

Boris bows out after 45 years

He's been known affectionately to students and staff alike for decades simply as 'Boris' – and now one of Kaipara College's most beloved teachers is putting away his chalk.

At 80 years of age and after 45 years as a maths teacher at the Helensville secondary school, Brian Stewart (as he's really called) will retire in August, bringing to a close a long and highly appreciated career spanning generations of students and colleagues.

Brian's teaching methods have been appreciated and enjoyed by students, their parents and his teaching colleagues throughout those years.

Brian started at Kaipara in 1972. Appointed by then headmaster Russell Jackson, he has served under six principals.

At a special farewell function held at the college, former principals Brian Griffiths, Peter Garelja, and John Grant, and current headmaster Patrick Gale, praised Brian's dedication to his students and his grasp of, and leadership in, the use of the latest technical advances in teaching and equipment.

It was recalled how other teachers were aghast when he introduced calculators, but he was ahead of his time, and students were grateful when they were able to dispose of complicated maths tables.

A feature exhibit at the farewell was the large green 'timetable' board which had a dominant place in the staff room. Brian's ability to remember all the linkages shown

between teachers and classes and his ability to solve clashes and problems is legendary.

Other teachers – some who have also been at Kaipara for many years - testified to Brian's standing with parents, teachers and students. But the most telling tributes came from former students, who spoke of how Brian's teaching changed their attitude to maths in particular, and study in general.

Apart from his maths teaching Brian has also been involved with organising school activity weeks, and the annual school balls.

Brian was born and brought up in Australia (with several years spent in Christchurch at a young age) and he remains a proud Australian, planning to retire to his family home there. As an only child, he had a close bond with his parents, which remained until his father recently died aged 98.

After starting work as a lolly boy in a picture theatre, Brian finally made his way through

teacher training in the 1960s. He worked in Christchurch before coming north to Helensville in 1972, bringing with him his custom car, which has been a life-long hobby.

A distinctive figure, Boris is well known in the community, largely through his daily walks around Helensville with his beloved dogs.

Boris has become a legend in his own lifetime at Kaipara, and he will be remembered with gratitude and affection long after he leaves later this year.

-with Wynne HaySmith



• Boris at a Kaipara College ball

Tough Guys & Gals



• Tough gals - Year 13 Macleans College students Amelia and Ashleigh

6000 people took part over six days in the fifth annual Tough Guy & Gal Challenge, held in late June for the first time this year on a farm adjoining Rautawhiri Park. Previous events were held at Woodhill Sands.

The first two days were for primary school children from around the upper North Island, followed by two days for college students, and then two days for adults.

Obstacles included a slippery mud slide into a dam, a net crawl, tunnels, and a barbed wire challenge. More photos are on the Helensville News Facebook page.



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editorial

The Tough Guy & Gal Challenge (page 1) looks like such good fun. I spent two days photographing primary and secondary school students take on the (very) muddy obstacle course, and had hoped to run a whole page of photos.

But as often happens, there were just too many articles and not enough space to fit them into this issue - so I've uploaded a selection of the best photos to the *Helensville News* Facebook page. I'm not sure how the adults fared - unlike for the children, the weather was shocking; not only did they have to contend with mud, with the strong wind, rain and cold temperatures as well. Maybe it wouldn't be such fun after all...

- Dave Addison, Editor

Lower speed limits for Kaukapakapa?

The New Zealand Transport Agency is considering lowering the speed limits on State Highway 16 either side of Kaukapakapa to improve safety with increasing traffic in the area.

It's now seeking feedback on the proposal from the community and those who

travel through the area.

Submissions close on July 30, and can be made online at www.nzta.govt.nz/KV-consultation; by email to: caitlin.metz@saferoads.co.nz; or by post to: Caitlin Metz, Safe Roads, PO Box 1318, Waikato Mail Centre, Hamilton 3240.

Help from charity lets ill Parakai woman attend family reunion

Cathy Grosvenor of Parakai was able to attend a family reunion recently thanks to help from the Race4life Trust.

Cathy is a 66 year old woman living alone with ovarian cancer and ischemic heart disease. But her most debilitating illness is chronic constrictive pulmonary disease, which keeps her housebound as she is unable to travel without a wheelchair, physical support and portable oxygen.

She originally moved to Auckland to care for her elderly parents, but never dreamed that she herself would become ill and be unable to travel - isolating her from the rest of her family.

Cathy approached Race4life Trust to help with her wish to attend a family reunion in New Plymouth, where her family is originally from.

Race4life organised for Cathy and her caregiver Vicki Gurnett of Helensville to travel with a portable oxygen concentrator to New Plymouth, where they stayed for four nights.



• Cathy (left) and her caregiver, Vicki

Hitch Car Rentals provided a car for the trip, while Helensville Countdown gave a shopping voucher so the travelers could stock up for their journey. The Fitzroy Beach Motel supplied a wheelchair-accessible unit, and met Cathy and Vicki with chocolates and a bunch of flowers.

