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## Artist paints to raise funds for Starship

Helensville artist Arwen Flowers is putting the finishing touches to a project that has a close personal meaning for her.

For the past couple of months she has been painting a rock pool design on a child's trolley, which is to be auctioned to raise money for the Starship children's hospital.

The trolley project was the idea of Aucklander Ron Frost, who made four trolleys and then approached artists to paint them. The right to donate each trolley to Starship will be auctioned on Trade Me, with the trolley and 50 percent of the money raised at auction going to the hospital.

Ron says his son Luke is only alive today because of the treatment he received at Starship Hospital.

As soon as Arwen heard from Ron, she knew she had to be one of the four artists. She had spent three months living at Starship with her newborn first son Griffin, now 15 and healthy, and like Ron will be forever grateful for the care her child received at the hospital.



• Arwen putting the finishing touches to the trolley

Painting the trolley has been about a 10-week task, and when finished it will be signed underneath by Arwen, Ron, and the successful bidder.

Arwen sees the rock pool theme as bringing a bit of the outdoors inside for the children stuck in the hospital.

The quality of the artwork on the trolley is right up there with Arwen's canvases, and she says it was "worth putting the effort in for kids to appreciate the art."

"As much as the kids will enjoy it, it will be an adult donating it, so it must appeal to adults as well."

She also wanted a design that would show up well in photographs, as that is how people bidding for it in the auction will see it.

At the time of writing, the date for the auction was not known.

## Volunteers get recognition

Volunteers from 46 community organisations in Rodney were honoured recently by the Rodney Local Board.

Each volunteer group nominated a representative for the award. Volunteers came from a broad range of community sectors including the arts, environment, sports, residents and ratepayer groups and hall committees.

"Every day volunteers exemplify a can-do attitude and a cheerful willingness to do whatever it takes to help others," says Rodney Local Board chairperson Beth Houlbrooke.

Among the locals who received awards were: Francis Swann: Helensville-Waimauku Family Budget Service; Andrea Berrington-Humes: Glorit Memorial Hall; Ralph Martin: Kaukapakapa Residents and Ratepayers Association; Dennis Cummings: Lions Club Zone 4 Rodney; Graeme Hounsell: Scouts; Elon Bycroft: South Kaipara Landcare; and Cliff Wright: Te Awaroa Residents and Ratepayers Association.



• Elon Bycroft of South Kaipara Landcare receives his award from Rodney Local Board member Brenda Steele

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# editorial

I know it's winter, but....

We seem to have had rain almost every day for about the past six weeks, making it surely one of the wettest winters in memory. Spare a thought for our poor local farmers, who are slogging through acres of mud to feed their cattle each day. Hay is getting trampled into the mud and wasted, stock are wading around up to their knees in places in sloppy brown sludge. And for the dairy farmers, calving is underway in far from ideal conditions.



• A local farm paddock in late July

Luckily it has generally been fairly warm so far, and there has been a bit of grass growth to help things a little. Still it's pretty disheartening for land owners to see their pasture churned up by livestock and farm equipment. Roll on spring and summer!

It was pleasing to hear about Rodney Local Board's recent community volunteer awards (see page 1). As I've mentioned before on several occasions, volunteers are the lifeblood of our community organisations, and their efforts usually go unsung. So kudos to the local board for shining a light on the valuable work these folk do in our community.

- Dave Addison, Editor

## Two times the learning fun

They say good things come in twos, so Helensville twins Kaea and Elaine Wihongi-Johnson should have double the fun at local HIPPY members.



• Twins Kaea and Elaine

The four-year-old twins recently joined the HIPPY programme and are loving doing fun activities with their mum Bonnie.

Their HIPPY tutor visits the family in their home to roleplay the weekly activities so Bonnie can easily teach her girls the HIPPY work over the following week.

Kaea and Elaine will go to Helensville Primary when they turn five. HIPPY is a two year programme which supports parents to be their child's first teacher in their preschool year and also their first year at school - so the twins will still be doing HIPPY when they start school.

Bonnie also goes to fortnightly group meetings where she meets other mums,

does crafts, and listens to speakers from other community organisations.

For more information on the HIPPY (Home Interaction Programme for Parents and Youngsters) programme, phone coordinator Bernie Malizia on 021 0220 6017.



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# New A&P Show manager

Meet Merle Kotze, Helensville A&P Show's new manager/secretary.

Merle took over the day-to-day tasks of running the show from David van Dam on Monday, August 1.

Originally from Mafeking, a town of around 24,000 people in the far north of South Africa, near the Botswana border,



• New show manager Merle Kotze

Merle has lived in New Zealand for 12 years.

She describes Mafeking as basically one main road, with lots of farms - a background which ties her in with the agricultural heritage of the Helensville Show.

## Candidates' meeting

Locals will be able to listen to and question candidates for the Helensville electorate in the upcoming general election at a meeting on Monday, August 21, at 7pm at the Kumeu Baptist Church.

