

Arts in the Ville back for Labour Weekend

The three-day Arts in the Ville festival is back again this Labour weekend at venues around Helensville, and will feature 10 open studios and close to 40 artists.

Organised by Jo Dixey, Denise Marshall and Kura Geere-Watson, it will run each day from Saturday, October 22 until Monday 24 from 10am to 4pm.

Last year an estimated 500 locals turned up at the various festival venues.

As with last year, locals will be able to try their hand at a range of arts at several of the venues.

The 10 open studios will include painters, a hat maker, embroidery, knitted creations, mixed media, felting, spinning and related wool crafts, and a 'whimsical garden'.

Artists opening their studios are corrugated iron sculptor Jeff Thomson (Saturday only); embroiderer Jo Dixey; mother and daughter Jacky and Georgia Black whose creations range from fashion to jewellery and paintings; painters Mike Rowland, Arwen Flowers, William Boyd and

Leda Daniels; milliner Myra Lloyd of Marmalade Hats; and spinning and wool experts Tin Shed Yarns.

Helensville Museum will feature several artists, plus will have food, coffee and interactive exhibits. Additionally two studios will be open at the Helensville railway station, including Patiki Gallery, which showcases contemporary Maori art, and there will be a pop-up gallery at the council meeting room in the War Memorial Hall.

Helensville Art Centre will hold a workshop each day - 'Where the Wild Things Are' on the Saturday, stained glass windows (actually cellophane) on the Sunday, and mask making on the Monday. Entry to all will be by gold coin donation.

Out of town, the Kaipara Coast Sculpture Garden will focus on outdoor artistic works.

Maps will be available at the museum and other Commercial Road sites during the weekend, and will be distributed locally during the week prior to Labour weekend.

More online: artsintheville.blogspot.com.



• It's all concentration for Maella Summer Ralston as she tries silk painting at Jayne Aldridge's studio at last year's Arts in the Ville

Final stage of riverside walkway under construction

After 15 years, Helensville's Kaipara Riverside Walkway is set to be completed in the next few weeks.

Work began on the final 220m section of the walkway behind the old Kaipara Dairy

Company property in Mill Road on Saturday, September 24. Helensville Lions Club held its first working bee to edge and metal that section of the walkway, with others to follow this month.

Auckland Council approved an application from the club to complete the walkway, with the work to be funded jointly by the club and council to the tune of \$6000 to \$7000. Lions Club members are providing the labour with help from South Kaipara Youth and the Helensville community constable.

Dennis Cummings, the Lions' walkway project leader, says once completed the public will be able to enter the all-weather riverside walkway at Mill Road and exit onto Commercial Road between the old Helensville Post Office and former BNZ bank.

The walkway's final stage adds the

finishing touches to a project begun in 2001 at the behest of now-defunct community organisations Mainstreet and New Horizons, and local volunteers. They built the first and more difficult bridges and boardwalk section, funded by the then Rodney District Council.

4000 native trees and shrubs were planted in that area.

In later years the Lions Club adopted the project, completing the two sections from Creek Lane up to the Old Post Office Reserve to mark the club's 50th anniversary.

The club was keen to get the grassed area behind the Dairy Company finished, but that was complicated by a lack of access to get materials onto the site. However the SJA beehive company in Mill Road gave the club access through its premises to allow the project to proceed.

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editorial

Helensville and Parakai have been in the news lately. The towns have featured on both TV3's Paul Henry morning show and on TV1's '7 Sharp' programme, with former Waitemata City mayor Sir Bob Harvey promoting the area as the future Palm Springs of the South Pacific.

Sir Bob envisages strings of up-market apartments and condominiums, spa resorts, and golf courses here within the next 20 years, saying Helensville will become a satellite city and be the spa resort of the Auckland region, designed to accommodate international travellers and the "monied class" of Auckland.

It will be "high tech, high class, high style," says Sir Bob.

He claims to have been "obsessed with Parakai for about 30 years, and how it could become the Palm Springs of Auckland", describing the Helensville-Parakai area as the "undiscovered gem" of Auckland, and "just the most glorious place".

Presenters of both programmes treated his idea pretty lightly - almost sarcastically in fact - with Paul Henry stating outright that Helensville "is not a gem". He says the whole town would have to be levelled, and all the "he'er do wells" living here got rid of.

Sir Bob cited the example of Hobsonville, which just 20 years ago was little more than an airfield and a few sheds, and is now a burgeoning subdivision, to show what can be achieved in a relatively short time.

Asked by Paul Henry if locals should be moving out now to avoid the drastic changes being promoted, Sir Bob says: "no, they have to wait there. They could all be very wealthy."

