunshine' building at Helensville Museum is nearing completion.

A new deck has been constructed along the front of the building, and the iron roof has been replaced with a new one in heritage karaka green colour.

A start has been made on painting the outside of the historic building and a walkway connecting it to the adjacent archives building is planned.

Work on the interior of the old classroom block will begin as funds become available.

The museum's schoolhouse building is also getting a facelift, with the former



• The new WW1 display

museum office now a volunteers' area which houses some of the museum photo collection. A timeline will be displayed in the main room based on a 'river' which has been painted on the floor.

A new area has put aside for the museum's Maori artifact collection in partnership with local Maori, and the recently gifted Te Aroha carving will take pride of place in the new space. There will be an official opening later in the year once the displays have been finished; we hope to bring you more detailed coverage in the next issue of *Helensville News*.

A new exhibition in the annex area of

pride of place in the new space. There will be an official opening later in the year once the displays have been finished; we hope to bring you more detailed coverage in the next issue of *Helensville News*.

Hedley House was set up for ANZAC Day and features the results of research into WWI soldiers from Helensville, with items being loaned from various sources. New roadside signage has also been installed.

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25 years of local CAB celebrated

Airini Stoney (right) cuts a special book-themed cake while volunteer Johnson Moffitt looks on to mark the 25th anniversary of the Helensville Citizens Advice Bureau in June.

Airini was on the original steering committee which set up Helensville CAB a quarter century ago, and as such was something of a guest of honour at a special lunch attended by around 50 current and former volunteers to mark the occasion.

Also among those present was Dawn Bayliss, the only original volunteer still doing active shifts at the CAB.

As well as sharing stories and memories from their times at the CAB, the guests were treated to a sit-down lunch at the Helensville RSA rooms in Commercial Road, provided with funds raised especially for the event.

The incredibly realistic-looking 'book' cake - complete with edible writing - was made by master baker Mike Weatherall, who lives in Karaka Street, Helensville and runs a



cake business called Arcaketecture.

The book theme referred to the early days of the CAB when all the information was kept on hard copy - there was such thing as computerised databases in those days.



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Environment draws new doctor

New Helensville doctor Anuj Gupta cites New Zealand's clean air, environment and weather as among the main reasons for moving here from Singapore.

Anuj joined the team at Kaipara Medical Centre in mid-May after a brief holiday to New Zealand with his family last November.

He says his family couldn't really enjoy life in Singapore because of the air pollution, which meant they had to stay indoors in their air conditioned apartment much of the time.

Now living in the Albany area with his wife and two primary-aged children, Anuj is enjoying being able to spend more time with his children, walking and pottering around in his small garden - something not possible with high-rise apartment living in Singapore.

He practices meditation and yoga, and believes the more physical kiwi lifestyle will be better for his children than the more academic focus of his homeland.

"I enjoy spending time with my young family, reading, going for nature walks, practicing yoga and mindfulness. I am a keen follower of cricket and world news. Like a lot of people, I am concerned about our impact on our environment and global warming," he says.

Anuj has a Masters of Family Medicine degree from the National University of Singapore. He says rural medicine in New Zealand is quite different.

"GPs here have a more important role in terms of managing patients' health," he says, pointing out that in Singapore patients tend to be referred more to specialists, who are much more common than in New Zealand.

"I think that's good for us as GPs as it allows us to form a good rapport with our patients." He adds that works both ways, with patients getting to know their doctors better here as well.

He says local guidelines for medications are a little different here to what he has been used to, and there are some different drugs, or drugs with different names, available here.

But overall he says the differences aren't great, largely because both the New Zealand and Singapore healthcare systems are based on the British system.

One area he has noticed a difference is a higher percentage of patients here on



• Dr Anuj Gupta

chronic pain or psychiatric medications; he believes Singapore is more conservative in those cases.

Anuj says he is very pleased that Kaipara Medical Centre is keen on promoting professional development, and has already undertaken refresher training in emergency medicine.