Candidates taking part are: Chris Penk (National); Kurt Taogaga (Labour); Hayley Holt (Greens); Helen Peterson (NZ First); plus party representatives Nick Kearney (ACT); and David Fitzgerald (The Opportunities Party).

Political parties will be available for information and discussion in the church hall from 6pm.

Merle's work background is in event management.

For the past four years, she has worked for Wet 'n Wild Slides, a Franklin-based business specialising in inflatable water slides, which as well as hiring out slides runs pop-up water slide events, which were Merle's responsibility to organise.

Prior to that, she worked for Fairfax media, firstly as a photographer with the Franklin County News and later moving into advertising and marketing.

Merle also organised two Pukekohe-based wedding expos in her spare time, which she says was "a lot of work".

Merle actually has a degree in photography, but now prefers to keep that as a hobby.

"I want to do it for enjoyment, not because I have to," she says, adding that she has been taking photos since she was little.

Her photography background may come in handy with her new A&P Show role. She already has an idea for people to be able to enter the show's photography section digitally, and to seek a sponsor to provide free printing of the entries. Show photography entries have fallen in recent years, largely because fewer people are printing the photos they take.

Merle, who lives in Stanmore Bay with her 5-year-old son Logan and her parents, visited the Helensville A&P Show for the first time this year, though she didn't check out the indoor exhibits. That's something she is keen to learn about.

She was impressed with the advertising for our local show, and says it was seeing signs on the side of the road promoting the show that convinced her to visit.

Merle is already contemplating putting her negotiating skills to use to try to drum up more sponsorship for the show, and has an idea for a time capsule competition to get local school children more involved in the show.

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## Play about Brynderwyn bus crash

A locally written and produced play about an important but little known piece of New Zealand history is about to have its world premiere.

'Te Waka Huia' is a play written by Helensville local Naomi Bartley. It is a fictional story, which is inspired by the Brynderwyn bus crash of 1963 which killed 15 people.

Many of the victims were from the Helensville area, and to this day it remains New Zealand's worst road accident.

Last year some of the whānau members of those who died or were injured attended a public reading of the script. Among the audience was Leigh Bosch, who lost four generations of women in her family.

She says at the time the tragedy was so immense many whānau struggled to deal with their loss, and she believes the play will offer some healing to those still hurting.

"Many of my family members who were at the reading were in tears, because the play came out with emotion and let people let go," says Leigh.

The play begins its season on Thursday, August 17 at Te Pou Theatre in New Lynn before going to Mangere, then on a tour of Northland that loosely follows the original route the bus travelled from Waitangi to Helensville, with shows at Maungaturoto, Rawene, Kerikeri, and Whangarei.

Director Chris Molloy says: "it's great to be able to be able to bring such high quality



• Pictured at a public reading of the play at Te Whare Oranga o Parakai last year are Junior Misimoa, who plays Pahi and Chye-Ling Huang, who plays Emily

theatre to communities who don't often get it."

Playwright Naomi says another intention of the tour is to gather collective memories of the accident, "for instance, from the first responders from Maungaturoto and the hospital staff from Whangarei."

But the performances she's most looking forward to are the two final shows on Friday, September 29 and Saturday 30 at Kaipara College in Helensville.

"This project started nearly five years ago after I had the opportunity to talk to two local survivors from the crash, Louis and Pirangi Nathan," she says.

"I have always wanted this play to honour their story and perhaps provide a healing space for other local whānau who have lived with the loss all their lives."

Tickets are \$20 (concession \$15) and are available now from iTICKET: <https://www.iticket.co.nz/go-to/te-waka-huia-tour>.

## Quilting display to feature at Waitoki market

A quilting display by Town and Country Quilters Waitoki will feature at the Waitoki market on Saturday, August 12 from 8.30am to midday.

The small group of quilters meet once a month at the Waitoki Hall - the market's venue - to share their love of quilting, advice, and ideas in a casual, friendly environment. Visitors to the market will be able to see their craft and have a chat.

As usual the market will feature home-made and used goods, bric-a-brac, baked goods, preserves, plants and more, and there will be a barbeque brunch available, as well as tea and coffee and scones.

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# Maths wizz kids in competition

37 teams of students from west Auckland primary schools took part in the Norwest Mathex competition, held at Kaipara College on Tuesday, July 25.

Local Years 5 to 8 children from Helensville, Parakai, Waimauku and Woodhill schools were joined by pupils from Hare Krishna, Hobsonville, Huapai, Marina View, Massey, St Pauls, Taupaki and Waitakere schools.

This is the third year that the event has been held.

The competitions were held in three age groups - Years 5/6, Year 7 and Year 8, with certificates and trophies awarded for each competition. The competitions were won by the first team to reach 100 points, or the team with the highest score after 30 minutes.