The big plus for our area - and point of difference - is the natural thermal water, which he describes as the area's "priceless quality". Sir Bob rightly points out that in the early 1900s, Parakai was *the* place for Aucklanders (and others) to go to "take the waters".

So, could history repeat and this be the future for Helensville and Parakai?

Do we want it to be?

I know many locals are aghast at the idea of such dramatic development. Many people moved here precisely because of its small town, rural flavour. But many other locals bemoan the lack of amenities and jobs - something that development will remedy.

It's all a little pie in the sky at the moment, as the newly adopted Auckland Council unitary plan simply doesn't make any allowance for development of this sort in our area. Perhaps Sir Bob has a way around that. It could be an interesting couple of decades.

- Dave Addison, Editor



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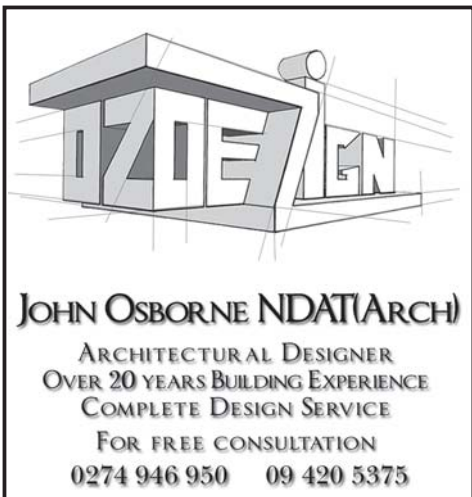
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Novelist at KKK library

Kiwi author John Reynolds will be at the historic Kaukapakapa Library on Sunday, October 16 from 10am to 1pm for locals to meet and chat with him.

John is the author of young adult novel 'Robyn Hood: Outlaw Princess', about school girl Robyn Howard who is transported back in time to medieval England. Finding herself in Sherwood Forest as Robyn Hood, the leader of a band of outlaw women, her actions lead her to being captured and condemned to death.

John was formerly a teacher in London, Canada and Zimbabwe and a lecturer at the University of Auckland, and has also written a thriller called 'Uncommon Enemy' and a guide titled 'Writing Your First Novel.'

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Free driving service for seniors

Helensville woman Jan Scott has set up 'I Drive You', a free driving service for senior citizens in Helensville and Parakai.

Jan is offering to drive elderly locals who have no other way of getting around to the doctor, physio, hairdresser, grocer or even just to visit a friend.

Because she is paying for the service out of her own pocket, she can't cover too wide an area, so the service is restricted to within the locality between Greens Rd, Parakai in the west, Rimmer Road in the south, and Pipitiwai Drive in the north.

"I was trying to find something I could do for the community that was a necessary thing, so I thought, what about driving elderly people to appointments," says Jan.

She has had a police check done, even though it wasn't required for a free service, as she wanted her 'clients' to feel completely safe with her.

Jan won't accept any form of payment for the service, but as a volunteer on Friday afternoons at the Helensville St John Op Shop, she is happy to accept donations which she will pass on to St John.

Describing herself as a "very patient person", Jan is happy to wait while her passengers are at their appointments - she will spend the time reading, doing puzzles or knitting. If a visit is going to take longer, she can pop home then call back to pick up and return the pensioner to their home.

She sees a real need for some elderly people to be taken to visit friends they would otherwise rarely get to see.



• Jan Scott

"The social side for older people is very important."

Jan drives a bright red, late model Toyota Corolla, so her passengers can be assured of both comfort and safety. She is even prepared to help push a supermarket trolley around if needed, though is careful to point out she is not a caregiver.

Local senior citizens needing a ride somewhere can phone Jan on 420 7283 or phone or text 021 0256 3865.

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College duo in final of Smokefreerockquest

Kaipara College Year 12 students Bianca Bailey and Bryony Roberts have become the first act from the school to make the finals of Smokefreerockquest (SFRQ).

The girls have played together since Year 9, and had each reached the regional finals of SFRQ four times. This year they beat out almost 700 other bands and solo acts from around the country to become one of just nine finalists.

Their two-piece band O-Boy! was formed especially for this year's SFRQ, which is an annual original music competition between New Zealand intermediate and high school

performers with \$60,000 in prizes, including \$10,000 worth of musical equipment from Rockshop, as well as a \$10,000 professional recording session and music video production for the overall winner. The first Rockquest was held in 1988, and many past winners have since become big names in the New Zealand music scene.

Bryony is a vocalist and bass guitar player, while Bianca plays drums and sings as well. They describe their music as alternative rock. Unfortunately the pair didn't finish in the money at the finals on Saturday, September 24.

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Real retirement this time for Parakai mechanic pair

"This is it," says Noel Bodle, who with business partner David Leach has just retired - for the second time in seven years.