"I consider it a privilege to be looking after the healthcare needs of the community in Helensville and surrounding areas," he says. "I hope to continue doing so for a long time to come."

Bin concerns eased

A small group of locals attended an Auckland Council Waste Solutions team drop-in meeting at the Helensville War Memorial Hall late last month about the new 240-litre recycling wheelie bins.

The main issue raised was from elderly people concerned about not being able to handle the large bins. They were told they could get a smaller 120 litre bin, or a bin hitch to tow the larger bins down steep or long driveways. The new recycling bin service launched on July 1.



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New online health portal

Kaipara Medical Centre's new online health portal is gradually attracting locals keen to take more control in managing their own health.

Called Manage My Health, the free service allows patients who register for it to access a range of features from their computer or via a smartphone or tablet app.

Patients can book their own appointments, seeing at a glance which doctors are available and when, and can order repeat prescriptions. They can also access their medical records, including lab

results, immunisation records, allergies, and prescription history. Doctors notes may be added in future.

All information is securely encrypted.

Patients are notified by email and/or text when new records go online.

Currently only around 350 Kaipara Medical Centre patients have signed up for the service, and about 230 of those have activated their online accounts. The aim, says nurse manager Selena Halewood, is to get 80 percent of the practice's 6300 patients using the system.

She says at this stage it has been mainly patients in the 40 to 60 years age group that have joined, and she is keen to encourage younger patients to sign up as well, saying it is important they "independently think about their health".

The Manage My Health system also allows patients to update their personal information, including such things as whether they want to be an organ donor.

It also lets users create health and fitness goals and keep track of them.

Patients can register in person at reception, or phone 420 8400 to receive an activation code. Each patient needs an individual email address, and Selena recommends against using business emails due to the personal nature of the system.

5th Sunday concert

The Friends of St Cuthbert's church in Kaukapakapa will hold one of their semi-regular 'Fifth Sunday' concerts on Sunday, July 31 starting 2:30pm at the church at 17 North Crescent, Kaukapakapa.

The concert will feature a performance by 'Local and Vocal', a choir of talent from the Hibiscus Coast and surrounding districts. Entry will cost \$10 for adults and \$5 for members of Friends of St Cuthbert's. Children under 15 can attend for free.

The next concert will be held on Sunday, October 30th.

For more information phone Daphne Stevens on 09 426 6383 or 0274 344 941.

medical centre notes

Now winter is upon us I thought it would be a good time to talk about fevers. A fever is where the body's temperature is above 38° celsius in a child for a mild fever, and over 39° for a high fever. A fever by itself does not tell you if your child is seriously unwell.

A fever is the body's natural reaction to an infection which is often viral, by raising the temperature of the body it acts as a defence mechanism to kill the virus or bacteria. When the child is hot it can be unhappy and miserable.

To treat the fever you can give Paracetamol, and undress your child to a single layer, and have the room at not too high a temperature. The child is a good guide to how they are feeling, be it carrying on playing or wanting rest.

Generally if the child is still drinking well, interacting, and does not look unwell then they are usually okay to be managed at home. If you are worried or they look unwell, then they will need a doctor review.

For more details of what the concerning signs are, please look at the excellent Starship website at: www.kidshealth.org.nz/fever.

- Dr Phillip Barter, Clinical Director



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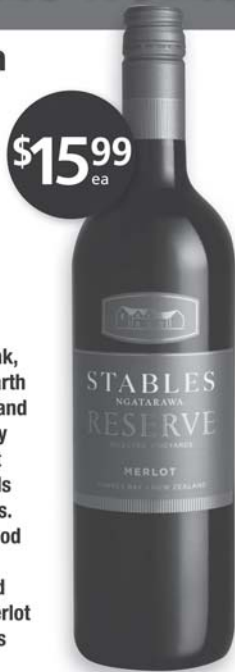
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**Vera Soutar
3/8/1945 - 8/6/2016**

A number of Ritchies buses lined part of Centreway Road in Orewa in an unusual funeral guard of honour for Vera Soutar's farewell service on Wednesday, June 15, in recognition of her long service to the company.