Due to her illness Cathy can't dine out, so local cafe Piccollo Morso donated food for lunches and Italian restaurant Bella Vita delivered a meal each night to the motel.

Cathy says it was 'food for her soul' to see her family. There were 30 family members at the reunion.

She says with almost all family contact now through electronic means, being there in person was something she will "treasure in the last stages of my life".

The Race4Life Trust is a not for profit charity formed to fulfil the wishes of palliative care patients, with the aim of enabling people living with life-limiting illness to realise their dreams and create memories they and their families can cherish.



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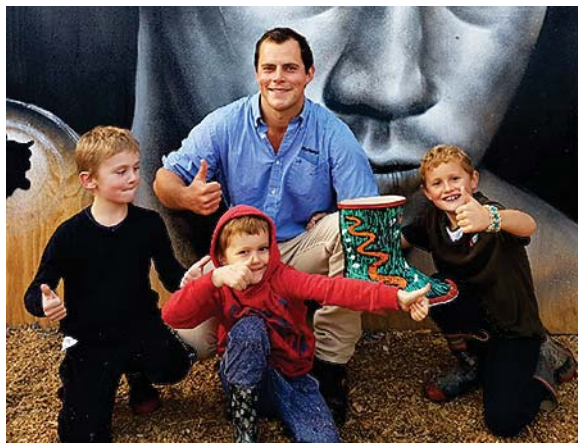
Helensville's contestant in this year's Fieldays Rural Bachelor of the Year competition has one piece of advice for other local farmers keen to take part in future: "definitely put your name in".

Scott McKenzie (29) didn't win the \$20,000 worth of prizes on offer in the annual contest, but he has no regrets about taking part.

He says prospective entrants need to be prepared to put their "authentic self" forward.

"There's no hiding. You will be tested and put in stressful situations," he says.

Scott, who is the stock manager on his



• Scott with nephews William (7), George (5) & Jock (7)

family's Helensville sheep and beef farm, entered the Rural Bachelor of the Year to get a week's holiday off the farm, as well as an all-expenses paid trip to the Fieldays - an event he had never been to before.

With the other seven contestants he lived in a luxury bachelor pad for a week, complete with an in-house chef and all needs catered for.

For the first two days, the contestants travelled around the North Island visiting primary schools and Farmlands stores and performing mini challenges - everything from fencing to making floral bouquets.

Over the next four days at the Fieldays, Scott had to complete four challenges each day, which included fencing, splitting and stacking wood, building a rat trap, dog handling, and reversing an ATV and trailer.

He was "thrown a curve ball" on the cooking challenge, turning out a feast of bacon and eggs only to find out the person he was cooking for was a vegetarian.

A highlight was the Fieldays 'Health Hub', which had a focus on rural mental health. Scott is passionate about yoga, teaching a class at the Helensville Rugby Club rooms each Tuesday evening, and was proud to be able to use his expertise to teach it at the Health Hub - the first time yoga has been taught at the Fieldays.

Scott says yoga is ideal for farmers, who often suffer from stress and mental issues.

"As a farmer, being able to have a technique to reduce stress is great," he says, adding that yoga can give you more energy, and can help people stop worrying about things they can't control.

Another highlight was being able to bring his three young nephews into the event to help with a gumboot painting challenge.

"Getting to share it with them was a really special part of the competition," he says.

While the challenges provided the Fieldays crowds with entertainment, the contestants were judged more on their personalities, and how they interacted with the crowds.

For Scott, the biggest hurdle was all the media attention. He got picked to appear on the TV3's 'The Project', and with just 90 minutes to prepare says "that was one of the bigger challenges in my life".

He says it was a "huge learning curve" about how to handle media attention, being photographed and interviewed.

"It gave me a whole new understanding of how things are portrayed.

"And having your love life plastered everywhere. That's not something you broadcast!"

Which brings up the reason behind the whole contest - Scott may not have won the Rural Bachelor of the Year title, but he says he did "meet some really great girls" and is now developing a potential relationship as a result of the competition.

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Planting the Kaipara River

Planting around 1200 native shrubs and trees beside the Kaipara River was all in a day's work for the keas, cubs and scouts of the Motutara-Waimauku Scout Group.

Along with parents and a few other members of the local community, they helped Woodhill farmer Johnny Hildreth plant a 300m stretch of land beside the river, either side of Kiwitahi Road, as part of an effort by the Lower Kaipara River Landowners Collective. About 40 people in total were involved.

The collective consists of around a dozen farmers and small block owners whose properties border the Kaipara River from the Kiwitahi Road bridge to its harbour mouth. Several other farms have also planted parts of the river flood plain.

Johnny has fenced off 1.2km of the river bank, with another 1.1km to follow. The area planted is six metres wide and includes understory plants like toe toe and harakeke, temporary canopy trees including manuka, kanuka, karamu and mahoe, and permanent canopy trees such as kahikatea, titoki, rewarewa and totara.

A member of the council's Biodiversity team spoke to the planting team, explaining how to plant, and the need for the different levels of planting.