The Parakai mechanics 'retired' in 2009 when they sold their business of 29 years, Parakai Motordrome.

But in mid-2012, when new owner Bernie Flynn moved the business to Mill Road and rebranded it as Helensville Mechanical Services, Noel and David set up shop again, this time trading as Parakai Automotive.

Now, they have sold the business to Edin Sahbaz, and they insist this time it's a real retirement.

David has plans to travel around New Zealand in his campervan and to play golf, while Noel will be spending some of his retirement leading groups of campervan tourists around the country.

They say they will both be available to help Edin out from time to time, though David says they are pleased to have handed over the business to someone "who has plenty of experience" with both petrol and diesel vehicles.

It will be the first time

Edin has run his own business and he says it will be a bit of a learning curve, and he's pleased to have Noel and David's support.

Edin was raised in West Auckland, but has spent the past two years working on earth moving equipment in Christchurch.

He's taken over Parakai Automotive's fully equipped workshop - set up from scratch when Noel and David returned from retirement in 2012 - as well as the business's regular customer base, and will continue with the usual vehicle servicing, mechanical repairs and warrants of fitness, as well as tractor and ride-on mower repair.



• From left: Noel, David and new owner Edin

New classes for Show photography

Budding photographers should get clicking, as there will be several new classes to enter in the photography section of next February's Helensville A&P Show.

The new classes are: 'food'; 'mostly blue' (which can be any subject, but must predominantly feature shades of blue); 'still life'; 'portrait (adult or child)'; and 'low aspect' (again any subject, but taken from a low-down angle, such as at or near ground level).

Some older classes have been deleted to make way for the new ones, including 'child/children' (now incorporated in the new 'portrait' class); 'nature - plant life'; 'people at

work or play'; 'transport and machinery'; and 'selfie'.

The 'rural life and activity' class has been renamed just 'rural', so people can now enter rural photos that don't necessarily show farming action. And the previously two separate nature classes covering animals and plants have been combined into a single 'nature - animal or plant (no pets)' class.

The adult black and white classes have been renamed 'monotone/black and white/sepia', and monotone photographs will no longer be able to be entered into the coloured print section.




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Fundraising dinner to help Nepalese

Nepal is a place very close to the heart of Helensville's Lindy McDermott.

She's visited the small Himalayan country three times, most recently in March this year, and has been overwhelmed by the kindness and humanity of the Nepalese people. But her most recent trip was different, coming less than a year after the devastating earthquake that killed 8000 and injured 21,000.

"It was just heartbreaking," Lindy says. "There's so much devastation, but the rebuild is painstakingly slow and in the meantime people are living in terrible conditions."

During the earthquake some friends of Lindy's, Jyoti and Indra Shrestha, were at a church above their hillside town near the border with Tibet. The church and everyone in it survived, but the town was flattened.

Since then, Jyoti and Indra have been caring for their own two sons, as well as nine other children orphaned by the quake. In the weeks following the quake they moved to Kathmandu, where Lindy met up with them.

"They live in a makeshift camp of corrugated iron sheds with two toilets and one water tank for around 400 to 500 people," she says.

Lindy wants to raise money to help build a safe children's home for her friends and the children in their care. She hopes to raise \$10,000 to go towards building costs and living expenses, including monthly school fees of around \$400.

On Saturday, October 8 she is hosting a



• Lindy McDermott with children she met in Nepal

fundraising dinner at the River Valley Baptist Church in Parakai.

"\$25 will buy you a three course meal, a night of entertainment including a quiz about Nepal, and the knowledge you are helping a wonderful group of people," she says.

To book tickets to the fundraising dinner, contact Lindy McDermott by email: lindymcdermott@gmail.com or phone 022 049 2871.

Twilight golf to encourage non-golfers

Helensville Golf Club is running a nine-hole twilight golf experience each Friday evening during the summer daylight saving period as a way to encourage non-golfers into the sport.

"This is available to everyone, no matter what their golfing ability is, from beginners to advanced players," says club administrator Sandy March. He says the emphasis is on the social nature of playing golf, where the public are encouraged to come along and give it a go.

Twilight golf runs until March 31 next year, except for three weeks over Christmas.

Tee off times are between 4pm and 6pm. Golfers play in groups of four, and any singles or couples will be buddied up with others to make a group.

The entry fee per night is \$15 per player which also entitles players to a \$2 discount off an evening meal in the clubhouse after play. All entrants have a chance to win prizes each night, including random draws.

Clubs are available for hire, though Sandy says the club is happy for two people to share a set.

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Town farewells oldest resident

Annie Jean Narbey
18/5/1910 - 4/9/2016

Helensville's oldest resident, 106-year-old Jean Narbey, passed away on Sunday, September 4. She had lived in Helensville all her life, apart from eight years spent working in Auckland.

