

Horror at Helensville Museum

After a hugely successful inaugural event last year, Helensville Museum will hold another 'haunted house' this month to celebrate Halloween.

It will be held just a few days before Halloween itself, on the evening of Friday, October 27, starting just after dark at 8.30pm. Visitors can arrive up to 10pm.

Because of the scary nature of the event, which will again feature a team of around 15 local actors decked out in gruesome makeup and attire, the evening is restricted to those over the age of 13.

Some of the blood-spattered tableaux set up around the museum last year were chilling to say the least - museum administration manager Lynn Millar quips that even some of the adults were too scared to see everything.

All the museum lights will be turned off to help with the atmosphere, so locals intending to go along for a scare should bring a torch to light their way around the museum.

If it gets too intense, there will be a 'safe house' set up in the old schoolhouse building.

Groups of five to six people will be led around the other museum buildings; each tour will take about a half hour to complete.

The haunted house is again being organised by local Jen McCann, who will again be doing the makeup. It will take the actors more than two hours to get made up for the evening.

Last year's haunted house evening was themed around historic murders which had taken place around Helensville. This year will again be themed - but just what that theme is will remain a secret until people turn up on the night.

Tea and coffee will be available for a gold coin donation while patrons wait, or to calm nerves after their tour. Participants will be given a number when they arrive as there may be a queue to go on the tours.

A raffle will also be held and drawn at the end of the evening.

The haunted house tours will cost \$10 per person, or \$5 for students with a valid student ID. EFTPOS will be available.



• From left: Nathan, Glenn and Logan Parker ghouled it up at last year's museum murder night
Photo: Stellanova Photography

Locals asked to take part in health services survey

South Kaipara residents are being asked to take part in a major survey on health services in the area.

The intent is to get as much community feedback as possible on what health services locals think are easy or difficult to use, and what services they'd like to see more of.

The project is being carried out by the Helensville District Health Trust with support from Waitemata District Health Board and ProCare Health. It's being led by Dr Carol Barker, a public health medicine registrar.

The consultation has been prompted by the Health Trust needing to make decisions

about the future of Alison McKenzie House, on the corner of Commercial Road and Porter Crescent in Helensville.

Board chairperson Erica McKenzie says while it was an unexpected challenge when Alison McKenzie House was deemed unsafe and closed in May last year, it has created an exciting opportunity to ensure its replacement will meet future community needs.

"If we're going to be creating a building to meet the future needs of our community, it's really important the community tells us what they want," says Erica.

"We're also interested in hearing what

people think about smart technologies, and how we can best use them - especially for those populations who find it harder to access healthcare."

Survey forms will be available at various locations around South Kaipara, including at the Kaipara Medical Centre and Te Whare Oranga o Parakai. A full list of locations where surveys can be picked up is online at: helensvillehealth.co.nz. There is also a link to complete the survey online.

A report on the survey's findings is expected in March next year. For more information on the survey email: engagement@waitematadhb.govt.nz.

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editorial

I was saddened to hear of the recent death of Cynthia Thrush, my immediate predecessor as editor and publisher of Helensville News.

Cynthia took over as editor in February 2001 and became the paper's owner and publisher in June the following year. She ran the paper single-handedly until I came on board in February 2003 to help with the design and layout, and remained as editor until poor health saw her daughters take over in 2010 for a short period, before I purchased the paper in 2011.

During her period at the helm she oversaw the paper's growth to the regular 16-page publication it is today.

She was an intelligent and energetic woman who will be fondly remembered by many locals, and we hope to bring you a full obituary in our next issue.

- Dave Addison, Editor

Fire volunteers sought

The Helensville Fire Brigade needs more volunteers.

The Helensville station is officially down by two volunteers, but brigade training officer Chris Macdonald says some of the remaining volunteers are soon to leave the area and will also need replacing.

"New recruits take some time to get trained and gain enough experience to be effective operationally," says Chris.

Fire & Emergency New Zealand - formerly the New Zealand Fire Service - requires volunteers to be at least 16 years old. A good level of fitness is required, along with a supportive employer prepared to let the volunteer take off at a moments' notice for an unknown length of time.

New volunteers undergoing around four months of initial training, covering basic fire fighting skills, breathing apparatus, pump operation, emergency vehicle driving, first aid and scene protection.

Then all volunteers attend training every Monday night at the station to keep their skills current and learn new and updated techniques. They also have opportunities to get involved with the management of the brigade and with community events.

Helensville Brigade volunteers are split into watches (groups) who are responsible for checking and cleaning important equipment for a few hours one weekend a month on a rolling schedule.

Chris says brigade volunteers come from all walks of life - local trades people, teachers, business owners, and at-home parents.

"It's valuable to have a practical knowledge of how things work, and experience in various trades is useful," he says. "But the most important characteristics are to be teachable, enthusiastic and calm under pressure."

There are also rules around how far from the station volunteers can live to enable them to respond to call-ups in time.

"Availability of volunteers during the work day has become an increasing problem for brigades around the country, and we are no different," says Chris. "We support, and are supported by, a number of neighbouring brigades (Kumeu, Kaukapakapa, Shelly Beach) so are able to call upon each other sometimes to help out.