Cabbage trees have been planted on the top edge of the river bank to help stabilise the soil, but the banks themselves have been left clear so as to not restrict water flow during flooding. Future areas to be planted will be two metres wide.

The fencing and planting was funded 50 percent by Rodney Local Board, and supported by Auckland Council.

Johnny says he can't speak highly enough of Dylan Clarke, the senior specialist with Auckland Council's Healthy Waterways initiative who helped facilitate the project.

"The whole project is all about being responsible," he says. He can recall titree being cleared off the land he farms, and now he has come full circle and is replanting that.

Johnny was also thrilled with the effort put in by the Scout group, who did the planting as part of their community service. Members of the Scout group have camped and gone eeling on the farm in the past.



• Johnny Hildreth (front left) and his team of helpers planting the river bank

Free money, antenatal courses at Parakai

A free Certificate in Money Management course starts at Te Whare Oranga ō Parakai on Monday, July 17. The course will cover everything from home ownership, to managing debt and building wealth. It is suitable for anyone regardless of income or financial situation. The course is NZQA approved and involves one, three-hour class per week for 20 weeks. Contact Colin Frampton 027 679 5622 or 09 420 2628.

A new series of antenatal courses starts at Te Whare Oranga ō Parakai on Saturday mornings from July 22. The free antenatal course is for expectant parents and is run by the Helensville Birthing Centre. Held over three, fortnightly Saturday mornings starting July 22, the course is available to residents living north-west of Riverhead. Email: anc@helensvillehealth.co.nz for more information.

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The accidental artist



• The art group, from left: Lynne Chapman, Laurel North, Norma Frazer, Elaine Collins, Avon Aspden, Annabel Brechelt, Stella Owens and Jan Backhurst. Absent: Audrey Jenkins

"Is this the back door to the café?" asked Norma Frazer, when she accidentally stumbled across Helensville's Monday Painting Group.

"No, but come and join us," was the unexpected reply from group members.

Norma made her excuse: "But I can't draw a straight line", but that was quickly rebuffed by Laurel North, stating: "There are no straight lines in nature."

That's how Norma began her painting career – completely by accident.

Now Norma is the host of the group, which has been meeting at the Helensville

Community Church in Mill Road between 10am and 2pm each Monday for the last couple of years.

The group is untutored and very social and, despite having only around nine regular attendees, always seems to be hosting a morning tea for somebody's birthday.

The group are exhibiting at the Helensville Art Centre next month, from August 5 to 26. There will be a special public exhibition opening on Friday, August 4 from 5pm to 7pm.

For more information email Norma: norma.frazer@gmail.com.

Library brings service to Craigweil House

Helensville Library has partnered with Craigweil House in Parakai to bring residents weekly visits by library staff.

"One week there will be a trip down memory lane, with songs from residents' childhoods sung with gusto and twinkles in the eyes. The next week, stories and poems are read, some from long ago, others new discoveries," says senior librarian Anne Coppell.

Visits to the retirement home have become a highlight of the library team's week since the service began in May, says Anne.

Sing-a-longs have become common in the library workroom, as community library manager Sally Hardwick hunts down the perfect version of a 'golden oldie' tune. Library staff ask readers' advice for the best poems and short stories. English comic poet Pam Ayres is very popular with the rest home

residents.

"The joy in the residents' faces as something triggers a deep-seated memory is shared by the staff of both organisations," says Anne.

Staff at the library select books for some Craigweil residents, which are delivered by a volunteer.

The visits are an extension of Helensville Library's existing housebound service, which is available to other local residents.

Librarians can select and deliver books, or deliver books chosen by the resident. The service can be ongoing or short term (such as for people recuperating from surgery), and is not restricted to the elderly.

To find out more about the service, phone the library on 420 8163 (and ask to be put through to Helensville Library), or email: helenlib@aucklandcouncil.govt.nz.

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New college principal named

Kaipara College has appointed Steve McCracken as its new principal.

Steve will start at the beginning of Term 4 in October, replacing current principal Patrick Gale, who is moving to Rangitoto College.

Steve is currently deputy headmaster at Westlake Boys High School on the North Shore, where he has taught for 11½ years.

"I am thrilled, and honoured to be given the opportunity to lead Kaipara College, a student-centred, community school that promotes student learning and achievement," says Steve.

Originally from eastern Bay of Plenty, Steve trained as a physical education teacher at the University of Waikato before moving to Auckland in 2003. He has also travelled and taught in the United Kingdom.

Steve is of Ngai Te Rangi descent with connections in Tauranga and Whakatane regions, and is looking forward to furthering the existing relationships Kaipara College has with Ngati Whatua o Kaipara.

A keen sportsman, Steve holds a postgraduate Diploma in Educational Leadership and Management. In addition to his full-time role at Westlake Boys High School, he is also completing his Masters of Secondary School Leadership through the University of Victoria.

Kaipara College Board of Trustees chair Genelle Bailey says more than 20 applications were received for the job.

"We were delighted with the high calibre of applicants that included existing

Meet Helensville author

Locals can meet Helensville author Janice McMurdo, who will be at the Kaukapakapa library on Sunday, July 16, from 10am to 1pm.