Jean was born the fifth of seven children on May 18, 1910 in Auckland to Walter (Wattie) and Annie Ellett, who had moved to Helensville from Mangere in 1902.

Over the years her family bought farmland at Parakai, Wharepapa and Inland Road. By the time Jean was born, the family had moved from its farm in Parkhurst Road, Parakai to Puriri Street in Helensville.

Jean had a happy childhood, describing it as free and easy. She enjoyed Helensville Primary School, and her close circle of school friends included headmaster A.J. 'Toby' Hill's daughter Jean, Lorna Smith and Rita Bradly.

Jean's older brother Gordon and sisters Eva and Mona went to boarding school in Auckland, but when it was her turn Helensville High School had been built, so she attended the local college.

From a young age Jean was interested in dressmaking. Her mother arranged a job for her with local seamstress Miss Simcock. Unbeknown to Jean, her mother was giving Miss Simcock the money to pay her wages each week just so she could have a job.

Aged 23 Jean moved to Auckland to live with her Aunt Emma at Mangere Bridge while working for her cousin Flora MacKenzie at Ninette Gowns in Queen Street. She worked there for four years before setting up her own dressmaker's shop in Remuera with business partner Mrs Le Pine.

With the outbreak of the Second World

War in 1939 Jean moved back to Puriri Street and worked as a dressmaker from home. She made many wedding gowns and bridesmaid dresses, including those of her sisters Eva and Mary. However when it came to her own wedding in 1942 to Hector Narbey it was wartime and fabric was scarce, so she wore a simple smart suit for the occasion.

The family farm in Mangakura Road was Jean and Hector's home for 55 years, and where their four children Rhonda, Wallace,

Harris and Murray, were born. Hector died in 1969, and the family has now grown to 11 grandchildren and 23 great grandchildren. More than 130 people attended Jean's 105th birthday party in 2015.

During her time on the farm Jean cared for her mother Annie to the age of 96 and her brother-in-law Jimmy until he was 75. After their passing she was able to realise a long-time dream to travel, visiting Australia, England, Hong Kong and Norfolk Island.

Jean had a long association with many local community

organisations, including the Plunket Society, Women's Institute, Helensville A&P Association, Helensville Spinning Group, Helensville Croquet Club, Helensville Tennis Club, Helensville Bowling Club, St Matthews Church, Helensville & District Historical Society and the Helensville Floral Art Group.

She was sport mad and would watch almost anything except soccer and league. Tennis anywhere in the world was her favourite, watching it no matter the time of the day. She played bowls at Helensville Bowling Club until her late 80s, and drove up to age of 94.

In 1996 she moved into a unit in Gerald Stokes Avenue which backed onto her childhood Puriri Street property, staying there until moving to Craigweil House at Parakai 16 months ago.



• Jean Narbey



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Helensville 'Now and Then'

Locals wanting to compare present day Helensville with how it used to look can do just that at Helensville Museum's new 'Now and Then' photography exhibition.

The exhibition is open now and runs until Sunday, October 9 as part of the Auckland Heritage Festival.

Local horse trek

A roughly two-hour horse trek over two local farms will be held on Sunday, November 6 as a fundraiser for the Helensville A&P Show.

It'll be a follow-the-leader type ride at walking pace over rolling hill country and flats on the Bradly and Kidd farms. A pre-ride briefing will be held at 10am at the top of Bradly Road, with the ride starting 30 minutes later.

The cost is \$30 per rider, which includes a sausage sizzle after the ride.

To reserve a place on the ride email: info@helensvilleshowgrounds.co.nz.

It features old photographs of Helensville from the museum's extensive collection alongside recent photos showing the same locations today.

The photo exhibition will be in the museum's courthouse building and will be open Monday to Friday 9am to midday, and Wednesday, Saturday and Sunday from 1pm to 3.30pm. Entry to the exhibit is included in the usual museum entry fee.

Work to link the old Waitoki 'sunshine' school building to the museum archives room with a new deck is planned to be completed over summer. The former Waitoki school room has already received a new roof and front verandah, and eventually will be used as display space, with part of it set up as an old-style classroom.

A new garden by the archive building is maturing well.

Helensville Museum regularly hosts special group visits, and last month both the Birkenhead Historical Society and the Devonport 60+ Club visited, with members commenting that it was one of the best museums they have visited.

medical centre notes

Snoring is a common problem and varies in its severity and impact on the person and their household.

Snoring is the noise from vibrations from partially obstructed breathing from the upper airways during sleep. It is made worse by factors such as alcohol, obesity, sleeping on your back, having a 'thick' neck, nasal congestion and large tonsils.

