

Open day at winning South Head farm

An open day will be held at the South Head farm which won the Ballance Farm Environment Awards' Supreme Winner title for the Auckland Region.

Ross and Eleanore Webber's family farm came top in the Auckland Region at an awards dinner on March 27, and now locals have the chance to look over the property on Friday, May 10 from 10am to 2pm.

Visitors to the picturesque 200ha farm, which boasts stunning views across the South Head golf course to the Kaipara Harbour, will be able to see the work Ross and Eleanore, and their son Matthew, have put into protecting the environment.

As well as the top award, the farm won three other prestigious titles:

- The Predator Free Farm Award, which recognised the Webber's efforts to control animal predators such as rats and possums to protect and improve the native biodiversity.
- The WaterForce Integrated Management Award, given for wise water practices such as protecting water supplies.
- The Auckland BFEA Farm Stewardship Award, which reflected the couple's care for their land and the planting of numerous blocks of trees, both native and exotic.

Initially it was Eleanore who prompted Ross to enter the BFEA awards. He thought he wasn't quite ready, before realising there is always something left to do, and things that can be done better.

And while they were thrilled to win the top award, Ross is quick to say that "at the end of the day, New Zealand is the winner".

He says the high profile of environmental work on farms like his has a flow-on effect, with more farmers and neighbours following suit.

"I put his name forward," says Eleanore. "I could see all of the work he had done. He can

see the future for the farm and the environmental side of it.

"We have raised our three boys here and are very connected to our land and feel fortunate to have what we have."

Ross adds: "I'm not quite there in terms of what I want to achieve, but I'm so close, and we do have a lovely farm."

The competition itself involved two lots of judging, with two different teams of four judges spending three hours each looking around the farm, checking on things like stock health, sustainable profitability, environmental protection, predator control, and social and community responsibility.

The judges come from a wide range of industry-related professions such as bankers, fertilizer representatives and fellow farmers.

The Webber Family Farm has been in Ross's family since 1955, a year before he was born. He was actually born in Mt Albert, and didn't come here till he was a week old - a fact which some friends still joke means he isn't really a local!

Ross was involved from the early days with what is now the Integrated Kaipara Harbour Management Group, and his property features three water catchments that end up in the harbour. He says 95 percent of his farm's waterways are now fenced off.



• Ross, Eleanore and Matthew Webber

Over the past 25 years Ross has fenced the property into 60 paddocks, and roughly 60 hectares have been planted as native blocks or pine plantations. 40 hectares are covenanted under the QEII National Trust.

He admits to making plenty of mistakes along the way, but the results speak for themselves.

Ross is now in the process of converting the farm's previously "mixed bunch" of cattle into Angus-only. He likes the breed, says they do

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editorial

I popped down to Kaipātiki (what many locals know as Parakai Reserve) to grab a quick photo for this issue (pg 3) of the Kaipātiki ki Kaipara community health event last month. I ended up staying for an hour.

What a great event, well organised and with a diverse audience and a huge range of stalls, and some great entertainment to enjoy. While organised by, and predominantly aimed at, the local Māori community, it was a nice example of inclusiveness, with plenty of pākehā joining in the 'Māori line dancing' led by Master of Ceremonies Levia Aukino-Uruamo, and generally enjoying the friendly atmosphere and what was on offer.

Congratulations to the organisers for a well-run, enjoyable, and important event. I'll look forward to seeing similar community days in future.

Elsewhere this issue you can meet a diverse range of locals, including the latest to win a major award for their environmentally-friendly approach to farming (pg 1), our new police Community Constable Laura Van Doormaal (pg 5), the latest doctor to join Kaipara Medical Centre (pg 6), a woman helping with the spiritual needs of the community (pg 11), and the new head of the Helensville Women & Family Centre (pg 14).

You can learn what's happening with the South Head deer culling programme on page 4, and read about the Kaipara College waka ama team which beat all the university teams in the recent Great Waka Ama Race (pg 12). Enjoy!

- Dave Addison, Editor

Open day at farm (cont)

• From page 1

well on the farm's kikuyu pasture, and the New Zealand Angus Association provides good backup support.

Both Ross and Eleanore have off-farm jobs as well, which Eleanore says is important for a good life balance.

Ross runs a fishing charter business from Gulf Harbour, while Eleanore is a real estate agent with Burmester Realty in Helensville. When they are off the farm, son Matthew looks after the property for them.

Ross is also vice-chairman of the South Head Golf Club - his father Reg was among those who originally set up the course.

Now they are the Auckland Region champions, Ross and Eleanore will compete in June against the supreme winners from 10 other regions for the national title - the Gordon Stephenson Trophy, an award won in 2016 by Helensville farmers Richard and Dianne Kidd.

Anyone interested in attending the Webber Farm open day should contact Gaylene Ashton, phone 021 753 380 or email: auckland@bfea.org.nz.

Youth orchestra here in June

The Auckland Youth Orchestra will return to the Helensville War Memorial Hall in June following a sell-out performance in 2017.

Conducted by Antun Poljanich, the concert will feature Richard Strauss' Horn Concerto No.1 with soloist Henry Close, Mouquet's La Flute de Pan with soloist Jacob Webster, and Prokofiev's Symphony No. 7.

Jacob Webster won the 2018 AYO Soloist Competition performing Mouquet's work for flute, while Henry Close won an 'Outstanding Performance' award at the same competition with his performance of Richard Strauss' first horn concerto.

The AYO is a full symphony orchestra comprised of 75 of Auckland's most talented young musicians (aged 14-24). The orchestra toured Germany and Slovenia last year, receiving standing ovations from capacity audiences at six performances.

The concert is on Saturday, June 29 at 7.30pm. Tickets cost \$25 for adults, \$20 for seniors and \$10 for students/children, and can be booked through Eventfinder. Door sales with EFTPOS facility will be available on the night.