Vera Soutar (nee Scott) died on June 8 after a short illness. She was born on August 3, 1945 in Helensville, the fourth daughter and youngest child of Thomas and Edith Scott.

She lived all her life in the town, going to Helensville Primary and Kaipara College where her best subjects were shorthand, typing and English. As a girl Vera was keen on sport, and her favourites were marching and netball, a life-long interest.

At age 15 Vera met Kaipara Dairy Company driver Stan Soutar, and with his encouragement she gained first her driver's licence and later her HT licence. Stan and Vera were married in 1969, the day before her 24th birthday, and moved to a new home in Downer Street, where she lived for the rest of her life.

Vera had a variety of jobs including packing apples at Riverhead, before taking up driving buses for McLeod Motors. She was at one time a relief driver for the local milkman. Vera later transferred her driving duties to Ritchies, working for them until quite recently.

Vera had a great compassion for animals and people, as evidenced by her large family of cats, her two dogs and over the years several horses. She was a volunteer for Victim Support, and a former secretary for the Helensville & District Historical Society; she drove buses for a number of society tours.

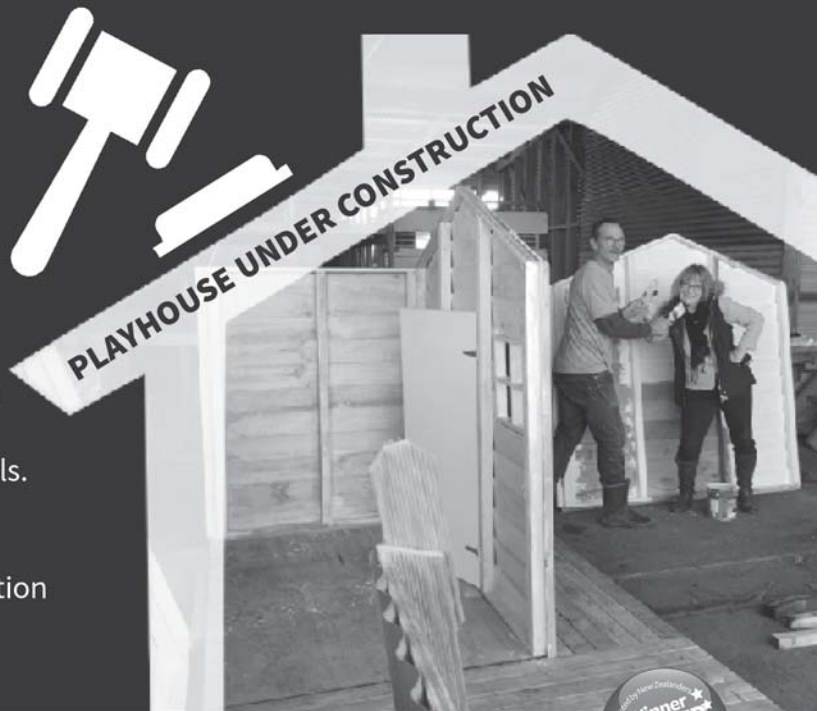
After Stan's retirement, he and Vera made many trips to Australia. Stan died in 1990; by then her oldest sister, Thelma Dayberg had also moved to Downer Street, and the two had a strong friendship. Although she suffered indifferent health in recent years Vera's last illness was unexpected, and her death saddened family and friends.

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Eva celebrates 100th

Helensville's Queenie Eva Pearl Robinson turned 100 years old on Tuesday, May 24.

Known as Eva, she was the fourth child of the 14 born to James and Queenie Drinnan of Kahikatea Flat Road, Kaukapakapa. After one child died in infancy they became known as The Drinnan 13.