Treatment is dependent on which of these factors are contributing to the problem.

Sleep apnoea is where the snorer has slow or absent breathing for 10 seconds or more while asleep. The sleeper often chokes or splutters then restarts breathing again.

This causes problems during the day as well, with the person waking up feeling as if they haven't slept, falling asleep easily, irritability and apathy, and struggling to concentrate. This causes problems with driving safety, and health risks with relation to blood pressure and heart issues.

One assessment tool is the 'Epworth score' (available at: goo.gl/bGLMj9) and is a scoring system to assess how bad this is. If a person's score is greater than 11, then we should see them for further assessment and look at treatment options which could include CPAP masks, a device worn at night that flows positive pressure air into the upper airways to keep them open to prevent the apnoea.



- Dr Phillip Barter, Clinical Director

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Doris Jenkins obituary

Doris Alice Jenkins
13/6/1919 - 3/7/2016

Doris Alice Becroft was the third child of Henry Bertram (Bert) Becroft and Mary Mabel Dormer. Born in Helensville in 1919 she lived here until ill health saw her move to a rest home in Orewa in 2009.

Doris was from pioneer Kaipara family stock. Her father's family came to Port Albert with the Albertland settlers in 1863. Her mother's family farmed at Kaukapakapa.

Doris's only sister, Gladys, died of polio in 1916, before Doris was born. She looked up to her brother Ken, a flight lieutenant in RNZAF during World War 2 who was awarded a double honour for bravery, all her life and was proud of his achievements.

Doris's father was a builder, but was also the Helensville undertaker, and a keen photographer. His collection of glass plate photographs covering local events, places and people was presented by Doris to the Helensville & District Historical Society.

Doris (right) attended Helensville Primary and High School, then went to Auckland Business College. She didn't complete her course as she was offered a job in Helensville with solicitor Dick Snedden, where she stayed for 44 years, an efficient and dedicated worker. After World War 2 John Pyatt joined the firm as a partner, and her friendship with the Pyatts continued into their joint interest in the Historical Society.

When her parents married in 1912, they built a house in Porter Crescent. Doris lived with her parents and cared for them as well as holding her full-time position in the lawyers' office. Her mother died in 1958, while her father lived on until 1970.

Doris had a range of community and social interests. During World War 2 she did nursing training. She was a member of the

women's section of the RSA, treasurer of the Indoor Bowling Club, and from 1954 was a member of the Country Women's Institute (CWI), involved locally, with the Auckland West Federation, and with the national organisation.

Her other special interest was the Historical Society. She was a foundation member, and her father was patron. She was minutes secretary for nearly 20 years, organised twice-yearly bus trips for members, and kept a record of all the accessions and exhibits. She was responsible for setting up many of the procedures for running the museum and the society, which are still used today. In recognition of her service, Doris was made a society patron.

She loved travel, going to local and overseas conferences of the CWI, including to America, Holland, Ireland and Rarotonga. She enjoyed Historical Society trips and conferences, and as a keen photographer kept records of many of these.

Doris's friendship with Harold Jenkins went back many years through his wife's family. After Harold

was widowed he escorted Doris on Historical Society trips and to concerts and recitals.

Probably the happiest years of Doris's life were the 10 years she was married to Harold - from 1998 (aged 79) to 2009. They both enjoyed travel and crossed Australia on the Indian Pacific train for their honeymoon.

Shortly after Harold's death Doris moved to a rest home. Her marriage to Harold brought her into the Jenkins family, and a valued friendship with step-daughter Jenny, and her husband John and son.

The Becroft home at 20 Porter Crescent was a treasure trove of family and district history and when the house had to be sold, Doris gave a wide variety of items and historical records to the Historical Society.

- Wynne HaySmith



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Change of vocation for principal

Eileen Brunton has left as principal of Helensville Primary School after almost nine years - and what's more, she's left teaching as well.

She finished at the school on Friday, September 9 and will now study for a masters degree in psychology, with a view to working with children and families in the future, or possibly within the prison or health sectors.

Eileen took over as head of the school in 2008 and says she "always wanted to leave on a high". It's the longest she has stayed at one school since beginning her profession in 1983 - "that's indicative of how much I've loved it here".

"I don't want to be a principal again. I've seen growth at Helensville School and have really enjoyed it, but I don't want to do it again."

Among the highlights of her tenure at the school was going on the last two senior school camps, which enabled her to get alongside the children in a totally different setting.

She says the real highlight has been the school's children. "Seeing them happy at school - kids are very honest and will say if

they are unhappy, for example. I love their refreshing honesty."

She also has high praise for Helensville School's staff, whom she describes as an "amazing team".



• Eileen Brunton

"It's sad to leave, but I have no fears they can't do this without me."