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Kaipātiki ki Kaipara



• MC Levia Aukino-Uruamo (left front) leads the crowd in 'Maori line dancing' to the tune of Poi E

The highly successful community health day held at Kaipātiki (formerly Parakai Reserve) on Saturday, April 13 will definitely be repeated says Ngā Maunga Whakahii o Kaipara Project Lead for the event, Loncey Wanakore.

An estimated 350 to 400 people visited the reserve over the course of the day, watching entertainment, taking part in activities such as dance, eating healthy food and visiting exhibits at 56 stalls, a mix of health and education providers and craft stalls.

The day was also a chance for locals to learn about the history and special features of the reserve, and plans for improving community access and restoring natural

features.

More than 40 volunteers made sure the day ran without a hitch - helped by perfect weather.

As well as being zero-waste, Kaipātiki ki Kaipara was a smoke and alcohol free event, and only healthy food was allowed to be sold, with no fizzy drinks in sight.

Kapa haka performances were popular, as was music from a variety of local performers.

The theme for the event was 'wellness', and numerous agencies and organisations were represented, including Waitemata District Health Board, Helensville Birthing Centre, Bridge 'o' Hope Suicide Prevention Centre, Lumino Dental, St John, Parent Aid, HIPPY South Kaipara, Rainbow Youth, Helensville Women & Family Centre, the national cervical screen programme, bowel cancer screening, the Māori Women's Welfare League, the Heart Foundation, Sunny Days Early Childhood Centre, Craigweil House and Waitemata Police.

Food ranged from venison burgers and flounder to a hangi by Reweti Marae 'Pit Master' Wikiriwhi Ratima.

Dog law submissions

Public submissions on proposed changes to the Auckland Council dog bylaws and policy close on Friday, May 10.

The council recently completed a review with a view to improving the way dogs are managed across the region. Feedback can be placed through a form on the council website, or fill in a form at Helensville Library.

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Locals force halt to South Head deer cull

A group of South Head residents have forced a temporary halt to an Auckland Council deer culling programme on the peninsula.

Following a public meeting in the South Head hall on Friday, March 22, the council has temporarily suspended its feral deer control work at Rototoa Reserve and Te Rau Puriri Regional Park.

That culling was also to take place on surrounding private properties to create a 'buffer zone' around the reserve and park.

A working group is to be set up to address stakeholders' concerns.

"We are currently working to organise a group that will discuss the future of feral deer control work," says Auckland Council Biosecurity Manager, Phil Brown.

"This group will include key stakeholders and interest groups. We are looking to have our first meeting in the next few weeks.

"Until this group have had a chance to meet, we have temporarily suspended the feral deer control work in Rototoa Reserve and Te Rau Puriri Regional Park.

"Feral deer control work is planned to

resume at this site under the conditions agreed by this group."

South Head residents whose properties were affected first learned of the cull in a letter with an attached map from Auckland Council. The letter said the council had contracted professional hunters to carry out feral deer control work, and cited the Biosecurity Act 1993 which gives powers to enter private property to shoot the deer.

Around 130 people attended the meeting with Auckland Council Senior Regional Biosecurity Advisor - Animals, Malcolm Harrison. They included local property owners, iwi, and representatives of the Woodhill Fallow Deer council, the Department of Conservation, police, and other interested parties.

One resident, who declined to be named, said there was "robust discussion on the part of the locals".

The letter had "caused quite a stir for landowners" he said, adding there had been no prior consultation.

He said locals support deer management around Lake Rototoa and recognise it as a pristine natural environment. However he said thousands of balloted hunters over the years had paid a levy to build and support a ring fence around Rototoa which had not been maintained properly.

Among concerns raised by locals and iwi was a fear of hearing gunshots at night in the area, given the amount of recreational activities and camping that takes place.

Feral deer are declared pests in the Auckland region under the Regional Pest Management Strategy.

That strategy, currently under revision, says: "while feral deer are considered a recreational resource by deer hunters there is low public awareness of the potential impacts feral deer have on the ecology of high conservation value areas in the region".

"Deer can have severe impacts on native vegetation," explains Malcolm Harrison.

"They focus particularly on plant species such as hen and chicken fern or five-finger, and can cause these favoured plants to become locally extinct. Deer also affect soil nutrient cycles and can increase sediment run-off, which can have negative impacts on nearby water bodies such as Rototoa.

"As well as impacting the natural environment, feral deer can also spread bovine Tb, and so are an important risk to our primary industries."

Malcolm says the letters were sent to 130



• Fallow deer are a problem over much of the South Kaipara

landowners, but adds the hunters would mainly access larger properties with good deer habitat and not all of those notified would be directly affected.

"This is not the first time deer have been controlled on South Head," he says,

"This year's operation proposes to expand deer control in a buffer around this area, to better protect Rototoa, Te Rau Puriri and nearby high value ecosystems."

The planned deer control around Rototoa will cost \$19,000.

Malcolm says there are currently no other deer control operations planned for elsewhere on the South Head peninsula. However *Helensville News* knows of property owners in other parts of our area, including around Old North Road and around Kaukapakapa, that have received similar letters.


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Community cop at home on horseback

New Helensville community constable Laura Van Doormaal should feel right at home among this area's strong equestrian community - she is a member of the Mounted Police.

She is quick to point out that it's not an official branch of the New Zealand Police, but rather one focused on public relations type work - although there have been suggestions an official Mounted Police should be set up. Forty countries world wide, including Australia, the UK and most US states, have mounted forces, generally used for crowd control.

Here, members have to supply their own horses - no issue for Laura as she owns two - and they take part in events such as the recent Pride Parade in Auckland.

Laura has been in the police for 14 years, and started in Helensville last December, around the same time new Officer in Charge, Sergeant Damian Albert started.

She describes her time with the police as "hugely varied", including front line work, handling enquiries, working with the child protection team, and handling homicides and major crimes.