Eva first attended Kaukapakapa Primary School and then moved to Waitoki School when it was established on land donated by her father. She left school at an early age to stay home and help her



• Eva Robinson on her 100th birthday

mother care for her younger brothers and sisters. One brother said when they left for school in the morning on washing day Eva would have started washing, and when they got home in the afternoon she would still be hanging the washing out.

When Eva eventually left home she went to Paparao to look after a farming couple's children. But

she became very homesick, and moved to Helensville where she worked at Hinemoa House in Parakai.

There she met Ray Robinson, who she eventually married and had three children with - Audrey, Percy and Dorothy. Losing Percy to meningitis at just one year and 10 months old was a major blow.

Eva worked at the three Helensville hotels as a cook and housemaid. She also worked at the hot pools, the BarbaQ Dairy, Takeway Bar and Ricardos Restaurant at Parakai, and also at the Regent Theatre in Helensville selling admission tickets.

Along with many other Helensville women she travelled by train to Henderson to work at the Caxton Paper Mill where she operated a doily making machine. Eventually she got her dream job at the Izone Jeans factory; sadly she had to leave that job when Ray became ill, and she nursed him for many years until his death in 1982.

Eva then lived by herself for 34 years in Helensville until moving to Craigweil House at Parakai just a few weeks ago.

She lost her youngest daughter Dorothy 13 years ago which was greatly distressing for her.

Eva was a great indoor and outdoor bowls player. She loved Bingo and playing 500. She still loves rugby, and was a sideline regular supporting Helensville teams from juniors right through to the seniors, and would blame the referee if Helensville didn't win!

Eva celebrated her 100th birthday on May 22 at a party attended by around 100 people.

Matariki exhibition on now



Huge, life-like images by artist James Ballantyne, including the one above, are among those on display at Helensville Art Centre's 2016 Matariki Exhibition this month.

The exhibition runs from July 2 to July 30 in the basement of the War Memorial Hall, 49 Commercial Road and is open Tuesday to Friday 10am to 4.30pm, and Saturday 10am to 3pm.

For more information phone Pauline on 021 158 6859 or email: coordinator@artcentrehelensville.org.nz.

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SALES and RENTALS

Farewell to Gay Keane

Gay Yvonne Scott was born in her grandmother's house in Puriri St, Helensville on April 30, 1937 to Victor (Dick) Scott and Florence (Flo) (nee Paenganui).

Gay was the oldest of four children. They lived in various places in the district, with Gay starting school at Brighams Creek. The family soon returned to Helensville where Gay lived for most of her life. She worked in Gandell's bookshop for a while for 10/- a week. Most of that money went to her family for board, and what was left was spent on a piece of material so that her mum could sew her a new blouse or skirt for the dances she loved.

The first concert Gay saw was a victory

concert after the war in which she also performed, both singing and dancing. She loved music and dancing - especially rock and roll. She marched for the local marching team, the Kaiparettes.

Gay spent a lot of her growing up time with her cousin June O'Keefe (now Cowper) and at Reweti with her aunt Miriama Nathan. This gave her a good grounding in the taha Māori - the Māori side of her heritage.

She married Reg Keane on July 18, 1957 and they had six children.

Gay was involved in a number of local organisations, notably the Māori Women's Welfare League, Reweti Marae and Playcentre. Throughout the years she was heavily involved in school activities with her children. She sewed most of their clothes including inventive costumes for local fancy dress balls. Parakai School calf club days saw her busy helping her children with baking, flower arranging, wildflower collections and crafts.

Gay and Reg separated in 1987 and Gay



• Gay Keane

moved away for a short while before returning to live in the family home at Parakai with the children. She later lived in the kaumatua units at Reweti marae, from there moving to Rimu Street in Helensville where facilities were closer.

After a prolonged illness Gay moved to Craigweil House, which she absolutely loved. She thrived on the company and enjoyed the loving family atmosphere there, and her family cannot thank Craigweil enough for the love and care they gave Gay in her final days.