Eileen left right after an Educational Review Office (ERO) visit to the school - she says another highlight was when the school was placed on a five-yearly review cycle rather than the standard three years.

She says this time ERO "was really blown away" by the school, and the reviewers told her the school can look forward to receiving an "amazing" report.

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Online cenotaph calls library home for two months

Helensville Library is hosting one of Auckland War Memorial Museum's Online Cenotaph mobile kiosks until Wednesday, November 30.

Online Cenotaph is a comprehensive online hub for stories of New Zealand service personnel; it currently contains approximately 127,000 records in total with around 99,000 biographical records relating to WWI.



• An online cenotaph kiosk

The kiosk, officially known as an Artefact Digitisation Unit, allows people to search the Online Cenotaph, lay a 'virtual poppy' against a specific person's name, and contribute additional information to the database.

The kiosk contains an object photo booth that lets people digitise their family's war related items, such as medals, diaries, letters and photographs, which are then uploaded to the database to create a lasting record for future generations.

Keeping with the 'war' theme, but jumping forward several thousand years, October is Star Wars month at the library, with a range of activities every day for children to do either at the library or to take home.

A special themed storytime on princesses and princes – the topic suggested by a regular storytime attendee – will be held on Tuesday, October 11 from 10.30am to 11am, and will finish with a take-home craft activity.



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Te Whare Oranga ō Parakai is just 18-months-old, but in its short life it has cemented its reputation as a vital hub for the South Kaipara community. It plays host to a number of courses – from yoga to horticulture – as well as being home to the monthly South Kaipara Harvest Market.

The centre is run by a small and dedicated team, but things are going so well for them, from time to time they need an extra hand around the place.

Kitchen Manager, Keryn Reardon, would love to have a volunteer with hospitality experience to help her run her increasingly popular cooking

classes and assist with commercial catering jobs. In exchange for hard work and enthusiasm, Keryn may be able to help a volunteer get a formal qualification in food standards.

Or perhaps you'd be happy to join a casual roster of volunteers and be the friendly face of the centre when Manager Imelda King is off site. Duties would include answering the phone, directing visitors around the building, and helping set up for events.

If either of these volunteering roles appeals, please call the office between 9am–1pm weekdays on 09 420 9983 or email tewhareoranga@thrivekaipara.org.nz.

A work of heart



June King can vouch for the benefits of volunteering. She's been helping out at Te Whare Oranga since its doors opened last April. One morning a week she sits in the

office and while she catches up on current events reading the paper, she chats to visitors and answers the phone. She says it's been wonderful seeing the centre grow from the former Parakai Tavern into the welcoming facility it is today. "I'd love to see more people using it, especially people from Auckland who could come to a meeting here and arrive relaxed and ready without the stress of traffic and parking hassles they'd get in the city."

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School ag days coming up

Local schools hold their annual agricultural days over the coming weeks.

They all feature the usual collection of calf club animals - lambs, calves and goats - as well as junior farmer competitions, but each school also has a range of other activities planned.

Helensville Primary's Agricultural Day is on Friday, October 14 from 4pm to 7.30pm. It will also feature dogs and small caged animals. There will be classroom displays, face painting, models, miniature gardens, and decorated gumboots in the hall, a blanket sale, raffles, and sideshows including laser run, a bouncy castle and a Mission Impossible inflatable.

Waitoki School will hold its annual Ag Day & Country Fair on Saturday, October 29 from 9am to 2pm. There will be animal competitions, food stalls, live music, a country market, a silent auction and raffles, games, bouncy castles, pony rides and an art exhibition.

Parakai School's Show Day is also on October 29, from 10am to 2pm. Features will include a fire truck, bouncy castle and inflatable slide, music, class activities and showroom displays, face painting, a silent auction, raffles, blanket sales, and food including a lamb on the spit.

Also on the 29th, Waioneke School's Calf Club Day will include chickens, a floral display, miniature farms and miniature or fantasy gardens, a 'Trash to Flash' up-

cycling challenge, and a photo competition.

Kaukapakapa School's Ag Day is on Saturday, October 15. Woodhill School no longer has an ag day, and has replaced it with Pet Day, to be held on Sunday, November 6.

KKK cricket

Registrations for Kaukapakapa Cricket Club's 2016-17 season are now open.

Seniors can play in the 40/40 Saturday Rodney Men's Championship or a twilight 20/20 Wednesday league - anyone interested should phone Kris Allen on 022 531 1723.

Juniors training will be held at Sinclair park on Wednesdays at 4pm during term time from October 19, with Friday games starting at 5.30pm on November 5.

Registrations can be made online at: www.sporty.co.nz/kaukapakapacricquet or email: kaukapakapacricquet@gmail.com.