Janice's, whose first novella, 'The Bird's Nest', is a fast-moving story about a war-damaged man looking for a new start after serving in Korea in the early 1950's. Set on the South Head peninsula and based around a memory from Janice's childhood, the book is a mix of fact and fiction, man-made entanglement and emotional healing.

For more information phone library administrator Megan Paterson on 021 959 017 or email: threehorses@xtra.co.nz.



• Steve McCracken

principals and aspiring principals," she says.

The board short-listed six applicants, and called two back for final interviews. An education specialist took part in the interviews to ensure nothing was missed.

"We believe Steve will deliver the best fit, feel, vision and leadership for our school community," says Genelle. "He presented exceptionally well at interview. We are excited now for him to get to know us all and continue guiding the school in the direction Patrick has set for us."

A powhiri will be held soon at the college so Steve can meet staff, pupils and members of the school community.

Publication dates

Eagle-eyed readers will have noticed this issue of *Helensville News* has come out a week later than usual.

To keep a logical chronological spacing for the issues, we will also publish the August issue a week later than previously advertised - August 8 instead of August 1. Our regular first Tuesday of the month schedule will resume with the September edition.



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Working through doctor shortage

Helensville's Kaipara Medical Centre is reassuring patients it will do its best to meet patient demand, especially over the prime winter illness period, as it works through an on-going doctor shortage.

The centre's medical staff is being boosted this month by the arrival of a locum GP from the United Kingdom. Dr Anna-Louise Dennis will be at the Helensville clinic until the end of January 2018, and is effectively providing cover for one of the centre's two permanent GPs who are on maternity leave.

"We are actively searching for another permanent GP," says Kaipara Medical Centre Board chairman Dianne Kidd, "but given the nationwide shortage of doctors - particularly for rural practices like ours - that search is proving challenging."

Dianne says the medical centre is asking for the community's help to ease the pressure. She urges the community to

understand it is a GP clinic and not an accident and emergency service.

"We are the only medical centre in our area, so of course our doctors and nurses will do whatever they can to help those who need it. However, we are not resourced like a hospital emergency department."

She says on average Kaipara Medical Centre calls in an ambulance two to three times each day to take patients to hospital. And everyone who walks in without an appointment potentially impacts on patients waiting for a booked appointment.

Patients are encouraged to sign up to the secure online service, Manage My Health, which lets users book doctors appointments, order repeat prescriptions, and check test results whenever it suits them.

Dianne says all the medical centre's services are being reviewed, and if the staffing situation isn't resolved reasonably soon then other changes may be needed.



• Dianne Kidd

medical centre notes

Varicose veins are common, and can cause people concern with their appearance - but they can also cause aching in the leg, discoloration of the skin and sometimes even leg ulcers.

They are caused by faulty valves in the vein system of the legs, causing blood returning up the leg to pool in the veins, causing them to swell. Normally, the muscles in the leg help pump the blood back up the legs, and have one-way valves in the veins to stop blood flowing back with gravity.

The first signs can be prominent bluish, swollen veins around the ankle when you are standing. Over time more veins swell, and ache, and the skin around them can become brownish in colour. If a vein is injured from a cut they can bleed profusely, or if the skin is damaged a leg ulcer can form.

Treatment and prevention include elevating legs whenever possible - legs up on a footstool etc. Support stockings as soon as you get up in the morning until you go to bed can help also.

Surgical treatment includes stripping of the veins. Now there are other options such as chemical injection sclerotherapy, where the veins are irritated to cause them to close off, or laser ablation. Though with these measures there is a tendency for the varicose veins to come back elsewhere.

- Dr Phillip Barter, Clinical Director



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The above are leading a challenge to review the North West Business Improvement District.

Commercially zoned land owners and your tenants are forcibly levied via your rates bill. What do you get for the \$100's you pay on top of your commercial rates? The total levy amounts to \$180,000 annually across Riverhead to Kaukapakapa.

We are requesting a member-initiated review of the BID. If you want a re-ballot to determine the current level of support for the BID, please sign the petition at Huapai or Helensville Copy & Print before 31st July.

Open days at Lodge

Helensville's oldest community organisation, the Duke of Albany Masonic Lodge, will hold two open days this coming weekend.

It's an effort to introduce the Lodge to the local community and hopefully attract some new members.

The membership push has been timed to coincide with the 300th anniversary of the establishment of the first English Freemasonry Lodge in London in 1717.

Open days will be held on Saturday, July 15 and Sunday, July 16 from 2pm to 4pm. Locals will be able to meet Lodge members, view the Lodge rooms, learn about its history, and discover the benefits of belonging to the Lodge fraternity.

Helensville's Masonic Lodge, based in Kowhai Street, currently has around 40 members, half of whom actively attend meetings.



• Helensville Masonic Lodge members in the Lodge temple

Long-standing local member Grev Walker says members come from all walks of life, and points to the list of Helensville Lodge Masters displayed on the wall of the Lodge, whose names reflect virtually every trade and profession.