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making the difference

Is there someone special who has done something that's really made a difference for you or your family? To nominate someone you think deserving, write to: Nicky Horsbrough, Harcourts Helensville, 37 Commercial Road, Helensville 0800 or fill out the form online at: <http://nickyhorsbrough.harcourts.co.nz>. The lucky recipient will receive a \$100 voucher for a local business of their choice.

Our July recipients are the women at Helensville Library, who used their voucher at Allsorts in Commercial Road to get new blankets for their regular Thursday morning Wriggle and Rhyme sessions. Here's their nomination from Leigh and Marty Waite and Israel Reynolds-Calay:

We would like to nominate the awesome ladies at Helensville Library.

My son Israel was diagnosed with moderate to severe autism at age 2½ years in 2004. We returned to New Zealand from Canada where we lived until Israel was 6½ years old.

When we returned we joined the Helensville Library, where I would take Israel to enjoy the books. Israel has developed a deep love for Star Wars and all of the books on the Star Wars characters.

Every time we go to the Helensville Library the ladies there would always greet Israel excitedly and showed real enthusiasm for his love of Star Wars - even to the point where they would say "Israel, we have been waiting for you to come in as we have a new Star Wars book we

thought you might like to read" etc. Israel really loves their excitement and joins in.

Every so often we would call in there and they would have kept an old Star Wars book that had been withdrawn from the shelves as

it was getting a bit old and tattered and they had kept aside for him to take home.

We have since moved to Wellsford and so our visits are less frequent.

Today I checked our mailbox and inside was a parcel addressed to Israel. When

Israel got home from school he opened it up to find a Star Wars book with a handwritten note that read: "To Israel, love from Helensville Library".

Thank you ladies for making my boy's sometimes isolated life so happy.



• From left: Manuela, Sally and Bronte in the library

Parakai past and present for final winter lecture

Comparing past and present views of Parakai and its facilities will be the subject of the Historical Society's July winter lecture, the last of this year's series.

Speaker Dianne McLeod has a comprehensive photo collection of Parakai covering buildings, people, sports and the various hot springs amenities from the time of the earliest European settlement of the area. Although much of the glory of Parakai's resort heyday of the 1920s and 1930s is no longer present, there are still landmarks to be found, and it is a significant part of the district's heritage.

The lecture will be held on Sunday, July 17 from 2pm at the Father Sakey Centre, St Joseph's Catholic Church (on the corner of Puriri St, Commercial Road and Kowhai Street). Entry costs \$10, with a concession for current society members, and afternoon tea will be served.

Record haul from Lions book fair

It's another record – the Helensville Lions Club's annual Autumn Book Fair raised just over \$9400.

That compares with just over \$8000 raised at the 2015 event, and \$6000 in 2014. Christmas book fairs in those years raised \$7600 and \$6000 respectively.

"Each book fair has grown exponentially," says the club's book sorter-in-chief, Chris Clark. "We are now putting about 20,000 books out on display. That involves moving over 600 boxes of books from storage to the War Memorial Hall, unpacking and displaying them."

Chris says the club would not be able to put the fair on without considerable help from members of the Helensville community.

Helensville Lions Club's next book fair is its Christmas Book Fair, to be held on the last weekend of November. The club can accept books throughout the year. Smaller lots can be left at Copy & Print in Commercial Road, and club members can collect larger lots. Phone Chris on 420 8527 or Hilty on 420 8122.



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Community connects over vulnerable children

Finding ways to work together to protect the most vulnerable in our South Kaipara community, was the focus of a recent meeting held at Te Whare Oranga ō Parakai.

The hui was hosted by The South Kaipara Collective; four key agencies (Helensville Health Trust, Parent Aid North West, Men and Family Centre, and Helensville Women and Family Centre) which are funded by the Ministry of Social Development to explore ways to work stronger together towards the collective community goal of "growing healthy kids in South Kaipara."

Tracey Roberts, a social worker with both the Helensville Women and Family Centre and Kaipara College says, "We know we work well together, however we want to ensure that in the South Kaipara we have the best services we possibly can for those most vulnerable in our community."