"There are certainly times where we have not been able to provide enough crew for the response that's been requested. It's my personal opinion that this adds extra risk to our volunteers who do attend, and [to] the community when we are effectively 'short staffed'."

He adds that Helensville Brigade also has key skills gaps that force it to rely on a small number of volunteers for many calls. For example, there are currently only a few volunteers qualified to drive the fire engines.

Change of address

Helensville News no longer has a Post Office box. Our new address is: Helensville News Ltd, 502 Fordyce Road, RD1, Helensville 0874

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Marae-based GP clinic opens

A no cost GP doctors' clinic has opened at Haranui marae at Otakanini, South Head.

Dr Heather McIntyre and Dr Harry Hillebrand from Waimauku Doctors were welcomed with a powhiri at the opening on September 30 of the new initiative, a collaboration between Ngati Whatua health service provider Te Ha Oranga, Haranui Marae, Kaipara Medical Centre and Waimauku Doctors.



• Doctors Heather McIntyre and Harry Hillebrand (front) were welcomed by Kuia and Kaumātua from Haranui Marae as well as local police, staff from Te Ha Oranga, the Ngāti Whātua Trust Board, Kaipara Medical Centre and Waimauku Doctors

They spoke at the marae of their desire to improve health outcomes for Māori.

"It is a passion of mine to look after the welfare of Māori, and I have been attempting to learn Te Reo," says Dr McIntyre, who hopes local Māori will feel comfortable approaching her.

Te Ha Oranga clinical operations manager Rhonda Zielinski-Toki says the request for the new service was initially

Date change for Christmas parade

The date for the Helensville Christmas Festival and Parade has been brought forward a week to Saturday, December 2 to prevent a clash with the 'Chill in the Ville' music festival being held at Parakai Springs the following weekend.

The all-day Christmas Festival begins with a bouncy castle, face painting, ice cream and entertainment from 9.30am in Creek Lane, with Santa at the RSA for photos.

A children's bike, trike and scooter decorating competition will be judged before the parade begins at midday. Entrants have the chance to join in the parade from outside the library. Email: helchrisfest@gmail.com or phone 021 488 427 for entry forms.

The parade ends at Helensville Museum where there will be a music festival, lolly scramble, food, Santa photos in a classic car, face painting, balloon twisting, and a bouncy castle, from 1pm. Kaipara Classic Car Club will be operating a bar in a separate licensed space.

made by one of the local Kuia from Rewiti Marae, who asked for access to a GP on the marae.

With support from Glenn Wilcox, one of the Runanga Board representatives for the Helensville area, the request was then put through to the Runanga and actioned by Rhonda, who consulted with stakeholders, and looked into the feasibility and sustainability of the project.

"We decided to run with Haranui Marae because they had the facility to cater for a GP clinic, with adequate and appropriate rooms for private consulting, and they were willing to supply the venue at no cost," she says.

The plan is to work collaboratively with Kaipara Medical Centre and Waimauku GPs to focus on whanau who may be overdue for immunisations, cervical smears, cardio vascular assessments (healthy heart

checks) as well as those who may find the cost, or perhaps their environment, a barrier to seeking treatment.

It's also a chance for local Māori to present opportunistically for whatever may be affecting them.

One significant difference with the marae-based clinic is that a Te Ha Oranga registered nurse will see each patient prior to a GP consultation.

A Kaimanaaki (community health worker) will also be present to provide support, health education, and to assist whanau to enrol in the new 'Manage My Health' online health portal, which allows locals to access their medical records, make appointments, access lab results, and order prescription repeats.

"We don't want whanau to hold off from accessing GP care for acute conditions and wait for our GP clinic as it is only monthly," says Rhonda, "but we are happy for people to present on the day for acute things, such as skin infections, respiratory infections, and other non-acute conditions."

The ultimate hope for all involved is to see an improvement in health outcomes in particular for local Māori, although the service is open to anyone who may require it.

"I also hope the clinic is well utilised and that we can replicate this clinic at Rewiti Marae," adds Rhonda.

The clinic will on the last Thursday of every month, and there is no cost to attend. However whanau wishing to use the service must be enrolled with Te Ha Oranga or be willing to enrol at the time of their visit.

Appointments can be made by phoning 0800 MYTEHA.

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'Rock star' gardener workshop

For locals harbouring grand ideas of living the good life and growing their own produce, there's never been a better time to get their hands dirty.

Kath Irvine, a Levin based gardener with a strong following on social media, will run an 'Abundant Veggie Patch' workshop in Helensville next month.

She's a big advocate of permaculture, which is the idea of creating a garden that works with nature, not against it - for instance, gardening by the moon and growing a garden where plants, soil and insects work harmoniously together.

The workshop will focus on what good soil looks like, and to how to turn over and prepare garden beds. Kath will also discuss how rotating crops can prevent pests and disease, and offer tips for choosing the best site for a veggie patch.

The workshop will be held at Ruth's Gardens, the home of Bron Smith in Manuka Grove, off Inland Road.

Bron says when she started getting interested in permaculture she began following Kath's popular blog, and the two have since developed a strong email relationship, sharing ideas and knowledge.