Each team had a nominated runner, whose job it was to sprint with the answers for each question to the markers.



• Team runners rush past in a blur to get their teams' answers to the marking panel

The winners were (with points scored): Year 5/6 competition: 1st St Paul's B (100 points); 2nd Massey A (80); 3rd= St Paul's A / Waimauku A (70).

Year 7 competition: 1st Waimauku A (65); 2nd Helensville (55); 3rd Hare Krishna (40).

Year 8 competition: 1st Waimauku A (75); 2nd Hare Krishna (70); 3rd= Helensville / Massey B / Marina View (65).

## Sell your property and raise cash for Helensville A&P show

Locals selling a property can now help raise significant funds for the Helensville A&P Show at the same time - and without it costing them a cent.

The Royal Agricultural Society (RAS), which is the governing body for all A&P shows in New Zealand, has partnered with New Zealand's biggest real estate company, Harcourts.

Now, when locals make initial contact with the Helensville branch of Harcourts to sell their property, they can complete a form to nominate the Helensville A&P Show as their preferred recipient. When the property sells, Harcourts will give \$500 to the RAS head office, \$400 of which will then be passed on to our local show.

The money is not deducted from the sale price - it is donated by Harcourts.

The \$100 retained by the RAS will go towards that organisation's running costs and youth initiatives.

The referral system applies to any type of property - sections, residential, farms, lifestyle blocks, investment or rental properties - listed and subsequently sold by Harcourts. All the seller has to do is let Harcourts Helensville know they want to take part in the scheme when they first contact the company about selling their property.

Tom Rutherford, Harcourts national lifestyle and rural manager, says since the nationwide scheme started in April, there have already been a number of referrals around the country.

Harcourts is also sponsoring the RAS 'Rural Ambassador' youth programme.

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## Vet returns from remote Scottish island sojourn

"Would I go back? I think I've been there and done that," says Helensville vet Mark Anderson.

Mark and wife Maureen recently returned from three and a half months living on the remote Outer Hebrides islands off the coast of Scotland, and while they both really enjoyed the trip, Mark jokes that he won't be buying a holiday home there.

"It gave us a real appreciation of what it's like to live there."

"We didn't realise how isolating living on an island is - you need to take a ferry to go anywhere [on the mainland] and then a long drive."

Maureen agrees, saying it "makes you appreciate your own country."

The far-flung islands provided plenty of challenges. For Mark it was a working holiday, acting as a stand-in vet at a practice based on the island of North Uist - and he was thrown in the deep end, with the island's other vet off on sick leave for the first three weeks.

While Mark was working, Maureen looked after Mark's 84-year-old father David, who loved the holiday. They were able to drive around the islands - it was a 20 minute drive to the nearest store - and they both took lessons in the local Gaelic language. Mark, however, says he didn't

learn a word of it.

Maureen enjoyed plenty of walks around the islands, but says it was always very windy.

Farm livestock on the island is predominantly big Limousin cattle, which Mark says are "really not the right cattle for the environment", and Scottish black face sheep.

He says the typical farmers - known as crofters - are more like lifestyleers here, often only owning 10 cattle and maybe 30 sheep, and also holding down a job.

There is big concern, he says, about the effects Brexit might have on the farm subsidies which are the only way to make farms financially viable.

All farming is on the western side of the islands, with the eastern side mostly peat bogs. Peat is still cut for burning as there are virtually no trees anywhere on the islands.

The islands also have a large fish farming industry, mainly salmon farming in both the fresh and saltwater lochs.

The other major concern among the islanders is rising sea levels. The Outer Hebrides, which consist of five main islands stretching 100km from north to south and linked by a central causeway, are extremely flat and threatened by potential sea rises,

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• Maureen Anderson in a 'blackhouse' village on the island of Lewis & Harris during a weekend away

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# Med centre working on improvements

Kaipara Medical Centre is working through a number of options to improve its service to enrolled patients.

It is trialling a new policy of not accepting booked appointments for casual patients, that is, people not enrolled with the practice. It's hoped this will reduce the demand on services, particularly over the busy winter period and while the centre continues the search for a new doctor to add to its team.

## Vet returns (cont...)

• From page 6

with coastal erosion a "real problem" says Mark.

Despite the trials, the Andersons enjoyed the trip, and Mark saying it was a great way to "recharge the batteries" and he has come back re-enthused.

And asked if there are more remote working holidays in the offing, Mark says with a grin: "I'd like to try the Outback in Australia."

It is also now mandatory for all new patients who do enrol at the centre to sign-up to the secure online service, Manage My Health.

Current patients who haven't done so already are also encouraged to sign up to take advantage of the ability to book appointments and order repeat prescriptions in their own time.

Another initiative is the engagement of a specialist to review the centre's floor space and look at how workflow can be more efficient. One of the areas for improvement may be the location of the main reception desk which sits directly in front of the automatic doors and lacks privacy for conversations between staff and patients.