"We cannot take our eye off the goal" says Charm Torrance, General Manager of the Helensville District Health Trust. "There are a lot of agencies in town all working with vulnerable children and this is an attempt to get them to work more closely together."

Helping food industry upskill

If you're in the food industry, whether in a café, supermarket or marae, you'll know the importance of keeping your staff trained and qualified in food safety and handling. That task has become a little easier, with Keryn Reardon, Kitchen Manager at Te Whare Oranga ō Parakai recently gaining the credentials to act as an assessor for Food Standards. So, if you have staff or volunteers who need their Service IQ accreditation updated, contact Keryn at kitchen@thrivekaipara.org.nz.



Keryn Reardon, Kitchen Manager, Te Whare Oranga ō Parakai.

The accreditation role is just one more proud achievement for Keryn since joining Te Whare Oranga. She runs cooking classes for children and adults, and is even available for private cooking classes of up to eight people.

Hanging up hi-vis vest and work boots

She's been a familiar face at the Helensville Community Recycling Centre in Mill Road for the past 11 years, but now Bronwyn Alexander is hanging up her hi-vis vest and steel capped boots and heading to the South Island to 'retire' and become 'lady of the manor' at a bed and breakfast in a 111-year-old homestead.

Bronwyn and a small group of locals, with the support of the former Rodney District Council, founded the Helensville Transfer Station in 2005 on the back of an extremely successful inorganic collection in the town in 2002.

Bronwyn bought a wealth of experience, having worked in the waste industry since 1996 - initially for Ecoplan at Waitakere as a machine operator, then as a hazardous waste specialist, before moving from there to the Helensville Transfer Station.

With the support of husband Bob, who also had an extensive background in the waste industry, and local volunteers, Bronwyn turned the Helensville Transfer

Station into the highly successful community resource it is today.

More recently, she has provided support as the Helensville Enterprises Trust signed a contract with Auckland Council under the new Zero Waste banner and transitioned into a full recycling centre.

"Bronwyn has been a font of knowledge, a mentor, a trainer, a superb weaver of stories and a much-loved member of the staff at the recycling centre," says site manager Treena Gowthorpe.

"She has donated hours of unpaid labour to the site over the years and has bought her unwavering positivity to work, rain hail or shine.

"The team at the Helensville Community Recycling Centre,

trustees of Helensville Enterprises Trust and the team at Auckland Council Waste Solutions would like to wish this amazing wife, mother, grandmother and great grandmother and soon to be much missed member of the Recycling Centre team all the best in this exciting new chapter of her life."



• Bronwyn Alexander

Lots on at library for Matariki, holidays

Helensville Library has a raft of activities on for Māori language week, Matariki and the July school holidays.

There will be a special Māori Language Week storytime on Tuesday, July 5 from 10.30am-11am, and a special Wriggle & Rhyme session on Thursday, July 7 at the same times.

To celebrate Matariki there will be a special Storytime on Tuesday, July 12 from 10.30am to 11am, followed by Māori games, and a Wriggle & Rhyme session on Thursday, July 14 from 10.30am-11am.

Drop-in games will be held each weekday during the school holidays from July 11 to 22, from 11am to noon.

Those same days from 3pm to 3.30pm, library staff will be reading aloud from The BFG and other Roald Dahl books to celebrate the release of The BFG movie.

School holiday storytimes will be held on Tuesdays from 10.30am to 11am, and Wriggle & Rhyme favourites on Thursdays at the same times.

Every day during the holidays there will be take-home activities, including crosswords, word finds, and colouring ins.

Finally the library will hold a special storytime on Tuesday, July 26 from 10.30am to 11am themed around owls and hedgehogs which will finish with a take-home craft activity.

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helensvillecommunityrecycling@gmail.com

or drop your CV off to our site at 31 Mill Road, Helensville Thursday to Sunday 8am to 4pm.