"Kath has been my go-to person for quite some time, and when she was telling me about taking her workshops on the road, I was thrilled to offer my garden as venue," says Bron. She's looking forward to meeting Kath face to face for the first time.

Kath says growing your own food is a really big learning curve, one she embarked on 20 years ago when she had her own babies and wanted to feed them organic produce.

"It took me a good few years of workshopping, learning and failing, and that's why I started my blog because I wanted other people to be able to do it and do it well."



• Kath Irvine

Photo: Horowhenua Mail

Kath says her grandfather was a great gardener, "with a great sense of timing and an ability to notice the little things in the garden which was ingrained in him from childhood, but we've lost so much of that knowledge over the years."

The workshops will be suitable for beginners as well as those with an established vegetable garden who want to learn more about growing abundant crops. On Saturday, October 28, it will cost \$100 including morning tea, and is limited to a maximum of 20 people. Tickets are available through eventfinda.co.nz.

Woodhill Sands sale

The Woodhill Sands Trust campaign to purchase the Woodhill Sands equestrian venue has become unconditional, with a settlement date this Friday, October 6.


The trust was formed last year to secure ownership and control of the popular horse event venue by the riding community.

It is one of the most-used regional equestrian competition and training facilities in New Zealand, and gets its income from running its own events, and from hiring the venue to other users for shows or training. The operating model is expected to remain largely unchanged under Trust management.

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Locals have a new option to help save our environment - while saving a little money for themselves at the same time.

The Helensville Community Recycling Centre in Mill Road has begun stocking bulk Eco Store products, so local people can get their existing containers refilled.

Currently available are Eco Store dishwashing liquid; dish washer powder; both clothes washing liquid and powder; and spray cleaner. Liquid soap will be added to the lineup soon.

Recycling Centre manager Treena Gowthorpe explains there is a 'hierarchy' for dealing with waste. The most favoured option is 'Reduce', followed by 'Re-use' and then 'Recycling'. The least favoured options are 'Recovery' and finally Landfill.

"In the waste hierarchy Reduce is a better option than Recycling," says Treena.

"We tend to get hung up on thinking recycling is the solution, but it still takes a lot of energy to recycle.

"[This] is the start of our campaign to get our customers to think about reducing the amount of unwanted material they produce. People bring in their

containers when they are empty and refill them, rather than buying a whole new container. The cost saving is a lovely bonus."

The Recycling Centre sells the Eco Store products in quantities from 500ml for liquids and 1kg for powder upwards.

Locals can save from 95 cents to \$1.99 compared to supermarket prices, depending on what they are refilling.

"The feedback from the community has been fantastic and the product has been moving really quickly.

"I am about to place my third order, which isn't bad considering we are buying 20L containers of the liquids."



• A customer fill up his container from the bulk supply

Self defence workshop for women

Helensville Women & Family Centre will hold a 'Women's Street Smart' self defence workshop on Saturday, October 14.

Rather than encouraging participants to fight with an attacker, the workshop will aim to teach people how to avoid certain situations and how to be aware of the environment around them.

But it will also teach those taking part how to protect themselves, or their loved ones, in a worst case scenario if de-escalation fails and they find themselves being attacked or assaulted.

The self defence workshop will be held from 10am to 4pm at Helensville Primary

School, with entry by gold coin donation.

It follows on from a 'Compassionate Assertiveness for Women' workshop being held two days earlier on Thursday, October 12 at HWFC's Commercial Road premises in the Old Post Office.

Being run by Steph Holloway, the workshop will give participants simple to manage communication tools which she says will alter every aspect of the participants' lives.

"[Women] don't have to act like a man to get ahead in life," she says.

The workshop will run from 7pm to 9pm and costs \$30.



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Physio now for pets too

Helensville physiotherapist Kath Long has been treating people since 1984 - and now she can treat your pets, too.

Kath, who established the Helensville Physical Therapy Centre (now PhysioFlex) in 1995, is in the home stretches of completing her Masters degree in Veterinary Physiotherapy through Liverpool University.

Much of the three-year degree has been done long-distance, but it has also required trips to either Liverpool or Queensland University to do the hands-on practical components of each of the seven course modules.

Her next course practical will involve travelling around New Zealand and Australia for 20 days, working under the supervision of other animal physiotherapists in their clinics.

The degree focuses on horses and dogs, but Kath says the knowledge gained can be used to treat most animals. For instance, she used her knowledge of equine physiotherapy to treat a cow.

So why did she decide to take on animal patients as well as human ones?

"I've always loved animals, and I love physio, and it's an extension of that," she explains. "It's been wonderful to develop [my skills] and go into that field as well."

In a way it's an extension of Kath's Rider Rehab business. Five years ago she completed a diploma in equine acupuncture, and for several years she has been assessing riders on their horses, videoing them before and after treatment. Often she sees improvement but can tell there is something still wrong - hence the need to be able to assess and treat the horse, too.

"I wanted to know more, so now I'm doing my Masters."

Kath has set up Physio4Pets, providing physiotherapy, acupuncture and rehabilitation for pets, competitive, and working animals. She has a treatment room at her home and also spends one afternoon a week working at Vets North in Huapai,

providing pet rehabilitation which includes a post-operative service.