The Masonic Lodge has for many years had the reputation of being a 'secret society', but current Lodge Master Rob Ellis says that's no longer the case. He says the Lodge is very open these days, and members are always happy to answer questions about what the Lodge does. However, learning the Lodge's rituals is restricted to members.

The organisation even has its own Facebook page - Helensville Freemasons.

The Masonic Lodge is non-religious and non-political - the only two subjects members will never discuss. However, prospective members should have a belief in a supreme being.

People can join irrespective of race, religion, political views or social standing, although membership is restricted to men.

That said, members' partners aren't left out, and are able to attend social events like a recent charity ball held at the Langham Hotel in Auckland, which raised funds to provide teddy bears for children going into hospital.

Unlike most other local community organisations, the Masonic Lodge doesn't run public fundraising events. Instead, the money it distributes to the community comes

primarily from investments and internally from members.

Rob Ellis says the organisation is complementary to other local groups like the Lions Club, rather than competing with them.

Membership has an annual \$200 subscription, and meetings are held from February to November on the fourth Wednesday of each month. The formal meetings in the Lodge temple are followed by a relaxed supper. Interestingly, in the Lodge's early days, meetings were held to coincide with the full moon, so those attending on horseback could see to find their way home.

Most people who join the Lodge do so in their 40s and 50s, but the organisation is keen to attract younger members.

At 25, Josh Taylor is Helensville Lodge's youngest member. He joined at 21, the youngest age for new members (unless a father is a member, in which case that drops to 18).

Josh says he's got to meet a lot of people he would otherwise never have met, and has made a lot of new friends. He has gained a lot of confidence, particularly in public speaking and meeting

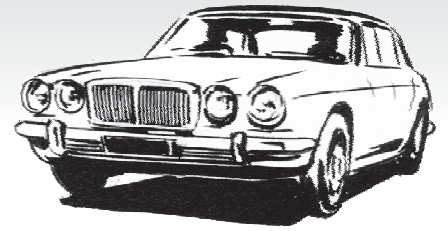
people from all walks of life. He says all members share the same goal of bettering themselves.

Helensville's Masonic Lodge was named after Queen Victoria's youngest son, the Duke of Albany, who died aged just 31 in 1884, just three months before the local Lodge was established. British royalty has a long association with the English Freemasons Lodge movement.

Chas Holst, Helensville Lodge's longest serving member, says there is much to be gained from the Lodge fraternity, and encourages locals to call in during the open days.

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Councillor sleeps rough for homeless

Rodney Councillor Greg Sayers spent a night sleeping rough on July 6 to raise money and awareness about homelessness in Auckland.

Along with a number of other politicians and business and community leaders, including Auckland Mayor Phil Goff, he was taking part in the eighth annual Lifewise Big Sleepout, which aimed to raise more than \$350,000 to be used to address youth homelessness.

Greg spent a night on cold concrete at the AUT City Campus, receiving an insight into what it means to sleep rough.

He had planned to raise \$2000 for Lifewise, but by the time *Helensville News* went to print he had already raised almost \$3500.

"Although we may think of it [homelessness] as a 'city' problem, sadly there are homeless people appearing within Rodney's townships," says Greg.

"As a council we need to spend more time concentrating on the issue of housing affordability, dealing with the issues that are our responsibility, land supply, consenting and compliance.

"The council is

failing all Aucklanders, and especially the homeless, by failing to create a regulatory environment that makes building new housing quick, easy and affordable."

The only preparation for the rough sleep Greg did was to borrow a "particularly warm looking beanie" from a neighbour.

"This was the first time I have supported a community social development in such a hands-on way - the first time I have fundraised on an organisation's behalf," he says.

Lifewise is an Auckland-based community social development organisation with roots in the Methodist Church of New Zealand, which develops new ways to solve challenging social issues.

Greg believes housing affordability is the biggest issue facing Auckland, with people on low and fixed incomes most affected, in some cases driving them to live on the street.

He says participating in the Lifewise Big Sleepout was a way to immediately help those struggling and having to live rough on the street, in cars or in low grade shelters.



• Greg Sayers

Final lecture on Ellett family

The family history lecture is usually the most popular of the Helensville & District Historical Society's annual Winter Lecture series, and this year's features the Ellett family.

Waldon Ellett will lead a team from the extended family to tell their story in words and pictures starting at 2pm on Sunday, July 16, in the Father Saakey Centre, Kowhai Street, Helensville.

The Ellett family were farmers from the Mangere area who moved to the Helensville district in the early 1900s, farming at Wharepapa and Parakai.

As well as being successful farmers, they have always been active in a wide variety of community activities, including the annual Helensville A&P Show, the Anglican church, sports clubs, schools, the Plunket Society and the Historical Society. The Elletts are related through marriage to the Narbey family, another long-standing community minded local family.

The \$10 admission to the lecture, the final in this year's series, includes a homemade afternoon tea.