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Mid-year celebrated



Meet Bayleigh Sa'u, Noah Heke-Tautai and Cullen Callander, who recently took part in celebrations to mark the half-way point of the HIPPY (Home Interaction Programme for Parents and Youngsters) programme. The HIPPY youngsters took part in various activities in the Parakai School hall including making lolly necklaces, stuffed paper creatures, decorated hats, name cards with stickers, sewing pictures, butterfly mobiles and beading.

They were joined by the children from Parakai School teacher Jackie Silby's new entrants' class, and some senior children who helped the younger ones with the activities. The HIPPY children received certificates and books for their work so far on the programme, and the celebration ended with a shared morning tea.

Phone coordinator Bernie Malizia, 420 7434 for more information.

from the frontline

I attended a vehicle accident a few weeks ago on a blind corner with limited visibility leading onto the scene from both directions. While standing on the side of the road signalling for traffic to drive through the scene I noticed that most drivers drove through at unsafe speeds, and did not appear to respond to my signals to slow down. That not only posed a risk to me, but also to others walking around the scene, including people involved in the accident, members of the public who were first on the scene or assisting, and other emergency personnel.



At accident scenes, emergency services will use signs, signals, flashing lights and cones to warn approaching traffic of the accident ahead and how to proceed through. Sometimes, however, these resources aren't immediately available and we make do with what we have at the time.

When approaching an accident all drivers should slow down to 20km per hour and drive carefully, looking for signs that indicate what to do next. Expect the unexpected, but don't panic. Be prepared to stop, and keep your attention focused on the road and any potential hazards ahead. Follow the flow of the traffic, but don't assume anything and obey instructions from those directing traffic. These might not always be police or firemen, and will only be in this position because the current situation dictates that they assist.

At serious and fatal accidents the road may be blocked for some time. This is so a thorough investigation can be completed to find the cause of the accident. Official detours will be put in place as soon as resources arrive to enable this to happen. If you decide not to wait at a road block, bear in mind that emergency vehicles may still be arriving or leaving the scene and complete your u-turn cautiously.

So please, when driving on the roads stay alert, be careful and comply with the road rules. No one likes coming across or being dispatched to a car accident especially when people are seriously hurt. And as police officers we definitely don't enjoy telling people that their loved ones have been seriously hurt, or worse as a result of the accident have died.

- Mandi Bell, Community Constable



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with Kaipara chef, Peter Brennan

Winter soups

It is usually about this time of each year that I give up a couple of soup recipes, so to continue the tradition I have written down a couple of soups that we have enjoyed over the past few weeks. Though this winter has not as yet been as cold as previous ones, winter is always a great season to enjoy soups. Soup is also an excellent after-school snack for the kids, and if you make a big pot it also freezes really well in portions ready for an instant meal.

■ Green Goddess Soup

- 2 clove of garlic
- 1 medium onion
- 2 sticks of celery
- 400g broccoli
- Bunch of kale leaves
- Small bunch of fresh mint
- Olive oil
- 1 litre chicken or vegetable stock, or water
- Salt and pepper



- Sour cream to garnish
- Smoked paprika to dust on top

Peel and finely chop the garlic and onion. Trim and roughly chop the celery, kale and broccoli.

Heat a splash of oil in a pot, then sauté the onion, garlic and celery for about 2-3 minutes, add the broccoli, kale and stock and bring to the boil, turn down and simmer. Continue cooking for another 5-10 minutes, then blend to a smooth consistency. Return to the pot and bring back to the boil, add salt and pepper to taste.

Serve with a dollop of sour cream on top, add a pinch of chopped mint and sprinkle with paprika.