When working with animals, Kath has the same problem faced by vets - "the patient can't talk to tell us what's wrong," she says. The communication barrier makes her more dependant on what she can feel or see.



• Kath with Fox Terrier Bo

"I'm searching for objective things so I can formulate a treatment and then achieve a measurable outcome."

Treatments always start with an initial assessment and an examination of the animal's conformation, and learning about the animal's behaviour and movement before any physical examination and subsequent treatment. Owners are generally present during treatments.

Kath says unlike with treating humans, anyone can set themselves up as an animal physiotherapist. But she says qualifications give animal owners peace of mind - and are important for animal insurance. She believes recognised qualifications similar to those for treatment of humans will soon be required.



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Youth Orchestra to play Helensville

The Auckland Youth Orchestra will perform in the Helensville War Memorial Hall on Saturday, October 14 for the first time in five years.

The concert is one of just four the orchestra is holding; the others are in Kerikeri, Warkworth and Auckland. The Auckland Youth Orchestra is made up of 90 young musicians aged from 16 to 26.

Conducted by Croatian-born music director Antun Poljanich, the orchestra will be performing what is regarded as one of the most thrilling pieces of symphonic music - Berlioz's *Symphonie Fantastique*.

They will also perform Beethoven's *Egmont Overture* and a world premiere of John Wells' 2nd Organ Concerto.

Berlioz's infatuation with an actress whom he had never met drove him to compose the mesmerizingly romantic, autobiographical *Symphonie Fantastique*. The symphony was a huge success and two years later the actress finally agreed to be introduced to Berlioz, and the pair eventually married.

The symphony still stuns • *The Auckland Youth Orchestra in action*



audiences with its gigantic scale, melodies and orchestrations. Written for a huge orchestra, it includes two tubas, two sets of timpani, two harps and four bassoons together on stage.

The premiere of internationally-recognised Auckland organ performer, composer, and teacher John Wells' Organ Concerto No.2 will be performed by South Korean-born Auckland University student Rebecca Soojung.

Tickets cost from \$10 to \$20 and are available through the Eventfinda website or by cash sales at the door on the night (no EFTPOS will be available).

medical centre notes

Hay fever is a common ailment, particularly at this time of year.

It is where a person has an over-sensitive/allergic reaction to particles in the air, triggering a response from mast cells to release histamine – and this is what causes the symptoms of the allergic reaction. It is a similar process to seasonal asthma, but affects the upper airways instead of the chest.

Hay fever can affect the nose - allergic rhinitis, or eyes - allergic conjunctivitis. These can be seasonal or perennial.

The triggers are often pollen, but can be many other things from chemicals to pets, and can be made worse by cold weather or air conditioning.

Hay fever is managed, not cured, often by avoiding the trigger if possible, and by medication. Avoid using decongestants, as they work well in the short term, but the longer they are used will cause rebound congestion of the nose. Antihistamines are the mainstay of treatment, with non-sedating medications such as Cetirizine and Loratadine. Less systemic options include mast cell stabilizing eye drops such as Patanol, or steroid nasal spray such as Flixonase.

- Dr Phillip Barter, Clinical Director



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Farewell to Rhonda Grace

RHONDA GRACE
25/8/1943 – 7/9/17

A life full of community involvement came to a tragic end when 74-year-old Helensville woman Rhonda Grace died after being struck by a car while helping out on private property near Kumeu on September 7.

She was the wife of 52 years of Thomas Grace, widely known locally for his many years of local government involvement in Rodney.

Rhonda (nee Narbey) was born in Helensville on August 25, 1943. She was the first child of Hector and Jean Narbey, who farmed in Mangakura Road. She had three younger brothers, Wallace, Harris and Murray Narbey.

Rhonda went to Helensville Primary School and then to Kaipara College, where she represented the school at hockey.

As a child Rhonda was renowned for her long hair, worn in two long plaits. Family recall her wanting to get it cut, but father Hector telling her she had to keep it long. Ironically, when she left school Rhonda worked as a hairdresser, rooming at the YWCA in Auckland with her life-long friend Julie Bradly.



• Rhonda Grace

“There were quite a few girls from Kaipara College so we had some great times,” recalls Julie. “We had to have our cut lunches made by 7am and Rhonda, being such a caring girl, used to make mine when I slept in!”

“We would come home [to Helensville] for weekends and there were often dances in the Helensville Hall.”

Cousin Carol Lindsay says Rhonda met her future husband, Thomas, by chance. She says Thomas and his

friends Keith Bradly and Brien Allen were “going for a toheroa raid on Muriwai beach”. Brien and Keith had their girlfriends, Thelma and Julie with them. Julie bought her friend Rhonda along for the ride – and the two ‘third wheels’ hit it off.

Rhonda and Thomas Grace married in February 1965. They had three daughters, Gaylene, Robyn and Lynda.

Robyn recalls her mother going from milking cows, feeding out hay and cutting the neighbour’s hair to baking, preserving, sewing dresses, doing the accounts, and tending the garden – “all before lunch!”