She was a community constable in Mt Roskill, and immediately prior to moving to Helensville was on the burglaries and car crime squad in Henderson.

While being the community constable in Helensville would seem like a more relaxed role, Laura points out that with the way the station is staffed, she will often be on active duty as well.

And in the aftermath of the Christchurch mosque shooting, like many other officers around the country she has been redeployed recently, heading off just after *Helensville News* spoke with her for her third, seven-day shift protecting mosques and Islamic centres on the North Shore and in West Auckland.

Laura sees her role in Helensville as being someone locals can feel comfortable approaching about minor issues or civil

matters, and being approachable when people just want a chat.

She will be working alongside business organisations and community groups such as Neighbourhood Support and the community patrol, aiming to get more involvement from the community.

She is keen to see more locals get involved with the likes of the community patrol, which she says needs to bolster its



• Community Constable Laura Van Doormaal

numbers, and isn't overly time-consuming for volunteers.

"People are like 'it's such a good idea', but they don't want to put their time into it, [yet] it's barely any time at all in the scheme of things," she says.

Laura transferred to Helensville mainly for family reasons, to be closer to Waimauku where she has lived for 10 years and where her children attend daycare and school.

Vector instigates local meeting

A year after much of the South Kaipara suffered lengthy power outages as the result of a severe storm, Auckland electricity lines company Vector has reached out to the local community. The company's community engagement team met recently with Te Awaroa Residents & Ratepayers Association (TARRA), local MP Chris Penk, and Helensville police station chief, Sergeant Damian Albert.

The goal was to develop communication strategies, and to better understand the impacts and possible remedies in such an event. Vector also wants to be able to communicate better when work is to be done which requires an outage.

"Really worthwhile discussion was had over the whole range of factors which contribute to the impact on the community of a major outage," says TARRA chair Holly Southernwood. "Both rural and urban aspects were covered."

Locals can sign up for notifications or report outages on Vector's website, www.vector.co.nz/personal/outages.

TARRA's next ratepayers meeting is on Wednesday, May 29, 7.30pm in the Helensville War Memorial Hall meeting room. Sergeant Albert will be guest speaker. Email: tarrassoc@gmail.com.

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New doctor starts this month

New Helensville doctor Vaughan Lock made a major change to his life that few people would consider.

After graduating from Waikato University with a law degree, he practiced law in Auckland and Sydney before deciding it wasn't his passion - and so gave the profession away to study medicine.

He had actually been accepted into medical school while studying for law, but the lure of the legal profession was initially too strong.

But while in Sydney he decided he'd had enough and "escaped back" to New Zealand, studying medicine at Otago University for three years before doing his clinical training in Wellington and Palmerston North.

Since graduating he has worked predominantly in hospitals in Auckland, although he spent two years as a General Practitioner in various places around the city, including Remuera, Grey Lynn, Herne Bay and Howick.

He says while he loves the work and

excitement of hospitals working in acute medicine, he really prefers the more problem-solving aspect of general medicine.

So why Helensville? Vaughan was raised on a dairy farm at Galatea, south of Kawerau, and both he and partner Tim, an Auckland lawyer, planned to retire



• Dr Vaughan Lock, with Charlie, one of his two Burmese cats

somewhere rural. Then they decided to make the move now, before they got too old to enjoy the rural lifestyle.

So in January they purchased a beautiful old villa on two hectares at Kumeu, and Vaughan gave his name to a recruitment agency, telling them he was in no hurry to change jobs and needed the perfect fit. Within a couple of days he was told about a vacancy at Kaipara Medical Centre and it was just that - the perfect fit.

He has already spent a couple of mornings sitting in with Dr Phill Barter, and says he is really looking forward to seeing a much wider range of patients than is typical in a hospital environment, where most patients are older.

"I love the idea of new challenges," he says, "and am really looking forward to being part of a small group of similar minded people."

Vaughan is a keen runner, and enjoys mountain biking, skiing and travel, and is a self-confessed wine buff - so his new Kumeu location is perfect.

Vaughan starts at Kaipara Medical Centre on Wednesday, May 29.

Library offers free housebound service

Helensville Library offers a free 'housebound' service for those who are unable to visit the library.

"If you can't come to us, we will come to you," says librarian Anne Coppel.

The service is open to people of any age, not just the elderly, and can be tailored to meet anyone's needs, whether for a short term or an indefinite period.

The library can select items and have a friend or family member collect them, or they can deliver.

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Bring back diesel rail - councillor

Rodney Ward councillor Greg Sayers wants diesel commuter trains brought back to ease congestion on SH16.

He says bringing back the trains to utilise existing rail tracks is "a no-brainer, as SH16 is already congested with no workable solutions in sight."

"The traffic congestion will become a lot worse with disruptive safety works soon to be started, and more new housing further compounding the problem," he says.

"The promise of light rail to Kumeu/Huapai has been axed. Any bypass around Kumeu to alleviate traffic is at least

15 years away. Any widening of SH16 and the north-western motorway to travel more quickly by bus isn't imminent.

"So that only leaves a diesel train service as any sort of realistic and timely solution."

"Let me be clear - Auckland Council and central government have no immediate plans to help us by significantly improving the traffic volume carrying capacity of SH 16. Poorly thought out housing development without infrastructure being put in place in advance is mad, and the effects highly frustrating for Helensville commuters."

Greg claims that for "a fraction of the cost" of light rail we could have hourly rail shuttles operating seven days a week from Huapai and Waitakere to Swanson station.

He claims it would be easy to overcome objections that new safety legislation prevents the railcars using the Waitakere tunnel.

"A small investment, equivalent to about a week's of Auckland Council rates paid by our area, into fire suppression systems fitted to the railcars would address this. Freight trains with their drivers use the tunnel daily.

"It's time to stop putting this issue on the back burner.

"Light rail is dead," says Greg. "Let's get on with extending commuter rail from Waitakere to Kumeu/Huapai and then on to Helensville. There is a perfectly well-maintained rail line running through Kumeu/Huapai to Helensville."