Helensville sculptor picked for exhibition

Helensville artist Jeff Thomson has been selected as one of 35 artists to exhibit at next February's 'Headland', the annual Sculpture on the Gulf outdoor sculpture exhibition on Waiheke Island.

He was chosen from almost 250 submissions received for the exhibition.

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Our July recipient is Barry Olsen from McLeod Motors.

Barry, pictured at right with Nicky Horsbrough, was nominated by Jan Scott, who says he thought outside the square and fixed her car for an amazing price.

She describes him as a helpful person and a really nice guy, and says he is such a '#8 wire' man and he deserves a thank you.



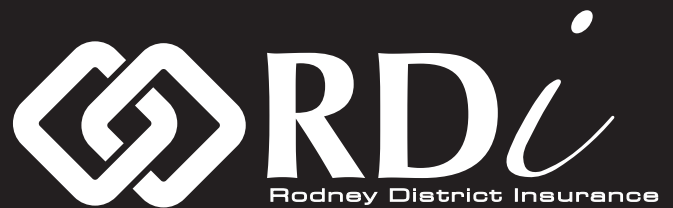
'Wild Things' workshop

Helensville Art Centre will hold a school holiday art workshop for 6 to 12-year-olds based on the book 'Where the Wild Things Are'.

Participants will learn various art techniques to make crazy monsters for an installation that will go on display at a Kaipara Coast Sculpture Gardens exhibition next year.

On Thursday, October 6 and Friday, October 7 from 10.30am to 2.30pm, the cost is \$25 per day. Book at the Art Centre, email: manager@artcentrehelensville.org.nz, or phone 027 260 9486.

The workshop will be repeated on Labour weekend Saturday.



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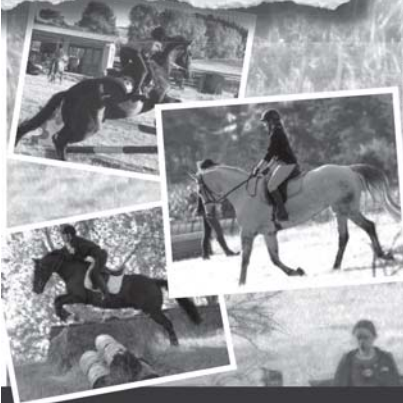
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For further information please contact Carrie - Wainui Pony Club Secretary ph 022 081 5793 or email wainuisec@gmail.com



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from the frontline



Horse gear is pretty expensive as a whole, and is often targeted by thieves. In the South Kaipara we regularly have periods where horse tack, saddles and covers are targeted.

Thieves, surprisingly, come from all walks of life and sometimes are hard to identify.

Basic security is a must. Always lock your front gates, tack rooms and stables so that your gear is secure and harder to access. Don't leave gear hanging on fences, especially rugs and halters. Would-be thieves are always scouting for easy targets. And horse gear left on fences for long periods of time creates a notion that tack further up the driveway is also going to be easy to steal.

Most horse riders are part of a tight knit group. Talk to each other, report all thefts and suspicious activity to police, and come up with ways together to deter thieves further.

Take photos of your tack and gear, and write down clear descriptions of defining marks for ease of identification if it does get stolen. Put up a sign to alert thieves that this is what you have done. Register it on the website www.snap.org.nz. Mark it carefully with a property marking fluid such as SelectaDNA (www.selectadna.co.nz). This is an effective tool that ensures that any recovered stolen property can be easily identified and returned to its rightful owner.

Information and advice on where the best place is to mark your tack and rugs can be obtained online, and there are also signs available. These can be secured to a post at the entrance to your property and also your sheds and stables.

Prevention may seem tedious but in all honesty, these small and simple steps are usually the deciding factors that a thief will not target your property and your valuable horse gear, leaving you out of pocket and inconvenienced.

- Mandi Bell, Community Constable

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Wakame

We recently were given a couple of packs of Wakame, a world-renown seaweed that is prized for its flavour and nutritional value. Wakame is very common in Japanese cuisine and is used across Asia as a condiment. It is now harvested from New Zealand coastal waters.

New Zealand soils are deficient in some trace elements so we need to supplement them with additions to our staples. The most well-known of these elements is iodine, which for many years has been added to table salt. It turns out that Wakame is a good source of iodine, along with calcium, iron, and magnesium, as well as folate, vitamins A, C, D, E, K, and B2. Wakame also contains lignans and fucoxanthin, which have their own unique health benefits.

The seaweed is dried and packaged; once dry it has a shelf life of up to 10 years. It can be rehydrated to use in soups and salads, or left dry and ground to flakes or powder. The dried seaweed often has a white powder on its surface - this is another benefit as this powder is called Umami, which acts as a flavour enhancer, much as glutamates do in processed foods. However unlike glutamates Umami does not bring the baggage of affecting heart rates, blood pressure, and being linked to cancer. The backlash against glutamates has been world-wide, but rather than removing them from foods they are now listed as yeast extracts instead.