At the June lecture the audience was entertained by Don

Gallagher of the Royal Fencibles Society. The Fencible families (retired soldiers from Britain and Ireland) were brought to New Zealand in anticipation of trouble during the land wars of the 1840s and 50s. From 1847 to 1852, 2500 men, women and children arrived and settled in the eastern and southern area of Auckland.



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making the difference

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• Jane with daughter Georgia

Jane and Kurt were nominated by Jan Sherring, who says: "I appreciate all the support and kindness they have given me during a hard time for me. Great to know there are such caring and supportive people in our community."

More college music wins

Kaipara College band Tie Fighters has won the SmokeFree RockQuest North Shore regional finals. The band is made up of year 12 and 13 students Taine Ngatai (lead vocals and guitar), Teone Wilkinson (lead guitar and backing vocals), Jack Stenning (bass and backing vocals) and Daniel Way (drums).

Their first place was backed up with O-Boy! winning the People's Choice award, Bryony Roberts winning Best Lyrics for 'She', and Taryn Wishart winning the Best Vocalist award.

Tie Fighters and O-Boy! now continue to the video selection stage, one step short of the New Zealand finals. Bryony's song now goes into the national competition where the 2017 SmokeFree RockQuest's Best Lyrics award will be chosen.



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Alison McKenzie House update



The Alison McKenzie House Heritage Project is now underway with the Steering Group coming together every two months to work through potential options for refurbishment or redevelopment of the Helensville District Health Trust owned property on the corner of Commercial Road and Porter Crescent. The distinctive art deco

building was closed a year ago when it was deemed unsafe. While there's no unauthorised access, the site is alarmed to ensure security, and the maintenance of the grounds continues as normal.

Your money matters

Want to make your money work for you? Then, sign up to the free course at Te Whare Oranga ō Parakai beginning Monday 17 July. It covers everything from homeownership, to property investment, managing debt and building wealth. Visit thrivekaipara.org.nz and click on Classes for more.



Birthing Centre video

The Helensville Birthing Centre has created a stunning and heart-warming video showing the wonder of birth. Centre Manager Michelle Nasey says she'd like to thank the families who generously allowed their journey to be filmed. The video features on the homepage of the centre's new look website, www.birthcentre.co.nz, along with a wealth of other information offering ongoing support for families once they return home with baby.



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SALES and RENTALS

local board matters

■ Council Finances

During recent consultation meetings on the Local Board draft plan, one issue I frequently came across was people frustrated by the perception they get nothing for their rates - and yet we were asking for them to support a Rodney Targeted Rate for transport initiatives.



Explaining council finances and how your rates are spent is not something that can be done in a few minutes. Council spending and management of your rates is an important issue that deserves a proper explanation.

Over the next few months I'll try to explain how Council operates, and what you get for your rates. The intention is to explain how it works, not to defend it. No system of government is perfect; we can always do better, and Auckland Council is no exception.

The reality is that unless you're planning to live like a hermit on your property, the moment you step out the front gate you're going to be using the infrastructure and services your rates pay for.

Taking a step back, it's important to understand the difference between central government and local council finances, because many people think they're virtually the same thing.

Central government levies taxes at set levels; GST and income tax are at fixed rates. It collects the income and develops budgets to spend that money. If the tax take is higher than the expenditure, then they run a surplus which can be used to pay down debt or, as we have seen recently, cut taxes and distribute more of that money to areas of need. If the economy is doing well, companies do well, pay rates go up, more people are employed, they spend more money, and therefore company tax, PAYE and GST payments go up as well.

Council operates completely differently. Every year the mayor and councillors develop a draft budget that is usually based on political promises around the level of rates increase. The mayor promised a rates increase no more than 2.5%; a budget was prepared, sent out for public consultation, and has just been approved. Council then takes that budget and shares it out across rateable properties across Auckland, based on property values.

By law this is a process all councils are required to go through every year, seeking public approval of the annual budget.

Council doesn't get to run a surplus unless it can make savings in the budget it proposed, and that will be done by cutting costs in the form of reductions in staff and services - 'efficiency gains' in council-speak.

It's important to point out that when a mayor and councillors talk about a '2.5% rates increase' this doesn't mean everyone gets a 2.5% increase on what they paid last year. If their property value went up significantly they may end up paying more, because the calculation is based on property value - not the services we use or the number of people using the property.

Rural properties pay a lower level of rates, 80%, than an urban ratepayer; businesses pay slightly more. Whether rates are a fair form tax or a suitable way of financing a council in a city growing at Auckland's rate is open to debate. However it is the only way council has been given to raise funds apart from fees and borrowing.

Next issue I'll explain how money is allocated and spent, and the following month drill down into local detail on what we're getting in Rodney for our rates.

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

- Phelan Pirrie, Deputy Chair, Rodney Local Board

Local Board grants revamped

Rodney Local Board has discontinued its local community grants scheme. Grants are being revamped for the financial year to June 2018, with the local community grants replaced by three large funds totalling \$630,000 which will focus on key community priorities.

The funds' focus will be on restoring waterways; the design of walkways/cycleways; local community-run events; and enabling community groups to design and purchase park play and exercise equipment.