U3A branch formed

A local branch of U3A - the University of the Third Age - has opened in Helensville.

It's not a university at all, but more a club aimed at retired people who wish to keep learning and make new friends. The club is neither political nor religious, and has a core policy of learning, interesting activities and friendship.

As well as general monthly meetings, which usually feature a speaker, there are various special interest groups.

Helensville U3A meets on the first Tuesday of each month at 10am in the Men & Family Centre, Awaroa Road. For more information contact Tony Morrison, phone: 09 42 09 971 or email him at: kiwimorrison@gmail.com.

medical centre notes

While happy to see some rain for the water tanks, it does mean winter is coming, and the flu vaccines have arrived. These are free to everyone over the age of 65, and to people with certain chronic health conditions like asthma, diabetes, heart disease, or kidney disease.

If in doubt please ask us if you are eligible for a free vaccine, and if not but you still want it, the cost is \$35.

The flu vaccine is not a live vaccine, so you are not able to catch the flu from it. The vaccine is showing your immune system a deactivated version of the likely strains of flu for the year so it will react quicker if you are exposed. Because it is stimulating your immune system, you can feel "flu like" for a couple of days after the injection.

Zostavax is the shingles vaccine, and is a free, one-off vaccine when you turn 65, but next year the funding is changing and it will only be free to people in their 66th year - i.e. between ages 65 and 66. So if you are currently over 65 and will be outside that age range for next year, please come and get your vaccine now while it is funded.

Shingles is a reactivation of a past chickenpox infection that has been dormant in a nerve. You cannot catch shingles. But like many things as we get older, the immune system's memory can fade, so the virus takes its opportunity when your defences are low to reactivate, causing a painful rash over that nerve - a pain that can last months afterwards.

It is important if you think you have shingles to see a medical person within the first three days of the rash appearing. If you have had shingles in the last year, you should wait one year before you get the vaccine.

- Dr Phill Barter, Clinical Director



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: Home-kill and retail shop complement each other

“Bigger than I could ever have expected it to be” is how Country Meat Processors owner Nadia Mead describes the fledgling retail side of the company’s business.

Licensed just over a year ago, the retail shop has easily exceeded Nadia’s predictions.

“The community has got right behind it,” she says.

Based in the front of the Country Meat Processors building by the Kaukapakapa stone, the meat sold in the shop is carefully aged just like the company’s home-kill products, though by law it has to be processed completely separately.

Nadia took over the business in 2015, and it won the North West District Business Association’s ‘Rural Services’ award in both 2017 and 2018.

She describes herself as having a “very varied” background, which includes being a butchery manager and human resources manager for Foodstuffs, and owning a butchery in Browns Bay. Her husband Mike is a qualified butcher, but now works outside the industry.

While she can do butchery herself, Nadia employs three butchers and says she simply doesn’t have the time for that side of the business - her days are taken up with “meat packing, running everything, and the retail shop”.

The shop has become popular with local lifestyle block owners says Nadia, with “awesome” bacon, black pudding and sausages all fast moving items.

Alongside the shop, home-kill is still the mainstay of the business, with all the meat processed in purpose-built premises and aged in massive chillers.

Beef and sheep make up the bulk of their output, though they also process pigs and a few goats and alpacas. And Nadia says they have a big



following among hunters, processing up to 15 venison a day during ‘the roar’, and able to take in carcasses outside hours by arrangement.

The shop is open 7am to 6pm Monday to Thursday and 7am to midday on Saturdays.

: One-stop shop for insurance and loans

Being able to deal with the same person for insurance and loans is a major point of difference for Kaukapakapa-based MBS Insurance & Home Loans.

Stewart McLachlan started the brokerage company in 2011, tired of the corporate life after 21 years working with the ASB, BNZ and ANZ banks. Nick Hay joined the company the following year to handle all the office work, and

Kris Allen came on board in 2014 as a second advisor. Stewart is looking to employ another advisor later this year, and another part-time administrator.

Moving from premises in Waimauku about 14 months ago was the best thing says Stewart, as all three men live near Kaukapakapa, and the rented office space, and commute, was a waste when their work is almost entirely on the road.

The company aims to be a one-stop shop for its 2500 clients, about 70 percent of whom are from Rodney. They can help with both life and property insurance, and are accredited with 32 lending organisations to provide plenty of options for home buyers, property investors and developers.

When Stewart isn’t helping with insurance or loans, you might see him

out running or riding his bicycle.

For the past two years he has been taking part in triathlons, ironman and half ironman events, marathons, and a range of other distance competitions. For training over winter, he’s been known to cycle from Kaukapakapa to Auckland Airport and back.

That’s an impressive achievement for a man who used to weigh 173kg but is now a trim 71kg - a loss he grins was “a lot of hard work”.

He quips that his wife Sarah “thinks I’m potty” but nine-year-old son Jack, a Kaukapakapa primary student, and daughter Charlotte (4) think it’s great.

The Ironman competitions - a 3.8km swim, 180km cycle plus a marathon - are really getting under his skin, and Stewart’s aim is to compete at the world championships in Hawaii in the next two or three years.

MBS was highly commended in last year’s NWBA awards in the professional services category - a tribute to its ethos of providing old-fashioned service, where the customer deals with the same person for years.

They can be reached on 0800 627 467.



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: Homely, nurturing environment

When your two longest-serving staff have more than 30 years on the job between them, that says a lot about the work environment.

At Sunny Days Community Preschool in Commercial Road, teacher Rebecca Godfrey has been there for 17 years, and teacher and centre supervisor Linda Somervell is just coming up to her 14th anniversary.

It's a testament to what they say is a homely, nurturing environment for their young charges, and a small team of staff who get on so well with each other.

Rebecca has lived in Helensville for 29 years, and originally started at Sunny Days in 2002 as the cleaner. She began doing relieving work the same year, and gradually worked her way up to become a fully-fledged teacher.