It is hoped the specialist's initial report will be ready by the end of September.

Consideration is also being given to possibly setting up an on-site dispensary, so patients could collect their medications as they leave.

## medical centre notes

This winter has been one of the worst for a few years for influenza-like viral illnesses, and this has meant our duty clinic has been extremely busy. It helps if you can phone and speak to our nurses first so we can better manage the flow of patients and what times people come in. When people walk in unannounced they will of course be seen, but they may be waiting a while at this time of year.

There are various strains of influenza virus and they keep changing to get past our immune system. The influenza vaccine contains the strains that the World Health Organisation feels are the likely ones to be hitting us on any given year.

Influenza is a viral illness, and produces symptoms of muscle aches, fevers, headache, cough and runny nose - similar to the common cold but much worse. People often have to stop work and go to bed, and it affects the chest rather than just the throat and nose. It lasts from three to four days to sometimes a bit longer, and being a viral illness means antibiotics will not make a difference.

Like any viral infection, influenza must run its course and the main treatment is symptom management. Rest is key; the body is trying to fight the infection, and continuing to work can affect its ability to overcome the infection, as well as spreading it to colleagues.

Paracetamol is good for pain control and high temperatures. Keeping up fluid intake is vital too, as you lose more fluid during a viral illness.

On a different note, Cupcake Day is on Monday, August 14. It is to raise funds to build a Northern SPCA in Hobsonville. Some of our staff - Marina, Julie and Angela - will be selling special cupcakes around Helensville businesses to raise money. Gluten free cupcakes will be available.



- Dr Phillip Barter, Clinical Director

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Registered Death Certificate	✓	✓
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# Mud pie play leads to art exhibition

A connection with land is the theme of an exhibition of new work by Filani Macassey titled 'Earth Day Continuum', on now at the Art Centre in Helensville.

Filani, a founding member involved in the set-up and running of the art centre, recently moved to Kaiwaka after many years of involvement in the Helensville art community.

She started looking at earth as a medium for her artwork after attending an Earth Building Association of New Zealand tour in 2015.

"Getting my hands back into the earth reminds me so much of childhood play - mud pies and mud fights," says Filani. "I think if you haven't experienced this during your childhood, you've missed out on something essential in life, this being a connection to nature, an abandonment of inhibitions."

Filani's new artworks use materials sourced from the earth – paper mulberry

fibre from Fiji; natural mud pigments from Northland and Fiji; charcoal; traditional dye; and printing inks. The natural elements are sourced from regions to which she feels a connection.

"I managed to bring red mud back from a recent trip to Kadavu Island in Fiji, where our village and family land is."



• Filani with one of her artworks

The overall concept of this body of her work highlights ideas of space, time, utilisation of raw materials and a personal form of map and mark making.

Fijian-born Filani is a graduate of Elam School of Fine Arts in Auckland. She has been involved in many community art initiatives and has exhibited in New Zealand, Fiji and Europe. Her work is inspired by the duality of having been born in Fiji and living most of her life, from the age of six, in New Zealand.

"I suppose it is a way of creating an individualistic identity," she says.

After travelling around South America and Cuba, she moved to Kaiwaka in October 2015 and is currently setting up a studio there. Filani recently completed an internship at the Geoff Wilson Gallery, and is the coordinator of the newly-opened OWL Community Hub in Wellsford.

Her Earth Day Continuum exhibition is in the Media Room at the Helensville Art Centre Helensville until 26 August. Gallery open hours are Tuesday to Friday 10am to 4pm and Saturday 10am to 2pm.

## Trivial Pursuits

Helensville Museum will hold its annual Trivial Pursuits night on Friday, August 11.

Funds raised at the evening will go toward the renovation of the museum's Waitoki School 'Sunshine' classroom, which still needs work to bring it back to life as an exhibit showing school life in the early days, as well as housing the museum's extensive collection of old school photos.

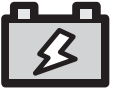
The quiz will feature 10 rounds of general knowledge questions for teams of up to 10 people. Tickets cost \$10 per person. While it's a BYO nibbles and drinks event, supper will be served at half time. There will be raffles and spot prizes, and the winning team will also be awarded a prize.

Bookings can be made with Lynn at the museum, phone 420-7880 or email: [helensvillemuseum@xtra.co.nz](mailto:helensvillemuseum@xtra.co.nz).

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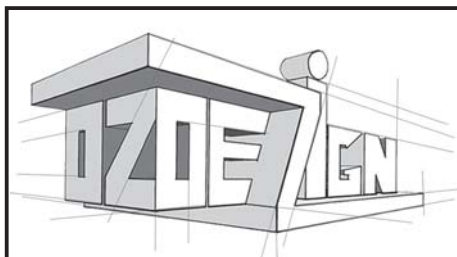
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# First college musical in 16 years

Kaipara College's Performing Arts Department will put on the school's first musical production in 16 years later this month.