To use Wakame as a condiment:

■ Wakame Salt

- 1/4 cup of Wakame
- 1/4 cup of flakey sea salt

Place the dry Wakame into a food processor and pulse to break it up, keep going until it is almost a powder, then stir in the salt. Store in a dry place and use as salt to sprinkle onto food.

■ Wakame Seasoning

- 1/4 cup wakame
- 1/4 cup sesame seeds
- 1/8 cup of chilli flakes
- 1 tea spoon sea salt

Pulse the Wakame until the pieces are about the same size as the chilli flakes, set aside.

Toast the sesame seeds in a dry pan over a medium heat. Keep them on the move in the pan by stirring and shaking, toast until they are a light tan colour then set aside.

Combine all the ingredients and store in a dry clean jar. Sprinkle onto fish dishes, poached eggs, salads, mash potatoes - wherever your imagination takes you.

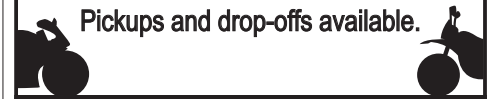
Children's pop-up book fair a success

The Helensville Lions Club's 'Pop Up' children and teens book fair last month raised around \$950 in just 4 hours of trading, which organisers say was a very good result

considering the weather and different venue. A large number of children and their families attended, buying toys, books and games. The next book fair is in November.



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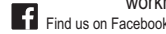
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community tidbits from town and around

HELENSVILLE AGLOW

Helensville Aglow will meet at 7.30pm on Friday, October 7 at Helensville Community Church, 40 Mill Rd (behind the Hospice Shop). Guest speaker will be Len Buttner from Eagle Ascend Ministries. Email Yvonne Bartlett at: yvonne@hello.net.nz for more information.

SOUTH KAIPARA U3A

The South Kaipara U3A meeting on Friday, October 7 will start by learning about Sikkim, a state in north-east India, followed by a book review. Following afternoon tea a guest speaker will talk about Trade Aid. The meeting starts at 1pm in the St John Ambulance Rooms, 7 Rata Street, Helensville. Gold coin entry includes afternoon tea. For more information phone Judy Goodsir on 09 411 8322.

The November 4 meeting will feature Veronica Martin from 'Sweet Louise'.

FREE COMPOSTING WORKSHOP

The Compost Collective, supported by Auckland Council, will hold a free composting workshop at the Rautawhiri Park Pavilion on Wednesday, October 12 from 6.30pm - 8.30pm. The workshop will provide an introduction to the three basic composting systems that can be used in the home and garden, and those attending can get a \$40 discount voucher to use when purchasing a compost system. Book online at: www.compostcollective.org.nz or by phone, 09 482 1672.

KAUKAPAKAPA MARKET

The Kaukapakapa market on Sunday, October 16 will feature live music from Foster Watkinson on the tenor sax from 10am to 12pm. The market runs from 8.30am to 1pm and includes a wide range of stalls, food, Lions sausage sizzle and book fair, and barista coffee. For more information or to book a stall phone Sarah on 0274 831 542 or email: sarah1@maxnet.co.nz.

BUSINESS HOUSE TENNIS

Helensville Tennis Club's mixed doubles business house tournament starts on Thursday, October 13. Email Gaylene Ashton at: helensvilletennis@gmail.com for more information.

MURDER AT MAKARAU

An evening of comedy and murder, where the audience has to work out who committed the crime, will be put on by the Mad Makarau Players on Saturday, October 29, starting 8pm at the Makarau Hall. Tickets for the show cost \$25 and are limited to 80. There will be prizes for best French-inspired costume, and entry includes a French themed supper. BYO drinks, no door sales, and adults only. Contact Lisa on 027 207 7266 or email: lisamschreibvogel@gmail.com for tickets.

HARVEST MARKET

A special focus on education and training will see a number of training institutions at the next South Kaipara Harvest Market on Sunday, October 30 from 10am-1pm, to gauge community interest in courses for 2017. The market at Te Whare Oranga o Parakai will feature freshly baked artisan bread, homemade chutneys, cheeses and salami among numerous other goodies.

A&P TRIVIAL PURSUITS

The Helensville A&P Association's annual Trivial Pursuits evening is on Friday, November 11 from 7pm at the Helensville War Memorial Hall.

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Helensville News - Publication Information

NOVEMBER 2016 deadline: Friday, 14th October 2016

ISSUE DUE OUT TUESDAY, NOVEMBER 1st 2016

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