She loves how every day is different, and has never considered moving anywhere else to work: "I'm a local, and I enjoy working in the community."

Linda started at Sunny Days in 2005 as a teacher aid reliever. She was motivated to complete her ECE Bachelor of Teaching degree

in 2010, and has been the Centre Supervisor since 2013.

She says watching the children grow and develop as confident learners is rewarding, and she is passionate about supporting not only the families at Sunny Days, but also in the community.

In the time the pair have been at Sunny Days the roll has increased to now cater for 28 children over two years, and six children aged from six weeks to two years.

Linda says unlike many other early learning centres, Sunny Days is happy to take on special needs children in what she describes as an inclusive environment.

"I feel that every child has the right to come to early childhood

education," she says.

Caring for the children has become more flexible over the years she says, and the physical environment has also changed dramatically with a completely rebuilt outdoor play area completed in the last few years.



: Healing Heart to expand into bigger shop

Long-running local business The Healing Heart of Helensville is hoping to move into bigger premises, hopefully this month.

Marie Narbey has operated her Commercial Road shop for the last six or so years, having

moved there after several years in a building further up the road.

If her plans come to fruition, the new premises will be much larger, giving more room for the new age gift retail shop, as well as a larger meditation room and healing room.

Marie performs card and medium readings, along with reiki, shaman, rife, elohim and seichem healing, and foot spa detoxes.

She holds a meditation group each Thursday from 6pm to 8pm, and teaches yoga from her South Head home on Tuesday evenings.

Marie also runs regular workshops at the Healing Heart of Helensville, covering subjects such as healings, crystals and meditation. Details about

upcoming workshops are on her website at: healinghearts.vpweb.co.nz.

The new shop will give more room for the wide range of 'spiritually aware' giftware which includes incense, crystals, buddas, jewellery, clothing, books, and tarot/oracle cards.

Marie's healings are mostly by appointment, and when busy with them she has help in the shop from locals Lynda Jagger and Teena Rust.

Marie has lived in Helensville since the age of 10, and was educated at the St Joseph's Catholic Convent and Kaipara College. She is married to local farmer Murray, who farms along with his son Scott and daughter-in-law Susan.

She opened The Healing Heart about 10 years ago in the building now occupied by the St John Op Shop, having seen a need in Helensville for a place for spiritually minded people to be able to meet, buy products and gifts, and have access to alternative health therapies.

"Helensville needs these spiritual services," she says, saying locals who have suffered traumas need somewhere to go for advice and healings.



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Local Board subdivision boundaries adjusted pre-election

The boundaries for the subdivisions of the Rodney Ward of Auckland Council are being changed for the upcoming October local government elections.

The Kumeu Subdivision, which currently extends from around Taupaki in the south to Makarau in the north and encompasses Helensville and the whole South Head peninsula, is to be expanded north as far as Mangakura, north of Glorit.

That area was previously part of the Warkworth Subdivision.

And a smaller area north of Mangakura will be combined with the Wellsford Subdivision.

The changes are being made to recognise that the communities adjacent to the Kaipara Harbour do not share a community of interest with the rest of the Warkworth Subdivision.

Local board boundaries themselves cannot be changed by law, but subdivision boundaries can. Subdivisions were created

in wards covering large physical areas for the purpose of electing local board members.

Rodney Ward is the only ward in the city where changes are being made.

The changes are among those proposed by Auckland Council and now approved by the Local Government Commission.

The changes are the result of a representation review required by law to ensure community interests are fairly represented on the council.

That means that councillors in each ward should each represent similarly sized populations, without too much variation across the whole of Auckland.

The boundaries of some wards in the Auckland isthmus area will also be changed, largely to reflect the dramatic increase in people living in apartments in the inner city.

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Motorbike show huge success



• Motorcycles arriving for the bike show

- Photo: Stellanova Photography

Around 2500 people and more than 2000 motorcycles made for a petrolhead's heaven at Parakai Springs last month for the annual New Zealand Custom Bike Show.

The event, and the 'Ride for Justice' ride that saw the motorbikes drive from Smales Farm in Takapuna to Parakai, raises money for PAW Justice, an animal welfare charity.

A raffle for a \$28,000 Indian Chief motorcycle was won by Vaughn Chiplin of Auckland. Those present were treated to live music, a range of other entertainment, and product and food stalls.



Locals in dementia walk

Manpreet and Jeff Singh (left) were among staff from Parakai's Craigweil House who took part in the recent Walk for Dementia, the annual fundraiser for Dementia Auckland.

Up to 400 people took part in the 5km walk, which started and finished at Selwyn Domain in Mission Bay and raised more than \$20,000.

The walk was a chance to walk in memory of, or support of, a loved one living with dementia, with the message dementia can affect anyone at any age. Craigweil House has a modern dementia unit, and staff saw the walk as a way to drive awareness of dementia and dementia care.

Spiritual reader has clients worldwide

Many locals will recognise Ahorangi Starchild from being served by her at the Countdown supermarket in Helensville, where she works part-time.

But few probably know where her true passion lies.

Ahorangi, originally from Port Elizabeth in South Africa, is a clairvoyant reader and tarot reader with clients around the world.

She runs her company Heart Solutions Ltd from her home in Fordyce Road, Parakai, using her skills as a spiritualist to help empower people to deal with challenging or dramatic situations in their lives.

Ahorangi has studied astrology since 1986, and is mostly self-taught, although she has been tutored via correspondence by Sourendra Sarkar in India.

"We all grow spiritually. I have always been interested in tarot and astrology," she says.

In 2014 her life took on a new direction, with well-known Auckland spiritualist, healer and medium Nigel Collis becoming "a catalyst for my spiritual awakening." She has been holding tarot readings since then, working through Skype or Facetime for overseas clients. They are mostly from the United States and Canada, but she does have clients in Europe, the United Kingdom and throughout Australasia.