■ Corn and Bacon Chowder

- | | |
|---|--|
| - 1 can of creamed corn | - 4 rashers of streaky bacon, finely chopped |
| - 1 can of corn kernels | - 2 celery stalks, finely chopped |
| - 50g butter | - 1 leek washed, quartered and chopped |
| - 2 garlic cloves, chopped | - 1 litre chicken stock |
| - 1 onion, finely chopped | - 1/2 cup cream |
| - 2 to 3 medium potatoes, peeled and finely chopped | |

- Handful of corn chips
- Grated parmesan cheese

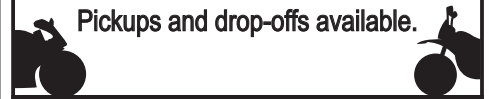
Heat the butter in a pot and add the diced bacon. Cook for a few minutes then add the onion and garlic. Sauté for two minutes then add the diced potato, celery and chopped leek. Sauté for a few more minutes then add the stock and the two cans of corn.

Allow to simmer for about 30 minutes until the soup has begun to thicken and the potatoes and leeks have broken down. Add the cream and season with salt and pepper to taste.

Serve in a warmed bowl, grab a handful of corn chips and crush them in your hand onto the top of the soup, sprinkle on a spoonful of grated parmesan.



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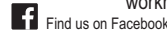
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community titbits from town and around

■ A&PAGM

The Helensville A&P Association will hold its annual general meeting starting 7.30pm on Wednesday, July 6 at the Helensville showgrounds main building. All welcome.

■ KAUKAPAKAPA MARKET

The Kaukapakapa Market on Sunday, July 17 from 9am to 1pm will feature live music from Mike Lee playing Hank Marvin tracks from 10am to noon. There will be craft stalls, plants, organic veg, collectibles, food and barista coffee. For more information phone Sarah on 0274 831 542 or email: sarah1@maxnet.co.nz.

The same day from 10am to 1pm Kaukapakapa library will hold a colouring session for adults and children. Colouring sheets and pencils provided, or bring your own. Phone Megan on 021 959 017 or email: threehorses@xtra.co.nz.

■ ADULT COOKING CLASSES

This month's adult cooking class at Te Whare Oranga ō Parakai is Thai Prawn Curry Night, with chef Keryn Reardon on hand to teach locals how to cook that traditional dish. The class is from 6.30pm to 8.30pm on Thursday, July 28, and the cost is \$45 per person including all recipes and ingredients. To book email: kitchen@thrivekaipara.org.nz or phone Keryn on 420 9983.

■ HEALTHY LIVING COURSE

A free healthy living course will run for 2½ hours each Friday morning for the six weeks

starting July 29 at Te Whare Oranga ō Parakai. Topics will include dealing with the ups and downs of a physical or mental health condition; relaxation techniques; communication with family and others; dealing with difficult emotions; and tips for eating well and getting a good night's sleep. To register phone Charlene on 021 772 337 or email: charlene@healthmatters.co.nz, or contact Pam on 09 813 3375, email: jpantill@ihug.co.nz.

■ HARVEST MARKET

The monthly South Kaipara Harvest Market will be held rain or shine from 10am to 1pm on Sunday, July 31 at Te Whare Oranga ō Parakai. Featuring local produce and artisan foods, live music, barista coffee, and child-friendly play areas. Kids' Kitchen Club is held in conjunction with the market; this month children can learn to cook 'freeform tartlets'. Two sessions available, for ages 3+, at 10am and 11:30am. Email: kitchen@thrivekaipara.org.nz to book.

■ SOUTH KAIPARA U3A

Colin Johnson, a North Shore-based defensive driving instructor, will talk at the next meeting of South Kaipara U3A on Friday, August 5, from 1 pm at the St John rooms, 7 Rata Street, Helensville. Entry by gold coin donation includes afternoon tea.

■ WAITOKI MARKET

Karate, knitting and firemen will be some of the diverse features at the next Waitoki market on Saturday, August 6 from 8.30am to midday. Sensei James Johnston and his students will demonstrate authentic Okinawan karate, while Waitoki Evening Craft Group members will be on hand to give advice on knitting, crochet and spinning. A local fire truck will also do a couple of demonstrations. The market will feature the usual selection of new and used items, bric-a-brac, baked goods, preserves, and plants. Prospective new stall holders should phone Shirley on 420 5111.

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