It's called 'Rock of Ages', and will play at the college from Wednesday, August 16 to Friday 18.

The play, one of the longest-running shows on Broadway, has had productions in Japan, Australia and the United Kingdom – and now Helensville. It was made into a 2012 movie of the same name which starred, among others, Russell Brand, Alec Baldwin, Paul Giamatti, Catherine Zeta-Jones, Bryan Cranston and Tom Cruise.

Described as a rock/jukebox musical, it's built around classic rock songs of the 1980s, especially glam metal, and features songs from Styx, Journey, Bon Jovi, Pat Benatar, Twisted Sister, Steve Perry, Poison and Europe.

Set in Hollywood in the late 1980s, the story centres on one

of the Sunset Strip's last legendary venues, home of famed rocker Stacey Jaxx and aspiring rock star (and resident toilet cleaner) Drew, and small-town Kansas girl Sherri. When Sunset Strip is threatened to be turned into a mall by German developers, only rock 'n roll can save it.



The college music and drama departments have combined to become the Performing Arts Department, and it is hoped that in time dance will be added as a subject as well.

The show will feature 35 Kaipara students, as well as some of the more outgoing teachers.

Tickets cost \$20 for adults and \$15 for students, and are

available from the college Student Centre (eftpos is available), or phone Margo on 09 420 8640 extn 810 to book, (payment can be made online). The show starts at 7pm, but college bands will be performing for an hour prior to the start.

# Top US expert at local breast feeding conference

A world leading expert in breastfeeding is the special guest speaker at a conference being held at Te Whare Oranga o Parakai this month.

Around 80 people have registered for the sold-out, day-long workshop being hosted by the Helensville Birthing Centre.

The guest speaker is Catherine Watson Genna, a lactation consultant from New York. Others taking part are midwives, lactation consultants, osteopaths, GPs, Plunket nurses, and a university lecturer. Most are from Auckland, but some are travelling from as far away as Hawke's Bay and Blenheim.

Catherine's particular focus is on helping mothers and babies who struggle to breastfeed because of anatomical or medical issues like tongue-tie or reflux. She's the author of several reference books on breastfeeding, and her current research projects involve the biomechanics of the lactating nipple and analysing infant sucking by using ultrasound.

The Birthing Centre's lactation consultant, Debbie Tetlow says when they heard Catherine was speaking at a conference in

Australia they were eager to ask her to visit New Zealand as well.

"Breastfeeding information and advice given by health professionals can be highly variable, so we're hoping through this workshop to provide up-to-date, evidence-based education to those in the field, so they can better support women and babies," says Debbie.



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# making the difference

Is there someone special who has done something that's made a difference for you, your family or our town? To nominate someone, 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 August recipient is Kaukapakapa RD3 postie Jim Forgie, who chose a voucher for Premier Mechanical in Mill Road.

Jim was nominated by Stephanie Wcislo, who says:

"I live in RD3 Kaukapakapa, and Jim is one of my favourite people in the community. I am never at home when I get mail delivered, so whenever a package arrives for me, I get a phone call from Jim (who is just the cutest) to let me know he's hidden it somewhere and it's safe at my house.

"I just wanted to recognise him for being a great guy, who goes above and beyond what he needs to do. I posted on the local community page, and many did agree with me, with many likes and comments."



## Helensville Birthing Centre

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## Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand

### Focus on breastfeeding

There are two events happening in Helensville this month that will promote the benefits of breastfeeding.

The first is the nationwide event, The Big Latch On, which sees breastfeeding women gather at registered venues and feed their babies at the same time. All local mums are invited to take part in The Big Latch On at Te Whare Oranga o Parakai, 10am–12pm, Friday 4 August. There will be a nutritious morning tea available and lots of spot prizes up for grabs. To keep

up with the event news visit the Facebook event page, The Big Latch On Helensville.

And on August 14, the Helensville Birthing Centre is hosting a breastfeeding workshop featuring guest speaker, Catherine Watson Genna, a distinguished lactation consultant and speaker from New York. Eighty people have registered for the sold-out event, with some coming from as far away as Blenheim. Among them are lactation consultants, midwives, osteopaths and Plunket nurses.

#### Same place, new address

The Helensville District Health Trust owned community centre, Te Whare Oranga o Parakai is about to get a brand new address. The building itself isn't going anywhere, but the Rodney Local Board has agreed to give the previously

unnamed cul-de-sac off Parakai Ave a new name, Rere Place.

There has been confusion about the physical address of the centre, which was sometimes referred to as Te Moau Ave, then Parakai Ave, but will now be 5 Rere Place. Three neighbouring properties will also be re-addressed to Rere Place.



Maria Johnson and Jo Sorensen with their babies, Elea and Arie, at last year's Big Latch On in Parakai.