"But I love to read for people locally," she says.

She does her readings on Sundays, Mondays and Wednesdays, and for two years was a regular at the Crystal Visions Holistic Markets at Orewa, Milford, Te Atatu and Pakuranga.

Ahorangi has her own Youtube channel, where she does a daily



• Ahorangi Starchild

three-card tarot spread for inspiration, and is on Facebook, and also has her own website, www.heartsolutionz.com.

She also does house clearings, for people who want to clear the energy from a property or business premise before moving in - or even from land before they start to build.

Life coaching is another service she offers locals.

"Readings are not just about the future, but about wisdom [and] underlying themes in life. It's important people leave empowered and with clarity."

Like many South Africans, Ahorangi used to live on Auckland's North Shore. She started coming to Parakai in 2013 to go sky diving. Now a veteran of 87 jumps, that hobby was what convinced her to move to Helensville in 2015.

"I made my life happen so I could live and work here," she says.

Machinery auction raises \$1000s



• Inspecting auction lots in the rain

South Kaipara Rotary raised around \$5000 with a machinery auction held on a farm outside Parakai on Saturday, April 6 - money that will be invested back in the local community

Sales at the auction topped \$17,000, with around \$12,000 of that items sold on behalf, with the club getting a 10 percent commission.

The result was especially good considering the weather, with rain starting just before the auction and not stopping for the duration.

Club members are pleased with the result, and thank everyone who donated goods or purchased bargains, and to all the helpers on the day. A special thank you goes to Rotarian Des Hawkes, who advertised the event and arranged collection of the goods for auction.

Award nominations close soon

Nominations for the 2019 Northwest Country Business Awards close on Friday, May 10.

The awards profile West Auckland businesses that demonstrate innovation and excellence, and promote them to the wider Auckland region while at the same time celebrating their success.

This year there are nine main categories, with hospitality split into four sub-categories. Businesses can enter in: Health & Beauty; Hospitality - Café & Bistro, Casual & Family, Contemporary Dining, Informal & Takeaway; Professional Services; Manufacturing Services; Trade Services; Retail; Recreation; Rural Services; and Not for Profit. There will also be a 'supreme' winner, and a peoples' choice award.

The awards night will be held on Tuesday, July 30.

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College Waka Ama team beats universities

A team of six paddlers from Kaipara College won the annual Auckland University Great Waka Ama Race last month - but unfortunately weren't eligible to receive the main prize.

The race is officially for university teams, and the grand prize of a \$45,000 trip for eight people to compete internationally in Hawaii went to second-placed team FMHS Seabass. One member of that winning team was former Kaipara College student Billie Haresnape.

While they didn't win the top prize, the college team of Jamie Allen, Jordan Cowper, Gwyllym Leslie, Molly Oliver-Chambers, Oscar Oliver-Chambers, and Abby Rose were still given the gold medals for the race, plus a \$100 gift voucher each.

And they got the kudos for beating 11 university teams.

The race started at Takapuna Beach, with a 5km paddle to McKenzie Bay on Rangitoto Island. There, four of the six paddlers had to run 8km to the summit of Rangitoto and back, before returning to their boat for the 5km paddle back to Takapuna.

Conditions for the first leg were choppy which made the going challenging, but the return trip was calm.

The Kaipara College team set a time of 1:39.51 to beat the second



• The winning college team, from left: Jamie Allen, Molly Oliver-Chambers, Jordan Cowper, Oscar Oliver-Chambers, Gwyllym Leslie, and Abby Rose

placed team by just 44 seconds. They were almost 42 minutes quicker than the last-placed team.

Meanwhile, the college's J19 Boys team won the W6 250 championship final at the Waka Ama Secondary Schools Nationals at Rotorua. The team consisted of Jordan Cowper, Gwyllym Leslie, Jake Neville, Angus O'Sullivan, Karl Ruzich, and Kayden Unkovich.

Annual Kaukapakapa photo competition

The third annual Kaukapakapa photo competition - titled 'A Week in the Life of Kaukapakapa' - is coming up in June.

The competition will take place during the period from Sunday, June 2 to Sunday, June 9, and is open to any photos taken in the Kaukapakapa area during the week. Images must be identifiable as being taken around Kaukapakapa to qualify for a prize.

A maximum of three digital images from each entrant must be received by 6pm on Tuesday, June 11, and should be emailed to threehorses@xtra.co.nz.

One photo from each entry will be chosen by the judges to be printed and displayed in the Kaukapakapa Hall during the market on the morning of Sunday, June 16 for visitors to vote on the 'People's Choice' award.

As well as the People's Choice award, prizes will be given in two age groups, for the best photos for photographers under the age of 12, and those aged 12 and over.

The winning photographers will receive an A3 canvas print of their winning photograph plus a \$50 Westfield voucher.

The awards will be presented in the Kaukapakapa Hall at midday on Sunday, June 16 during the Kaukapakapa market.

The Kaukapakapa Library will be displaying photos from last year's competition in conjunction with the Kaukapakapa market on Sunday, May 19 to give visitors some inspiration for this year's contest.

For more information phone Megan Paterson on 021 959017, or email her at: threehorses@xtra.co.nz.

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Cancer walk over local farm raises \$2850 for treatment

A 'Move Over Cancer' walk held on a local farm attracted 84 walkers on Sunday, March 31 and raised \$2850 for cancer physiotherapy rehabilitation.

They walked 6km around the farm of Scott and Sue Narbey in Helensville, alongside the Kaipara River and then up into the hills to get the views down to the Kaipara Harbour.

The walkers finished off with home baking and refreshments in the farm shed and the drawing of raffles.

The walk was a fundraiser for the PINC and STEEL International Trust, a New Zealand-based charity which funds cancer rehabilitation sessions around the country, including at PhysioFlex in Helensville.