AN UPDATE FROM

JULY '17

NorthWest COUNTRY

A MESSAGE FROM NWDBA CHAIR TONY FORLONG



The North West District Business Association is now entering its fourth year operating as a Business Improvement District. While the last three years have been challenging as we have worked to bring together six different townships under one umbrella,

I believe we can look back with pride at what we have achieved.

We launched the North West Country brand and released three of our own videos showcasing a range of activities and destinations across the BID area, developed a website, created six cluster brochures and ramped up our Facebook campaign with great results, all designed to attract visitors to our area and encourage them to come and see the great things we have to offer.

We've worked closely with Council and key stakeholders to ensure our views are heard on important matters. Connecting and celebrating our local businesses has also been a key aim which we have done through our regular newsletters, a business directory which was distributed to local residents, various networking events and our recent North West Business Awards.

We look forward to achieving even more over the next year as we work to promote North West Country.

IN STORE BROADCASTING

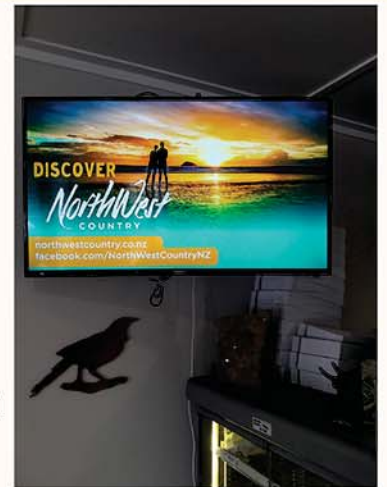
You may have noticed we are currently installing in store broadcasting monitors in a number of businesses around the North West!

The advertising platform includes community and business messages, local events and live feeds (including news & traffic).

This is a fantastic way to support our local community and keep local businesses connected by staying in the know for local events, fundraisers and charities.

The Business Association does not make any money from this - we are simply partnering with Chameleon TV to offer local businesses this excellent opportunity to promote themselves further.

If you are a business interested in advertising on the in store broadcasting platform email Jenny Murray for more information, at: info@northwestbusiness.co.nz.



WHAT IS NWDBA, AND WHAT DO WE DO?

The North West District Business Association (NWDBA) is responsible for leading the Business Improvement District (BID) programme for the North West area, in partnership with the Rodney Local Board. We both share an interest in the local area, and goals that include economic prosperity, community identity and pride.

Specifically, our main objectives are:

- Promoting the North West District as a appealing destination for visitors.
- To encourage and support a sustainable level of wealth and economy.
- Provide access to support, advice and services that allows for growth and retention of businesses.
- Demonstrate that our area is a forward thinking

community, worthy of investment and encouraging of appropriate new development.

- To represent the business community on government and council issues.
- To be a collective and representative voice for businesses in the district.
- Support and encourage new ideas and initiatives conducive to sustainable business and community growth.

The NWDBA receives funding from the business community, through a targeted rate applied and collected by Council, then given to the NWDBA to complete projects, activities and programmes that fit into and achieve the above objectives. BID boundary maps are available on our website, and if you would like more information about this please visit our website and get in touch.

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Schools triathlon



Year 7 Waimauku School pupil Nina Pearce leads a competitor around the hairpin at the halfway mark during the cycling section of the recent Kaipara Schools Triathlon, based at Parakai School last month.

The annual race is open to years five to eight pupils, who can compete as individuals or in teams. This year close to 300 children, representing Helensville, Kaukapakapa, Parakai, Waimauku, Waioneke and Woodhill schools took part.

The results read something like a benefit for Waimauku School, with pupils from that school winning all eight team events, and all but three of the eight individual races as well.

Waitoki Wig Wednesday



Waitoki School students and staff raised \$285 for the Child Cancer Foundation at a 'Wig Wednesday' event in late June, organised by student leaders. The wig-bedecked children and adults held a parade, and small prizes were given for best in class and best teacher. Also taking part was Community Constable Bryan Ward, who is known by the children simply as Constable Bryan. Nationally known for his Bryan & Bobby shows, Bryan has been a supporter of the Child Cancer Foundation for around 12 years - and proved it at Waitoki School by wearing a colourful Mohawk-style wig.

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Date and Ginger Loaf - no added sugar

In 1972, when British scientist John Yudkin first proved that sugar was bad for our health, he was ignored by the majority of the medical profession and rubbished by the food industry. Processed sugar is currently falling from grace as people are waking up to its insidious use in so many of our processed foods, and are struggling with health issues related to diet.

Processed sugar differs from sugar found in fruits and vegetables purely by the mechanics with which your body breaks it down. All sugars end up as glucose in the body as this is the simple sugar your body burns as fuel and uses to feed every cell in your body.

However, our bodies are extraordinary machines that can convert the fructose and starch in fruits and vegetables into glucose, so taking on board simple processed sugar effectively overloads the system causing an insulin spike; repeat that often enough and you are on the road to diabetes. Further, the extra sugar will be stored as triglyceride fat. This fat is now considered to be more detrimental to our heart than cholesterol.