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# local board matters

## ■ Council Finances Part 2

Last month I outlined how council raises its funds; this month it's spending...

All of council's capital spending is funded through borrowing, and rates income is used to repay that debt. Think of it like a perpetual revolving credit facility, because as long as things need to be built - roads, playgrounds, community centres or public transport networks - council will need to borrow money.



Currently council is at the limit of its self-imposed debt ceiling as it wants to retain its AA credit rating, which keeps its borrowing costs down. This means it has a limited ability to build new assets, a problem for a fast-growing city.

There is regional spending - road networks and large sports facilities, and local spending - parks, and local amenities.

This spending is split into different categories. Some is 'asset based' (the costs involved in the upkeep and renewal of assets); some is capital spending as mentioned above; some is spent by Local Boards on what is called 'local discretionary initiatives'; and then there are operational costs - the money spent running the organisation like governance support (the advice politicians receive) or wages spent on general staff within departments. Rates only contribute about 16 percent of this cost.

Water supply and wastewater are not paid for by rates; they are funded by user charges.

A frequent complaint of rural ratepayers is that they don't get sewerage and water services, yet they pay rates. But if they were receiving these services they'd be in addition to rates. Watercare, the council controlled organisation (CCO) that manages water services is pouring millions of dollars into Rodney's clapped-out infrastructure, a legacy of decades of under-investment. This is a good example of the benefits of being part of Auckland Council. The cost was a significant burden for Rodney District Council with its tiny rating base, however Watercare can manage the cost across its entire network.

Another example of a large asset that previously had to be serviced by a small ratepayer base is Rodney's road network.

We have over 1700km of roads, the largest network in Auckland, but servicing a population half the size of the Waitemata Ward (55,000 vs 102,000). 678km of that network is unsealed, another legacy of the previous council's budget woes; sealing stopped when Government withdrew subsidies, and has only started again since the formation of Auckland Council.

As with Watercare, Auckland Transport spreads the significant investment in Rodney's roads across Auckland, rather than directly on the 22,000 rateable properties in Rodney.

More information can be found by Googling 'how your rates are spent Auckland Council'.

Next month ... how your rates are spent locally by Rodney Local Board.

Questions, comments or need help on an issue? Email me at: [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz) or message me at [m.me/phelanpirrie](https://www.facebook.com/phelanpirrie).

- Phelan Pirrie, Deputy Chair, Rodney Local Board

## New meeting venue, schedule for TARRA

Te Awaroa Residents & Ratepayers Association has moved to bi-monthly meetings, with committee meetings to be held during the in-between months.

There's a new venue, too. TARRA's next community meeting is on Wednesday, August 23, starting at 7.30pm in the function room at Parakai Springs. Reception staff at the pools will direct those wanting to attend to the room.

"Parakai Springs are generously allowing us free use of their facility," says Holly Southernwood. "Auckland Council charges for use of the meeting room in the Helensville War Memorial Hall doubled from July 1, making it beyond our budget.

"At our AGM in June it was agreed to 'vote with our feet' and trial the Parakai venue," she says.



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## SALES and RENTALS

# North West COUNTRY

# UPDATE

AUGUST 2017

## CHAIR'S MESSAGE: TONY FORLONG



It is great to see all the current changes within the North West area, including new commercial developments popping up in Kumeu, and potentially new exciting businesses planning to locate in Helensville.

As part of the change in our district, the Business Association is proposing a name change to North West Country Inc which will be considered by Association members at our

AGM later in August. The rationale for this is to align with our brand for the area and to help mark the North West as a destination in the minds of visitors.

The Committee has developed some exciting plans for the coming year which include supporting the Chill in the Ville Festival and running an inaugural North West Business Expo in middle of next year. The popular North West Wine, Beer and Food Festival will return in February

as will the Business Awards which demonstrated the high calibre of many of our businesses. We are also very excited to launch our Mobile App in the next couple of months.

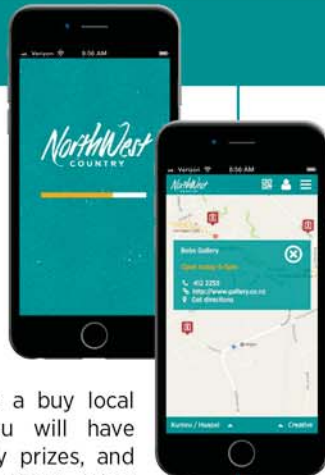
I want to publicly take this opportunity to thank my supportive and hard working committee who all give of their time freely to support the North West Country area.

## MOBILE APP

Over the last six months, we have been working to bring you an app that features everything you need to know for your local area, and the entire North West.

These features will include a buy local points scheme where you will have the chance to win monthly prizes, and information about all the North West businesses, integrated with maps and the ability to search for the business you need.

The app will be available on both Android and Apple, so keep an eye out on the North West Country website and social media for its launch!