The money raised has gone into a PINC and STEEL NZ fund allocated specifically to the Helensville/South Kaipara community, for people who apply for funded physiotherapy rehabilitation.

Currently Physio Flex in Commercial Road is a provider of the PINC programme – women with any form of cancer can apply to have funded physio sessions there. Those sessions can be post-operative, during chemotherapy, or after the main cancer treatment has finished.

Organiser Sue Narbey says everyone had a great day "including lots of families and children keen to explore the farm".

"There was so much interest and positive feedback we will certainly look at holding a similar event again next year," she says.

Sue sends her thanks to the local community for supporting the event, and to Paper Plus Select Helensville and Unichem Helensville Pharmacy who donated raffle prizes.



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Meals made with love

The delicious aroma of freshly made pasta sauce could be smelt wafting across the carpark at Te Whare Oranga ō Parakai on a Monday in early April.

Inside, the commercial kitchen was a hive of activity as seven volunteers and the facility's Kitchen and Catering Manager Keryn Reardon, cooked up batches of meals which will be given for free to local families as they leave the Helensville Birthing Centre with their newborn.

It was the second Cookathon to be held for Te Kete Whāngai ō Kaipara, the Health Trust's initiative launched at the end of last year.

The meals, including a lasagne, macaroni & cheese and a hearty vegetable soup are designed to help new families spend more time with their newborn in those precious early days at home.



Volunteer Keith Martin at the recent Cookathon for Te Kete Whāngai ō Kaipara.

Volunteers are always needed for our Cookathons throughout the year. If you'd like to join the team please contact Amy Wood on events@hdht.co.nz or phone 09 420 9983.

Mums helping mums

Another service that's proving a big help to new mothers is the Breastfeeding Peer Support group.

Last year, 17 women graduated from a 12-week course and are now available to offer support and advice to other mums on their breastfeeding journey.

Profiles of the graduates are available on the Helensville Birthing Centre website, birthcentre.co.nz, and there's also a closed Facebook group which has well over 200 members.

Lactation Consultant Debbie Tetlow says, "the peer supporters provide an important role supporting mums in their breastfeeding journey because there can be plenty of barriers and challenges along the way, and the right information and support is vital."

New women's centre manager

The Helensville Women and Family Centre has bid farewell to its long-serving manager, Christine Salmon.

Christine was one of the centre's first clients when it opened 26 years ago. She then became a volunteer, a staff member, and eventually manager.

She's been a prominent figure in Helensville for a number of years and says having benefited herself from support of the centre, she knows what an important role its committed staff play in "helping people to reach their goals and participate more fully in family and community life."

Christine is now looking forward to an early retirement, with more time to pursue some creative interests as well as gardening and spending time with her grandchildren.

The new manager at the centre is Nelene De Beer, a senior social worker whose most recent role was as the social worker at Parakai School.

Her history with the Helensville Women and Family Centre also goes back some years, as she used to run its Toolbox parenting courses and a Pathfinders group for children, as well as being a counsellor.

The centre is also looking for new recruits to join its voluntary board. The role provides governance oversight to the long-established community organisation.

People who believe they have the skills to help the centre achieve its vision of a vibrant and vital community that's home to strong, resilient families, email: nelene@hwfc.co.nz.



• Retiring HWFC manager Christine Salmon with new the clinical manager, Nelene De Beer

Book Fair on again in May

It's time to dig out those old books you are never going to read a second time - and don't muck about.

Anyone wanting to donate books to the Lions Club's annual Autumn Book Fair need to have them in by Friday, May 17.

Donations of smaller quantities can be left at Burmester Realty in Commercial Road, or phone Chris Clark on 420 8527.

The book fair will be held on Saturday, May 25 from 9am to 4pm and Sunday, May 26 from 10am to 3pm in the Helensville War Memorial Hall.

It will follow a hugely successful Christmas Book Fair held last November

which raised \$8,342 for use in the local community.

The books will all be sorted before the event to make browsing as effortless and pleasurable as possible.

Non-fiction is split into 20 separate categories, from Animals and Pets to Winemaking, including one dedicated to New Zealand subjects.

History buffs will be interested in the large number of military books that have been donated for this fair, as well as the large general non-fiction section to browse through.

Fiction will be arranged alphabetically by author, with six special interest groups, the largest of which is fantasy. There will also be a large number of children's books for all ages.

Paperbacks will sell for \$1, hardbacks for \$2, and all children's books just 50c each.

There will also be jigsaw puzzles, board games, LPs, DVDs, CDs and quality magazines available.

All funds raised go into the Lions Club's Charitable Trust, and are used for the benefit of the local community.

Calling all photographers

Helensville Art Centre is calling on local photographers to be part of the 2019 Auckland Festival of Photography.

The Art Centre is running one of just a handful of 'open' exhibitions in the festival, meaning anyone of any age or ability can participate.

This year the Art Centre will also feature a slideshow of images taken by Craig Rogers on a recent visit to Sri Lanka. Craig was the winner of the 'People's Choice' award in the 2017 Festival of Photography.

Locals wanting to enter the 2019 exhibition should drop off their photo canvases or framed photos at the Art Centre on Saturday, June 1 from 10am to 2pm, or on Tuesday, June 4 between 10am and 4.30pm. Entries are \$3 each, and can be for sale if wanted.

The exhibition opens on Friday, June 7 from 6pm to 8pm, and will run until Saturday, June 29. Hours are 10am to 4.30pm Tuesday to Friday and 10am to 2pm on Saturdays.

For more information phone Heather on 021 153 3593 or email her at: manager@artcentrehelensville.org.nz



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local board matters

■ Town Centre Upgrades Approved

The Rodney Local Board has approved \$350,000 to fund the first stage of Helensville's Town Centre Revitalisation project. This will deliver investment in improving the main street of Helensville for the first time in decades. It is long overdue; businesses and residents have been pleading for the town to receive some TLC for years. While some building owners have taken pride in restoring their buildings the public areas have not seen any renewals or improvements for a very long time.