My partner and several work mates have quit processed sugar altogether and have reported great results. Arthritic pains have disappeared, as has the extra weight that stubbornly refused to go from around the waist. They are sleeping better and no longer suffer the afternoon 'nods' that used to be pushed away by the addition of strong coffee and chocolate!

Giving up processed sugar does not mean going without treats. This loaf recipe is plenty sweet enough, but the dried fruits contain complex sugars that slow release into the bloodstream thus avoiding an insulin spike. It is also extremely satisfying when spread with butter.

■ Date & Ginger Loaf

- 225g pitted dates, chopped
- 85g butter
- 115g sultanas
- 300ml full fat milk
- 225g self-raising flour, or Healthies simple wheat and gluten free baking mix.
- 1 heaped teaspoon baking soda
- 1 teaspoon cinnamon
- 2-3 teaspoons ground ginger
- ½ teaspoon fresh grated nutmeg

Mix together all the dry ingredients in a large bowl.

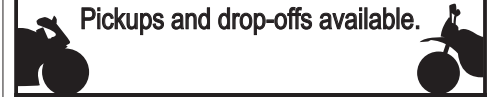
Add the chopped dates and milk to a pot and heat until the dates begin to soften (try not to boil), then add the sultanas and the butter. Stir until the butter melts.

Add the wet ingredients to the dry, and mix together with a spatula or wooden spoon. Work quickly as the baking soda will react to the hot liquid.

Tip the batter into a greased loaf tin and bake in the fan oven at 170° celsius for 25-30 minutes.



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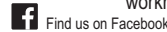
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community titbits from town and around

■ A&P ASSOCIATION AGM

The Helensville A&P Association holds its annual meeting on Wednesday, July 12 at the showgrounds, starting 7.30pm. Email: info@helensvilleshowgrounds.co.nz.

■ MID-WINTER XMAS

The Kaipara Memorial RSA will hold a Mid Winter Christmas on Saturday, July 15 at its Commercial Road rooms. Tickets are limited.

■ KAUKAPAKAPA MARKET

The Kaukapakapa Scouts will hold a car wash at the next Kaukapakapa market on Sunday, July 16 from 8.30am to 1pm. There will be live music from Jessica on the piano from 10am to midday, and stalls with crafts and produce, plants, collectibles and car boot sales, fresh coffee, and food. To book a stall contact Sara, phone 0274 831 542 or email: sarah1@maxnet.co.nz.

■ MAORI ART EXHIBITION

The Helensville Art Centre has an exhibition of Maori art open until Saturday, July 29. Open Tuesday to Friday, 10am to 4.30pm and Saturdays 10am to 2pm.

■ ART KAIPARA AGM

Art Kaipara, which runs the Helensville Art Centre, holds its annual meeting on Thursday, July 13 starting 7pm at the Art Centre, 49 Commercial Road, Helensville. There will be a 10 minute presentation covering the centre's last 12 months.

■ PEST CONTROL DAY

South Kaipara Landcare will hold its annual Pest Control Day on Saturday, July 22 from 10am to midday, at the South Head

community hall on Donohue Road. There will be a range of speakers and the chance to ask questions of local trappers. Coffee and lunch will be provided.

■ YARN BOMBING RETURNS

'Yarn bombing' will be back to decorate Helensville during the annual 'Arts in the 'Ville' festival, to be held over Labour Weekend, October 21 to 23. Local knitters keen to join the fun can bring their own project or knit something especially to decorate the neighbourhood, at the Helensville Art Centre on Saturday, July 29 from 10am and 2pm.

■ WAITOKI QUIZ NIGHT

Waitoki School will hold its annual quiz night in the school hall on Friday, July 28. Doors open 7pm and the cost is \$10 per person, with teams of up to 10. There will be prizes for the best-dressed team and best table decoration. Games will include a coin toss and paper dart throwing. Tea and coffee will be supplied; BYO drinks and nibbles.

■ SOUTH KAIPARA MARKET

The next South Kaipara Harvest & Artisan Market at Te Whare Oranga o Parakai is on Sunday, July 30 from 10am to 1pm. There will be fresh produce, barista coffee, live music and hand-crafted goods. Stalls are just \$12 to book, email: foodrevolution@thrivekaipara.org.nz.

The Kids' Kitchen Cooking Class will this month feature Wacky Wontons. Sessions are at 9am, 10am and 11:30am and cost \$5 per child, for ages three to 12. To book a place email: kitchen@thrivekaipara.org.nz.

■ HELENSVILLE AGLOW

Professional boxer Ali Leasuasu Dutt, from Superfire Ministries, will be the guest speaker at Helensville Aglow's next meeting at 7.30pm on Friday, August 4 at the Helensville Community Church, 40 Mill Rd, Helensville. Email: yvonne@hello.net.nz for more information.

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Helensville News - Publication Information

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ISSUE DUE OUT TUESDAY, AUGUST 8th 2017

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Due out: Sept 5th	Copy by: Aug 18th	Due out: Nov 7th	Copy by: Oct 20th

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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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