Rhonda had a three decades-long involvement with the Girl Guides Association. When Gaylene became a Guide, Rhonda was roped in by one of the other mothers to help out, and ended up staying on for 30 years – eventually becoming District Commissioner.

She spent many years helping with fund raising for Guide Jamborees, and preparing Guide camps – everything from finding the firewood to digging the toilets.

Rhonda was also a stalwart of the Helensville & District Historical Society, quietly working away behind the scenes doing whatever was asked of her.

She was involved with the Helensville A&P Show for most of her life, both as a competitor in the baking and floral sections and as a steward for the indoor sections and the sheep competition. Just this year was awarded a Helensville A&P Association ‘Outstanding Service’ award.

Her local community involvement didn’t end there. Rhonda was also involved with Plunket, Helensville Playcentre, Farmers Young Wives, Helensville Floral Art Group, the Helensville Primary Centennial, the Helensville Players, Helensville RSA, Woodhill School PTA, Kumeu Rotary, the Waimauku Village Theatre, and the Four Seasons Garden Club in Mt Eden. And with husband Tom with the Northern Sports Car Club and the Military Vehicles Club.

Gaylene says: “she was the rock behind everything, never one for the limelight but always there to lean on. She was hard working and would do anything for others.”

Rhonda’s cousin, Lorna Holst agrees: “Her work ethic was just so part of her.”

Rhonda is survived by Thomas, her daughters and sons-in-law Gaylene and Phillip, Robyn and Rory, and Alistair and Lynda, and her grandchildren Dylan, Connaugh, Jonathan, Kyle, Morgan, Michael, Grace and Sammie.

Her family would like to thank everyone for their love and support in this difficult time. A condolence book can be signed at Allsorts.

Biggest arts event on this month

The biggest event on Helensville's annual arts calendar will this month feature 13 artists' studios open to the public and 10 pop-up galleries around the town.

The third annual Arts in the Ville festival is on over Labour weekend, October 21 to 23, and once again is expected to bring many visitors to the town. It's a chance to meet artists in person, talk to them about their creative processes, and buy their work.

Artists holding open studios include:

Jeff Thomson, 13 Awaroa Road (Sat. only); Jo Dixey, 5 Empressa Heights; Tin Shed Yarns, 21 Nelson St; The Wood Turner Shed, 2 Nelson St; Jacky Black, 52 Garfield Rd (Sat. & Sun. only); Mike Rowlands, 35 Garfield Rd; Arwen Flowers; 1a Captain St (Sat. & Sun. only); Railway Studios, Railway Station (Sat. & Sun. only); Whimsical Garden, 2b McLeod St; Leda Daniel; 45 Rogan Ave (Sat. & Sun. only); Raywin Cruickshank, 29 Rogan Ave; William Robert



• Jane Aldridge of Moth at her studio last year

Boyd, Old BNZ 108 Commercial Rd; Marmalade Hats, 8 Karaka St.

And pop-up galleries will be located at: Helensville Museum; the Art Stop Café, 5 Commercial Rd; the War Memorial Hall meeting room; Helensville Arts Centre, hall basement; Zubu, 83 Commercial Rd; Gallery, 87 Commercial Rd; Global Village Antiques, 14 Garfield Rd; Patiki Studio and Antiques, Railway Station; and Kaipara Coast Sculpture Garden, 1481 SH16, Kaukapakapa.

Art on show and for sale will include works in wood, metal, paint and fibre.

A key focus will be a cluster of artists and artisans at Helensville Museum, including a potter, flax weaver, quilters and knitters. Musicians and refreshments will be on site, plus family activities and interactive opportunities.

The Helensville Art Centre will provide an opportunity for everyone to be involved in the creation of a mural, while the Kaipara Coast Sculpture Garden will have an interactive workshop running all weekend around the theme: 'Your Dream Garden'.

A charity auction hosted by the Helensville Women & Family Centre will be held in the Helensville War Memorial Hall on the Sunday evening from 4pm to 6.30pm. Tickets for that event are \$20 and are available from Helensville PaperPlus.

Maps showing the venues can be picked up the week prior to the event from various businesses around Helensville, or during the weekend from the Helensville Museum, local cafes or any of the pop-up galleries.

And the winner is...



Chris Penk (above) is the new MP for Helensville after winning the seat in the general election held on Saturday, September 23. His winning margin of 18,417 votes was 5121 more than all the other candidates combined.

We hope to bring you an interview with Chris in one of our upcoming issues.



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NORTH WEST COUNTRY

OCTOBER UPDATE

A MESSAGE FROM NWDBA CHAIR: **TONY FORLONG**



We had a great turnout to our Annual General Meeting at the end of August where members received a report back on our activities over the past year.

A Committee for the 2017/18 year was elected and I congratulate representatives for the following areas:

Helensville: Shona Oliver, Elke Ryan, Fletcher Clarke,
Parakai: Dion Tilson, **Waimauku:** Stewart McLachlan,
Kumeu/Huapai: Karen Allen, Matthew Burt, Hayley Plowman, **Riverhead:** Paula Pepperell and **Kaukapakapa:** Geraldine Bayley.

