

Where does our food come from?

A mischievous twerking pig and a whole bunch of fabric fruit and vegetables will be on the menu at two special theatre performances to be held during the Helensville A&P Show on Saturday, February 29.

The two performances of 'Sue & Bruce's Family Feast', designed to help young audiences learn where their food comes from and seed the connection to its rural New Zealand roots, will be sure to delight audiences.

The 20-minute show was originally commissioned by the Whangarei A&P Society in 2018 and was developed by Tom Gowing and Tomasin Fisher-Johnson, actors and theatre-makers at Whangarei-based Company of Giants, a contemporary theatre

company.

"We were given the premise of teaching kids where their food comes from. We needed a simple set-up to suit the A&P environment, so based it around a table 'vege garden'," says Tom.

"We came up with the concept of two farmers preparing a feast as a way to educate in a fun, light-hearted way."

While aimed particularly at children aged three to 10 years, the show has been designed to appeal to the whole family.

"It's a little bit of a throw-back to the rural entertainment greats - the Topp Twins, Fred Dagg and the like," says Tom.

In the show, farming couple Sue and Bruce have invited their extended family - played by the audience - to their farm for the annual family feast. The show involves the farmers preparing the feast, trying to find the pig that is meant to be the main course, and of course getting the veges from the garden.

"It's a simple show with quick character changes and physicalisation, song, and a magic plush fabric garden."

Audience participation is key to the show, with children helping to find the pig, water the garden, pick the vegetables, and keep the family party vibe alive, explains Tom.

The Helensville Show will be the fifth time the pair have performed their show, which is adapted according to location and season -



• Tomasin and Tom chow down on their fun fabric veges

for instance a turkey was on the menu for shows leading up to Christmas, while a rabbit was flavour of the day at the Easter Show.

"All of the animals have been fattened up for the feast so are known for twerking their rumps!" quips Tom.

Tom and Tomasin have co-written and performed in many shows, including the recent children's show 'The Boy Who Left His Jabberwock', and an award winning retelling of 'The Owl and the Pussycat'.

Cattle back at A&P Show

This year sees the return of cattle to the Helensville A&P Show.

Cattle for both showing and competition were dropped last year in response to the nationwide *Mycoplasma Bovis* outbreak.

However, Show organisers have deemed it viable to have them back this year.

"We're working within MPI guidelines for events and showing of cattle to ensure biosecurity for owners and the cattle," says show manager Louise Brooks.

Supreme Champion Show sponsor Vets North are working closely with the organisers to that end.

"Now we want young handlers to enter," adds Louise.

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editorial

Welcome to our first issue for 2020.

February of course is Helensville A&P Show month. It's still by far the biggest event on our town's annual calendar, particularly in terms of the number of 'outsiders' who come to our town for the day. And this year is rather special, as it's a 'Leap Day' show - that only happens once every 28 years. We've got coverage of the show on pages 1, 10 and 11 - so read up, and put the date - February 29 - in your diaries!

It's much harder these days to get a driver licence than when I was a teenager, and for many local youth, the lack of a licence can severely impact potential employment opportunities. So it's great to see the rapidly growing 'Full@18' programme being run by OutWest Youth - see page 3.

Helensville Museum recently held a really fun live 'Cluedo' murder mystery (see page 5). Unfortunately it wasn't well publicised and not many people took part, but those that did had a great time, and it's wonderful to see the museum finding different ways to get the community involved. Other events are being planned, and the promise is for better promotion.

Finally, check our article on page 6 regarding concerns at the Helensville Community Recycling Centre about asbestos - this is a serious issue, and one everyone in our area should be aware of.

- Dave Addison, Editor

Candidate against giant landfill

21 year old Callan Neylon has been chosen as the Social Credit candidate for the Helensville electorate in this year's general election.

Callan, the party's Youth Wing leader, was the first Social Credit candidate to be named for the election.

He has a particular interest in ecology, and set up an environmental group at Bream Bay College in Ruakaka where he was a prefect and house captain. He has a Certificate in Horticulture from Northtec.

Callan is strongly opposed to the Chinese government-owned Waste Management Ltd proposal to build a landfill in the Dome Valley, which is just south of Wellsford and in the revised Helensville electorate.

"At a time when the government is telling us we must reduce waste and emissions they have allowed the sale of 1000ha of Dome Valley farmland for what would be the country's largest rubbish

dump, in a flood-prone area where the risk of toxic leachate spilling into the Kaipara Harbour is high," he says.