Stage one will include tree planting, seating and underplanting through the main retail area. Detailed design and consenting will be completed this year with construction through the summer in early 2020.

Further stages include upgrading Creek Lane plus more planting and streetscape improvements along the main road. These will be subject to consultation and funding in the next Local Board Plan in late 2020; hopefully the community will see the benefits of this work and support the next stages when the opportunity arises.

ANZAC cancelled in Helensville

The South Kaipara RSA's annual Anzac Day commemoration service was one of 58 cancelled around the Auckland region because of heightened security fears following the Christchurch shooting.

In Rodney, dawn services were held at Warkworth and Wellsford, while a 9.30am remembrance service organised by the local community was held in the Kaukapakapa War Memorial Hall, and featured RSA members and a police presence.

Kaipara RSA president Les Costa had inspected all possible venues in Helensville with the police, but none were considered to meet the safety requirements.

"We hope that next year the event will continue," he said, "but it will need a lot more Council planning due to increased risks."

The RSA's rooms in Commercial Road were open on Anzac Day from 10am, and locals were able to place wreaths outside the hall later in the morning.

The police had recommended Auckland events be consolidated to ensure a substantial police presence at each one. Auckland City District Commander Superintendent Karyn Malthus said there had been no information about specific threats to Anzac events, but it was important the public "be safe and feel safe at events."

There was considerable comment on local social media groups following the Kaipara RSA's decision to cancel its service, both supportive and angry at the decision.

The Royal New Zealand Returned and Services Association is made up of 182 local RSAs nationwide, with over 102,000 members.

There have been some exciting new businesses open that along with the established favourites make for a diverse variety of independent retailers, something that is increasingly lost in inner city cookie-cutter malls. Anything that improves the attractiveness of the main street will only enhance the appeal for shoppers and visitors.



It is the Board's hope that this will be the first step in helping with the reinvigoration of Helensville town centre.

■ Don't Forget the New Bus Service!

In February the Local Board and Auckland Transport launched a new bus service between Helensville and Silverdale (Hibiscus Coast Station) which runs through Kaukapakapa and Waitoki. The 128 service currently runs every 90 minutes, however due to feedback that is being reassessed.

If you want to give feedback on this service with suggestions or issues, we want to hear from you. Please do this online using this link: <https://at.govt.nz/about-us/contact-us/feedback-form>.

In May another new bus service will begin from Westgate to Albany via Riverhead and Coatesville. This is an hourly, seven day a week service. Passengers travelling south can transfer to this service by getting off at the Kennedy Rd stop before Brigham Creek. When the new roundabout is completed there will be a better solution.

Both of these services are part of the Rodney Local Board's Transport Targeted Rate.

More information about the new buses can be found at: AT.govt.nz/JourneyPlanner

If you require assistance with council matters or community projects, or have ideas to share, contact me.

- Phelan Pirrie

Deputy Chair, Rodney Local Board
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■ KIDS' KITCHEN COOKING CLASS

The number one thing mums want most on Mother's Day is a gift made with love. The second best thing is something delicious to eat! The Kids' Kitchen Cooking Class at Te Whare Oranga ō Parakai will give your children a nudge in the right direction with a special class on Sunday, May 5 dedicated to Mother's Day treats.

Classes will be held at 9am, 10am and 11:30am, for ages 3-12 years. The cost is just \$5 per child. Book via email at: kitchen@hdht.co.nz

■ MAKARAU QUIZ NIGHTS

A quiz night will be held in the Makarau Hall on Wednesday, May 8 from 6.45pm to 8.30pm. Entry costs \$20 per person, with teams of four to six. There will be a sausage sizzle, and prize for the winning team. Quizzes will also be held on May 15 and 22. For more information email: richard@dctv.co.nz.

■ INTERNATIONAL FOOD FAIR

Indian and Mexican food, Dutch pancakes, baking, vegan treats, bread, cakes, kombucha, and more will be tempting visitors to the Makarau Hall on Saturday, May 11 between 9am and 4pm for its international food fair. There will also be live music and face painting for the children.

All proceeds raised will go to the Makarau Hall Refurbishment Fund.

■ KAUKAPAKAPA MARKET

The Kaukapakapa Market on Sunday, May 19 will be hosting a Pink Ribbon Breakfast fundraiser, serving a delicious breakfast and treats from the market café with proceeds going to the NZ Breast Cancer Foundation.

Stalls will cover everything from locally hand-made crafts to used items and collectibles, books, plants, jewellery, hand knits and more.

The musicians for May will be 'The Roselles' performing popular songs from the 60's onwards. There will be the regular free face painting and children's craft table.

The market is open 8.30am to 1pm. For more information phone Sarah on 0274 831542 or email: sarah1@maxnet.co.nz.

■ HEALTH & SAFETY SEMINAR

A seminar on understanding the Health and Safety at Work Act 2015, which is New Zealand's workplace health and safety law, will be held at Te Whare Oranga ō Parakai on Wednesday, May 29.

The seminar will be delivered by Auckland North Community and Development Inc, and will cover a non-profit organisation's duties under the Act as an employer.

It will run from 10am-12pm and costs \$30 per attendee. Register via email at: info@ancad.org.nz.

■ A&P NOMINATIONS

Nominations to join the Helensville A&P Show committee close on Friday, June 28. To get a nomination form phone the show office on 420 7572 or email: info@helensvilleshow.co.nz. The A&P Association's AGM will be held on Wednesday, July 10 starting at 7.30pm, in the main showgrounds building.

■ KIDS TIME AT LIBRARY

Beginning in July, Helensville Library will be changing its Kids Time sessions to Thursdays only, from 10am. The change will enable the library team to visit the early childhood centres and primary schools in our area, allowing them to reach more children than is possible by staying in the library. The earlier time will give staff more time to mingle and chat to children and adults at the end of the 'formal' part of each session.

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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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