The meeting confirmed a name change of our Association to North West Country Inc which helps us to align with our branding for the area and help marks the North West district as a destination in the minds of visitors.

Spending in the North West District has increased by over 46% over the past five years, compared to 22% for Auckland as a whole and 24% compared to the three areas we benchmark against (Matakana, Pukekohe and Whangaparaoa) and this is only going to increase as new residents arrive in the area.

The Business Association faces a unique challenge in being the only Business Improvement District (BID) that covers multiple town centres and a large area, but we are making great progress, and we look forward to keeping you update with progress over the coming 12 months.

CONNECT WITH US

Join us on our social media channels to keep in touch and keep up to date with what's happening in the North West area.

/NWCountryAKL @north_west_country
/NorthWestCountryNZ

WWW.NORTHWESTCOUNTRY.CO.NZ

North West
COUNTRY

FATHERS DAY WINNERS!

<p>HANNAH GORDON won \$200 Woodhill Mountain Bike Park Pass Shopped at: Parakai Springs</p>	<p>JON FERRIS won The Paua Room pack (Emu Slippers & Possum Socks) Shopped at: Mitre 10 Helensville</p>
<p>PARAKAI SPRINGS VOUCHER WINNERS: Selina Harwood Shopped at: The Cafe Andrew Senn Shopped at: Anna's Hair Studio Mary Reed Shopped at: Mitre 10 Helensville</p>	<p>HALLERTAU VOUCHER WINNERS: Miles Harvey Shopped at: Kumeu Garden Hub Lynsy Wadham Shopped at: The Healing Heart of Helensville Neil Laffoley Shopped at: Helensville Fisheries</p>

CONGRATULATIONS, AND THANK YOU FOR BUYING LOCAL!

Congratulations to all our winners! and a big thank you to all the businesses that donated prizes, but also to those businesses that participated in the competition.

CHILL IN THE VILLE

The music festival is coming back with a new line up, but the same great atmosphere and intent. Get your tickets now to see headliner Anika Moa rock the Ville on Saturday, 9th December.

\$2 per ticket sold will be donated to the Helensville Angel Fund, so you can give back while enjoying a day at your local hot pools - Parakai Springs.

CHILL in the VILLE

Featuring
Anika Moa
Max Key

- Tweed
- Awa Brown
- The Gannets
- So and So
- Bad Sport
- Tie Fighters
- Kara Gordon
- Rude Intrusion
- Flintwater Express
- The Groove Diggers
- Three Rum Coves
- The Recipe

- Saturday, Dec 9th 2017 -
10.30am til 9.30pm
- Parakai Springs -
(entry via Springs Road)
- Pre-sales: \$20 -
- Door sales: \$25 -
- Kids under 16: \$5 -

\$2 per ticket will be donated to the Helensville Angel Fund.
- Liberty Beer - Hunting Lodge Wine - Food and Beverage trucks - activities for the kids!
Get your tickets: chill.org.nz

Enjoy a day of music at your local Hot Pools!
- Discounted admission to the hot pools applies -

Visit chill.org.nz
for more information and tickets.

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

\$ 1 0 0 voucher for a local business of their choice.

O u r October recipient is Judith Begg of Parakai who has chosen a \$ 1 0 0 voucher for Vets North.



• Judith (right) receives her voucher from Nikki Horsbrough

Judith was nominated anonymously. Her nomination read: "Judith has worked for 27 years as Parakai's own 'bird lady'. Although she is no longer registered with bird rescue, she still accepts sick or helpless birds from the community on a regular basis.

Anyone that has delivered birds to her over the years knows they can call or turn up and will be welcomed with whatever surprise they hold in their hands or shoebox.

She has made several local newspaper appearances over the years for her efforts and the rare birds she has cared for, rehabilitated and released. A real local with community spirit. Jude is part of Parakai's past, present and future. Thanks Judith!"



Helensville Birthing Centre

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

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Survey coming your way

Now is your chance to have some input into the future direction of health services and facilities in Helensville. The Helensville District Health Trust is undertaking a project that includes a Health Needs Assessment for the South Kaipara. There is a survey that we are hoping you and all other community members will complete.

The project is run in collaboration with the Waitemata District Health Board and Procure and is being led Dr Carol Barker a Public Health Medicine Registrar.

Hard copies of the survey can be collected at Kaipara Medical Centre and Te Whare Oranga ō Parakai and at other locations listed on helensvillehealth.co.nz, where you will also find a link to complete the survey online.

For more information please email engagement@waitematadhb.govt.nz



Bea's sweet treats at last year's Christmas market.

Save the date

We're looking forward to our special Twilight South Kaipara Harvest & Artisan Market on Thursday 7 December. So, if you're looking to pocket a little extra cash before Christmas, now is the time to start planning a stall.

We'd also love to hear from any performers keen to provide some entertainment to keep our market goes in the festive spirit.

And if you're keen to support your local community and help build a thriving local market, perhaps you might like to join us as a volunteer. The market is held on the last Sunday of every month and we're always grateful for an extra pair of hands.

For more information contact Amy Wood, amywood@helensvillehealth.co.nz or 021 142 3029.