Callan says landfills are an "antiquated idea that should remain in the 20th century" and believes New Zealand should instead embrace technological solutions like waste-to-energy plants.

He claims a "forward thinking" waste-to-energy plant south of Auckland, close to New Zealand's fastest growing cities, could take rubbish from the whole country.

"This would take large numbers of heavy trucks off the road and be more efficient, less polluting, and make roads safer for other users."

Mr Neylon says Social Credit's funding policies would enable much greater

investment in health care and particularly mental health support, an issue he sees affecting large numbers of people around his age.



• Callan Neylon



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Learner driver programme grows fast

The popularity of Outwest Youth's learner driving programme 'Full@18' is growing rapidly.

After training 58 young drivers last year, 98 percent of whom passed their learner licence test as a result, the first course for this year boasted 22 attendees.

The Full@18 programme runs free quarterly learner licence courses during the school holidays, and provides practical support for those preparing for their restricted and full licence tests.

The courses run for three intensive days. Two trainers deliver the teaching over the first two days, then the participants are taken to Westgate on the last day to sit their test.

Outwest Youth provides booklets, road codes, lunch and prizes. Participants just need to pay their own licence fee.

However, Outwest Youth can access a fund in cases of financial hardship, and can help Ngāti Whātua members access possible funding support from their iwi.

"We will not let cost be the barrier to gaining a learner licence," says Outwest Youth manager Naomi Bartley.

The content, presented in a fun and

interactive manner, focuses on developing an understanding of the road code, addressing difficult questions, and preparing for the test.

Emphasis is placed on the importance of being a safe and responsible driver and road user. Once participants have completed their learning, they are encouraged to do several official practice tests to ensure they are ready to sit their test.



• Naomi Bartley teaching the latest Full@18 course

"If the participant is not yet 16, does not feel ready to sit the test, or fails first time around, we are committed to work with that individual to ensure they do eventually get their learner licence," says Naomi.

While the Full@18 programme is aimed at those aged 15½ to 24, Naomi says they generally don't turn anyone away.

Without a full licence, a young person can be limited in the employment opportunities available to them.

Rodney at top of property value rises

Property owners in Rodney should be pleased with data just released by realestate.co.nz which shows their property values increased by the second highest amount in the country over the past decade.

While Kawerau in the Bay of Plenty was well in the lead nationally with a massive 112 percent increase, Rodney district came second with an 87 percent rise since 2010.

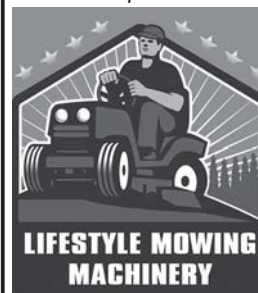
Rodney's increase was almost 50 percent higher than the average for the rest of the Auckland Region, which was 57 percent.

Feel sorry for those in Whakatane, where property values fell by 33 percent in the same period.

The figures are based on the asking price of properties, rather than the eventual sale price. In the Rodney district, the average asking price increased from \$905,770 in 2010 to \$1,693,141 by the end of 2019.

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Award winning wood turner at Kaukapakapa Library

Award-winning Helensville woodturner Ray Scott will be the guest in the historic Kaukapakapa library on Sunday, February 16 from 9.30am to 1pm.

Winner of the Supreme Award at the 2019 Royal Easter Show, Ray became serious about his wood turning passion following his retirement five years ago.

Born and raised in Helensville, he began a ship building apprenticeship at age 15 and spent many years honing his wood working skills.

Now a member of the North Shore Woodturners Guild, his life of working with wood is far from finished, with many projects waiting to come to fruition.

Ray will have some of his beautiful pieces on show in the library, and will be on hand to talk

about his winning techniques and drive for precision.

For more info contact Megan Paterson, phone 021 959017, or email: threehorses@xtra.co.nz.

The library will be open in conjunction with the monthly Kaukapakapa market.



• Ray Scott with some of his work



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Cluedo whodunnit at museum

Foul deeds were afoot at Helensville Museum in late January when the body of murdered Gumdigger Jim was found on the grounds.

It took a handful of teams of locals playing sleuth in the museum's first 'live action' Cluedo mystery event to solve the heinous crime. The culprit turned out to be the 'Nosey Villager', played by Jennifer McCann.

The event ran along the lines of the famous board game, though traditional characters like Miss Scarlett and Colonel Mustard were replaced with Lady Sharon (Sharon McCann), the Gumdigger's Wife (Leigh Bosch), the Scotsman (Stephen McCann), the Maid (Emma Watts) and the Chauffeur (Ethan Balderston), who were stationed at various locations around the museum grounds.