## FATHER'S DAY SPECIAL



We're celebrating all the Dads Fathers, Grandfathers, and any the other special men in our lives this month! Win them some great prizes in our upcoming Father's Day promotion - just by shopping local and spending \$10 or more in any participating store.

The promotion will run from 14th - 27th August and the winners will be announced Wednesday 30th August. Keep an eye out on our Facebook page: [www.facebook.com/nwdba](http://www.facebook.com/nwdba) for more details.



## TRAINS TO HUAPAI

The Public Transport Users Association (PTUA) has launched a campaign to push Auckland Transport to start a diesel shuttle service from either Swanson or Henderson to Huapai.

The North West District Business Association strongly supports the initiative to achieve a regular commuter rail service to Huapai, as one its key aims is to increase the profile of North West Country as a visitor destination however the lack of viable public transport options for visitors to get to the area is resulting in thousands of lost opportunities for tourists and Aucklanders alike to visit the area each year.

Left: Jon Reeves and Christine Rose from PTUA with North West District Business Association manager Gary Holmes. Photo credit: Stuff.

[WWW.NORTHWESTCOUNTRY.CO.NZ](http://WWW.NORTHWESTCOUNTRY.CO.NZ)

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## Daniel 5th in the world

Kaipara College deputy Head Boy Daniel Calder, recently returned from Tahiti where he represented New Zealand in the inaugural International Va'a Federation World Distance Waka Ama Championships.

Daniel competed in the Under 19 Junior Men's category, finishing fifth in the 18km V1 singles competition. His team finished sixth in the 27km V6 race.

## from the frontline



I've written about cyber bullying in a previous issue, but I thought I would bring it to the fore again as it's been quite a prevalent issue over the last six months here in Helensville.

Posting or messaging nasty comments is inexcusable - but then isn't reactive retaliation just as bad? When do we step back from what is a highly emotional situation and think to ourselves, let's not post that, send this message or make this phone call?

At the time we may think we are looking out for the person we care about, whether that be ourselves, a friend or a family member But doesn't this behaviour make us a bully too? Where do you draw the line and recognise that your behaviour isn't acceptable either?

Never engage in any conversation, whether by phone or another digital device, when you feel you are being bullied or threatened. Hang up or stop messaging. It's simple and an easy solution to eliminate this conduit for bullying. Unfortunately if you don't, it can be perceived by outside parties that you have contributed to the problem and it becomes harder to prove allegations of this nature.

Never disclose any personal or sensitive information about yourself via digital communication. Don't incite someone to self-harm or to commit suicide, never make false allegations, and refrain from using social media with the intention to threaten, intimidate, offend or harass another person.

Never give your password to another. You may think at the time it may be ok to share our passwords with friends or partners, but remember - you are not just putting your own privacy at risk, but also breaching the trust of those that you correspond with.

There are definite consequences to what we post, especially if it's negative, and unfortunately how we or others choose to respond has the potential to aggravate the situation further. Harmful posts about another person and threatening messages are offences in New Zealand, but when it's deemed to be a conversation, it gets harder to distinguish who is the victim and who is the offender.

If you read messages or comments you feel uncomfortable about, seek the guidance of a level headed, trusted friend or family member to discuss the content and make a decision as to whether you should report it to the police. If you are unsure you can always email me (Mandi.Bell@police.govt.nz) and we can have a look at it, or if you prefer to get further advice from an independent party before contacting police phone Netsafe on 0508 638 723.

- Mandi Bell, Community Constable

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## Food labelling

Bacon and other pork products are foods that we in New Zealand seem to consume a great deal of - an estimated 100,000 tonnes each year is the figure suggested in a recent article on the Stuff website.

A lot of the pork is not eaten as fresh pork but is made into bacon and small goods, such as sausage, ham and salami.

A few years ago there was a lot of bad press regarding the production of pigs for consumption, with an exposé of crated pig farms angering many New Zealanders. The backlash against the industry was big and the industry listened; the rules changed and crate farming was phased out. Job done we all thought.

Free range pig farms gained momentum and free range pork products grew their market share. The products cost considerably more, but that seemed a fair trade-off knowing the animals at least enjoyed a more natural life and were free to move about, wallow, and be with and connect with their fellow creatures.



Now the disturbing part of the story. Of the estimated 100,000 tonnes of pork consumed each year it turns out that barely 45 percent is grown in New Zealand. The balance is imported from mainly Spain, Finland, the USA and Canada. While these countries also run free range pigs, the price being paid for the bacon in the supermarket would suggest the pork meat is coming from a more intensive, low cost farming method. Note that in all these countries intensive pig farming is an accepted practice.

So how do we find out?