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local board matters

Local Board Plan



By the time you read this we will have finished the 'Local Board Plan', our three-year strategy for Rodney.

We received the highest level of feedback in Auckland, more than 1500 submissions, and I took the time to read through all of them. It's an important task because this is the best chance over the three-year term we get to measure the pulse of the community - what you're thinking about where council is going and what you'd like to see us do.

Our residents don't hold back, and some very robust feedback was provided. Thank you to everyone who took the time to do this; the issues raised in the feedback have been incorporated into the final plan.

It is clear we have work to do to effectively communicate with you about our role; I think we need to improve not only our communication, but also how we ensure we're effectively engaged with the wider community. We have been listening to you, especially using social media, and most of you supported our main initiatives which is encouraging.

Our Local Board Plan is part of a budgeting process government legislation requires us to go through. We are now neck deep in the Long Term Plan, or what the Mayor is calling the '10 Year Budget' - a far clearer description. A plan is pointless without money to implement it, and this budget is what funds the Local Board Plan objectives.

Council's 10 year budget has identified a gap in funding of billions of dollars to deliver the projects needed to cope with growth. There will be some interesting options coming to the public next year which will no doubt spark debate.

If more money cannot be found to meet the shortfall, the limitations of a 2.5 percent annual rate increase mean that cuts will need to be made in services as staff levels are reduced, and this will start to become apparent across a range of council services from transport infrastructure maintenance to parks.

Simply put, the pie must be cut up to serve a greater population and the pie isn't growing quickly enough. Council cannot borrow more and is limited in how it can raise additional revenue. Unless central government steps in to provide alternatives, residents may see the effects in lower service levels over the coming years.

Meanwhile, considerable capital funding in being spent in Rodney to make up for years of neglect.

We had a presentation from Watercare, the sewerage and fresh water provider for our towns; this council controlled organisation has poured about \$300 million into failing infrastructure from Helensville to Wellsford while ensuring this is future proofed to provide for predicted population growth. It's not sexy or visible, but money is being spent in our area to deal with both legacy and future issues.

If you need assistance with council related matters or have a project you think council should be involved in feel free to contact me either by email: phelan.pirrie@aucklandcouncil.govt.nz or phone: 021 837 167.

- Phelan Pirrie, Deputy Chair, Rodney Local Board

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**Tastings: Friday 13th October
Saturday 14th October
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O:TU Hawkes Bay Merlot Rosé 2017

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Winemaker's Comments: Vibrant dark rosé colours, crimson hues. Luscious aromas of strawberries, raspberries and cherries on the nose.

Light bodied, very fragrant and mouth appealing texture with length and body, clean and crisp.



OPEN 7 DAYS 6:30am – 8:00pm
137 Parkhurst Road, Parakai
T: 09 420 8186



73 years of calf club



• A calf club day at Waioneke School in the 1950s

Waioneke School at South Head will hold its 73rd calf club day at the school on Saturday, October 28 from 9am to 2pm.

Judging of the calves, lambs and goats will start at 9am and run through the morning, culminating with a 'Grand Parade' around 11am.

There will be plenty of food on offer, including barbeque venison sandwiches and cake stalls. And there will be games and raffles held throughout the day. Parking will be free, but there will be no EFTPOS.

from the frontline

There has been a rise in dishonesty offending in the last few months, especially vehicles being broken into and stolen. Unfortunately there are always going to be people who want what you have, so let's not make it easy for them. There is never a 100 percent guarantee, but by taking these steps you can discourage thieves.



The most important thing you can do is lock your vehicle. I don't get surprised by much, but it still astonishes me that some complaints come through where the vehicle was left unlocked. This is making it very easy for an opportunist thief to pinch your belongings.

Some people say to me: 'but we shouldn't have to lock our cars!' It's been a long time since you could safely leave your car running while you go into the shops. It's definitely not safe to do that today.

Make your vehicle look like it has nothing to steal in it; thieves will peruse parked vehicles as if they were in a shopping aisle. So don't leave anything of value in your car, especially in plain view. Even \$5 of loose change in the centre console can be enough for your window to be smashed and the money stolen.

Get an alarm, immobiliser or a steering wheel lock and put stickers advertising this on your car. GPS tracking devices are another great tool. A stolen van that went through Helensville a few weeks ago had a GPS tracker in it. It got spiked in Wainui and the offender arrested.

If you are the victim of any dishonesty offending you need to report it to police as soon as you discover the theft. Social media is an amazing tool to identify offenders and to get the word out in our community that dishonesty offending is occurring. Police use social media regularly for these reasons. But it needs to be reported so that police know what types of crime are occurring in their area so as to allocate resources as required.

I speak with people who tell me they don't report thefts or burglaries because police don't do anything, so there is no point. All crimes need to be reported, then there's the chance police can catch the offenders. You don't have to come into the police station to report an offence - you can phone the Crime Reporting Line on 09 571 2800.

Thieves look for easy targets - why? Because they want an easy life, because they are lazy and some of them aren't too smart. You need to make it harder for them to steal from you, so they will move on to another target. If we all take precautions to keep our vehicles, property and community safe, we can hopefully discourage would be thieves from offending.