Participants had to trek back and forth between the characters, asking questions about the suspects, weapon and location, to

try to eliminate the innocent and discover 'whodunnit'. The characters themselves didn't know who the guilty party was.

For the record, it was the Nosey Villager, by the Windmill, with the Lead Pipe.



• The Cluedo cast, from left: Stephen McCann, Emma Watts, Riley Reid, Leigh Bosch, Ethan Balderston, Jennifer McCann and Sharon McCann

Once the winning team of Shona Addison, Julie Croft and Anne Aitkenhead solved the case, Policeman Riley Reid made an arrest, then everyone moved into the museum's old courthouse building for the trial of the Nosey Villager.

The museum plans to hold semi-regular community events in future.

Library back to usual goings-on

Helensville Library has farewelled summer and has returned to its regular schedule of annual programmes.

From the first week of February, library staff will be back visiting local early child learning centres and schools. They will also resume weekly visits to Craigweil House.

Kids Time for under 6s resumes in the library from Thursday, February 13. Sessions start at 10am and are about 30 minutes of stories, songs and rhymes. Each session is tailored to suit the audience. Until Saturday, February 8 Auckland libraries are celebrating the Lunar New Year - call into Helensville Library and grab a craft Hong Bao for the children.

The library will also be supporting the 2020 Auckland Pride Festival with a 'fabulous' display - a work still in the planning.

Helensville librarians - and the wider Auckland Libraries team - will also be at the Helensville A&P Show on Saturday, February 29.

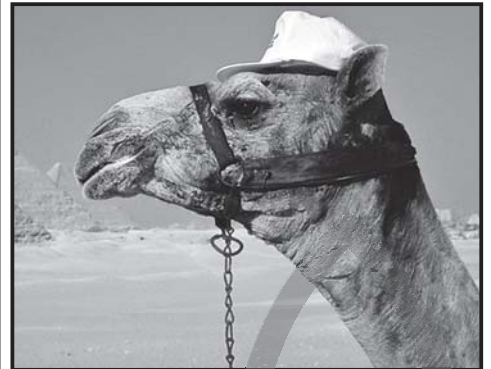
Keep updated with events and news by following the library's Facebook page: www.facebook.com/HelensvilleLibrary.

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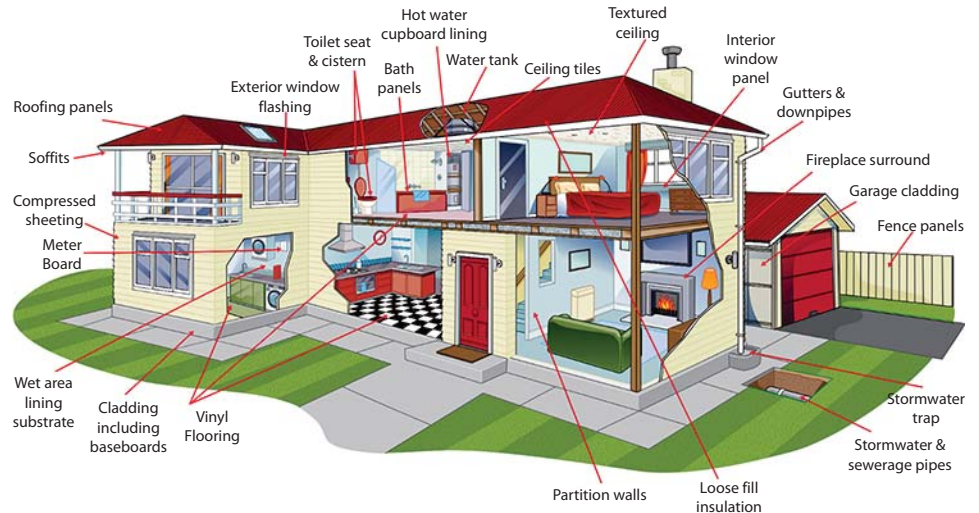


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Recycle centre asbestos concern



The Helensville Community Recycling Centre is encouraging customers to check for asbestos before they begin DIY renovations or get builders in for renovations or extensions.

The centre is regularly turning away suspected asbestos from home DIY projects and centre manager, Treena Gowthorpe is concerned people are unnecessarily putting their health at risk.

Asbestos was prized for its fire retarding and insulating qualities and can be found in many areas in homes (see Worksafe illustration above).

An article in the Otago Daily Times said: "The death toll from asbestos-related disease in New Zealand will continue to climb for decades to come, despite a ban on imports of building materials containing the toxic mineral".