In New Zealand and Australia we have consumer protection with a food standards code under the watchful eyes of the Ministry of Primary Industries. The food standards code was designed jointly with Australia (to read more go to: [www.foodstandards.govt.nz](http://www.foodstandards.govt.nz)). There is a requirement for accuracy in labelling - ingredients, nutritional values, weights etc are considered very important. In Australia the country of origin of ingredients is currently compulsory until 2018, after which it will be voluntary.

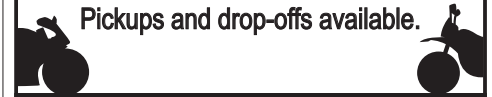
Country of origin labelling is already voluntary in New Zealand, and suppliers may choose not to display this information. There is an exception for grape wine, which must be labelled with its country or countries of origin. When suppliers do include country of origin information, it must be accurate.

All food must be labelled with the contact details of the food supplier in New Zealand or Australia, so you can contact the supplier and ask for details about the food. Words such as manufactured in New Zealand imply more than they mean. Manufactured may mean the bacon was manufactured in New Zealand but the pork may have come from overseas.

My suggestion is that we as consumers do just that - pick up the phone and ask the manufacturer where the pork meat came from. The manufacturer is obliged to tell you. The government does not think this information should be mandatory on the packaging, so we really have no choice but to make that call - unless of course our concern over the welfare of the animals we consume only relates to New Zealand grown animals.



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community tidbits from town and around

## ■ WEED MANAGEMENT WORKSHOP

Shane McNeill, biosecurity advisor at Auckland Council, will talk about how to identify and deal with weeds at a free weed management workshop at Kaipara Coast Plant Centre, 1481 Kaipara Coast Highway, on Saturday, August 12 from 10am to 11am. Register by email: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz).

## ■ KAUKAPAKAPA MARKET

The next Kaukapakapa market is on Sunday, August 20 from 8.30am to 1pm.

There will be the usual range of hand-made, home-grown and pre-loved items for sale, plus freshly made coffee and food at the market café, where visitors can listen to Foster Watkinson on the tenor sax.

For more information or to book a stall phone Sarah on 0274 831 542 or email: [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz).

## ■ WAIONEKE SCHOOL QUIZ

A fund raising quiz for Waioneke School will be held at Kaipara Memorial RSA in Helensville on Thursday, August 17. Teams of six, admission \$10 per person. Meals will be available from 6pm with the quiz starting at 7pm. There will be raffles and a full bar service.

## ■ THE CLAPPERTON DIARIES

Author John Clapperton and editor Crispin Caldicott will be at the Kaukapakapa Library on Sunday, August 20 from 10am to 1pm to talk with visitors about John's book, *The Clapperton Diaries*, which documents his family's involvement with the development of some important infrastructure in New Zealand from 1885 until the 1990s. For more information phone Megan Paterson on 021 959 017.

## trade & classifieds

### ■ Helensville Glass

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## ■ CABAGM

Rodney Local Board member Brenda Steele will be guest speaker at the Helensville Citizens Advice Bureau AGM on Monday, August 21, to be held from 10am to midday at Te Whare Oranga ō Parakai. A light morning tea will be served. RSVP to [manager.helensville@cab.org.nz](mailto:manager.helensville@cab.org.nz).

## ■ SOUTH KAIPARA MARKET

The South Kaipara Harvest & Artisan Market will be held at Te Whare Oranga ō Parakai on Sunday, August 27 from 9am to 1pm, featuring local produce and crafts. Stalls cost from just \$12 - to book email: [foodrevolution@thrivekaipara.org.nz](mailto:foodrevolution@thrivekaipara.org.nz). Locals who have extra produce, but not enough to warrant their own stall, can drop a bag or box off at the Community Table where it will be sold on behalf for just \$3.

## ■ KIDS COOKING

Quirky Quesadillas are on the menu at this month's Kids' Kitchen, being held in conjunction with the South Kaipara Market at Te Whare Oranga ō Parakai on Sunday, August 27. Sessions, for children aged 3 to 12, are at 9am, 10am and 11:30am and cost \$5 per child. To book email: [kitchen@thrivekaipara.org.nz](mailto:kitchen@thrivekaipara.org.nz).

## ■ RSA GRAND QUIZ NIGHT

Kaipara Memorial RSA will hold a 'Grand Quiz Night' on Thursday, August 31 in its updated Commercial Road rooms. There will be raffles and a full bar service. For teams of six; admission is \$10 per person. Meals will be available from 6pm with the quiz starting at 7pm.

## ■ HELENSVILLE AGLOW

Sue Hodson, a member of the leadership team at Liberty Christian Church in Avondale, will talk at the next meeting of Helensville Aglow, starting 7.30pm on Friday, September 1 at the Helensville Community Church, 40 Mill Rd. Email: [yvonne@hello.net.nz](mailto:yvonne@hello.net.nz) for more information.

## Helensville News - Publication Information

### ■ SEPTEMBER 2017 deadline: Friday, 18th August 2017

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



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