- Mandi Bell, Community Constable

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Jerusalem Artichoke

We grew these interesting plants beside an old compost pile a few years ago. At the end of autumn the stems died back and according to Google they were ready to harvest. I cast about the internet for a few ideas for cooking them and settled on mashing them with a little butter and salt. It only took a couple of mouthfuls to realise I had made a big mistake and they were ditched.

Quite a few years went by before my partner decided to grow them again, having read that they are a great winter store food and will happily grow in poor soil tucked away in the corner of the garden. Sure enough come autumn the stems died off and the tubers were dug up.

This time I did a bit more research and discovered that the peeled tubers were lovely fried; well just about everything is! That they also liked smoky flavours, bacon, and garlic, and there was a handy trick of adding a splash of vinegar to the pan just before serving to remove the astringent flavour.

Reluctantly I peeled a pile of them and cut them into 5mm slices, heated a pan with a splash of olive oil and tossed them about for a few minutes with some sliced garlic. Once they were tender I sprinkled on a teaspoon of smoked paprika, salt and then splashed on some rice vinegar. We took the sizzling pan out onto the deck and tentatively took a bite. They were absolutely delicious and we polished off the lot. Since then we have eaten them often and the dish below is a slight refinement on my second attempt.

Jerusalem Artichoke

- Enough tubers for two people, washed and peeled
- 2 cloves of garlic
- 1 chorizo sausage
- 1 teaspoon of smoked paprika
- 1/2 teaspoon of cayenne
- Salt
- Big handful of kale (spinach or silverbeet would work just as well)
- 2 spring onions
- Tablespoon of oil for frying
- 1/2 tablespoon of rice vinegar or white balsamic.

Slice the peeled artichoke and drop into a bowl of water to stop them going brown. Slice the garlic and the sausage. Pick the greens off the stems of kale and wash. Slice the spring onions into 5mm pieces.

Splash the oil into a frypan and heat, before it gets smoky hot add the drained artichokes and sauté for a few minutes, add the garlic and sausage and cook for a further 2 minutes, tossing and stirring to cook evenly.

Add the paprika, kale and spring onions and toss over heat until the kale is wilted, pull off the heat and stir through the vinegar, allow it to sizzle away.

Serve on top of a big green salad.



Jerusalem artichokes are neither an artichoke nor from the Middle East. They are native to North America and Canada. They store well either in the ground over winter if the beds are raised and drained, or they can be dug and stored in large tubs packed with dry soil or potting mix. Store them somewhere dry and cover the tubs to keep rodents out.



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community tidbits from town and around

HELENSVILLE AGLOW

Ngaire Harvey from Coast Vineyard Church will be guest speaker at Helensville Aglow's next meeting at 7.30pm on Friday, October 6 at the Helensville Community Church, 40 Mill Rd, Helensville.

At the group's November meeting at 7.30pm on Friday, November 3, the speaker will be pastor, counsellor and author Jenny Sharkey from Jesus Hub. Email yvonne@hello.net.nz for more information.

QUILTING AT LIBRARY

Locals can meet quilting tutor Cath Boughtwood and share her love of quilting at the Kaukapakapa library on Sunday, October 15, from 10am to 1pm. With 10 years' experience and a passion for experimenting with colour and shape, Cath teaches small classes at her Silverdale home. There will be finished quilts on display along with books on quilt making and information on upcoming classes. For more information phone Megan Paterson, 021 959 017.

KAUKAPAKAPA MARKET

Guitarist Mike Lea will perform popular tracks by various artists like Hank Marvin, and Robert Edwards will be singing and playing the ukulele at the next Kaukapakapa market on Sunday, October 15 from 8.30am to 1pm.

The market stalls will feature hand-made crafts, used goods, locally-grown plants, and a delicious selection of food and coffee.

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

MELBOURNE CUP LUNCH

The Kaipara Memorial RSA will hold its

annual Melbourne Cup luncheon on Tuesday, November 7. The lunch starts at midday, and local races will show on the big screen televisions leading up to the cup itself. Tickets are limited, and are available from the RSA during October. The ticket price, not set at the time of going to print, includes a two course lunch.

Kaipara Harbour symposium

The Integrated Kaipara Harbour Management Group (IKHMG) will hold a symposium on the harbour at Te Ao Marama Marae in Te Hana on Thursday, October 19.

Participants will be provided with an update on the health of the harbour and what action is currently being undertaken to improve that. Research information will be shared, and community groups working to restore the harbour and its environs will have a chance to promote their work.

A workshop will seek to gather information on the key challenge of how to grow more community action to help address IKHMG's vision of 'a healthy and productive Kaipara Harbour'.

The symposium is open to the public and will run from 9am until 3pm.

Hunt on for museum volunteers

Helensville Museum is holding a drive to recruit new volunteers to help boost its duty roster to enable the museum to stay open.

"This is not an onerous duty," says museum administration manager Lynn Millar, "and only requires about two and a half hours per month during the weekend afternoons."

New helpers will be partnered with an experienced volunteer. Anyone interested should phone Lynn on 09 420 7881 or email her at: helensvillemuseum@xtra.co.nz.

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Helensville News - Publication Information

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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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