In the same article, then Environment Minister Nick Smith said it is estimated asbestosis claims 170 lives a year.

Asbestos was used in hundreds of products and widely in everyday building materials as recently as 2000 (Worksafe NZ).

While many people are aware of asbestos in cladding, textured ceilings and hot water pipe wraps, it can also be found in vinyl, electrical meter boards, roofing, hot water cupboard linings and in many other

materials.

It is a fibrous material and it is these fibres, which if inhaled into the lungs, can cause asbestosis and death.

Many asbestos materials are harmless as long as they are undisturbed, but renovations and breakages of the material can release the fibres, which can stay airborne for up to eight hours. This means if you are working outside in a breeze the fibres can spread across the neighbourhood.

The more fibrous the material, the higher the risk. For example the 'lagging' or insulation wrapped around the hot water pipe coming from a hot water cylinder contains more loose fibres than the compressed asbestos cladding used on the exterior of houses. However if you break that cladding fibres can be released.

Helensville Community Recycling Centre staff have all undertaken asbestos identification training, and make the following recommendations:

- Check that your contractor is an Asbestos Licence Holder (Worksafe has a register).
- Visually inspecting your home is usually not enough to tell if it contains asbestos. Instead, samples of suspected asbestos fibers should be sent to a

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U3A growing in South Kaipara

Since an initial gathering of around 30 people last May, the South Kaipara branch of U3A has grown to more than 40 members with a widely varied number of special interest groups.

The group hopes to significantly increase its members over the coming months.

U3A stands for 'University of the Third Age'. The word 'university' is used very loosely to refer to mental stimulation. 'Third Age' refers to the stage in life of its members - the First Age being childhood and formal education and the Second Age employment and family development.

It began in France in the 1970s and has spread through Europe, the United Kingdom, Australia and New Zealand.

Members are retired or semi-retired people. U3A is a worldwide self-help organisation which promotes learning for personal enjoyment and wellbeing. Keeping the brain active, doing interesting things and making new friends are essential for helping older people maximise their chances of independence.

The Helensville group has regular monthly meetings plus many smaller meetings of the special interest groups, which cover topics such as books, arts and crafts, computers, philosophy, TED Talks,

and Mah Jong.

There is an annual subscription to cover running costs (currently \$20), but no group or course fees.

There are more than 20 U3A branches in Auckland. South Kaipara is currently the smallest, with others like Takapuna having



• Members of South Kaipara U3A's Mah Jong group

up to 300 members. In Australia, the Brisbane group has more than 3000 members.

There are no entry qualifications, no examinations, and no diplomas or certificates. Members have a monthly general meeting and choose one or more special interest groups to join.

South Kaipara U3A's first meeting of 2020 was to be held at 10am on Tuesday, February 4 in the St. John meeting room behind the emergency services garages at 7 Rata Street, Helensville.

For more information, contact: Tony Morrison, email: kiwimorrison@gmail.com or 09 420 9971.

Asbestos concerns cont...

• From Page 6

certified laboratory for analysis.

- Even asbestos experts sometimes can't tell if a building material has asbestos without testing, so don't just rely on the word of someone who claims to be able to spot asbestos.
- If asbestos is identified, phone a qualified asbestos removal company to ensure the material is removed safely with no health risk.

Although Helensville Recycling Centre takes most forms of waste, it is not licenced to accept hazardous waste and staff reserve the right to reject any waste material they suspect may contain asbestos.

Treena recommends people wanting more information about asbestos visit the Worksafe NZ website, which has specific advice for homeowners at <https://worksafe.govt.nz/topic-and-industry/asbestos>.

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: Big year for Craigweil House

2019 was a big year for Craigweil House at Parakai.

The local aged care residence was 'highly commended' in the Health & Beauty category of the North West Business Awards, along with being a finalist in the NZ Aged Care Association awards - despite being up against major industry players like Ryman.

Closer to home, Craigweil took out the 'Best Float' award in the business category of the Helensville Christmas parade.

Combined with new signage, branding of the rest home's vans, and ongoing renovations and modernisation to the resident's rooms, it all added up to a big year.

Facility manager David Halewood says Craigweil has been excelling in all its Auckland Council audits, and has been building good engagement with the local community.

As well as regular visits from a variety of entertainers, locals schools are frequent visitors, particularly Parakai and Helensville primary schools, with children making presentations of their work and performing musical numbers.

Kapa haka visits have proven popular, as has support from Helensville Library.

Craigweil is operated by Henrikwest Management, which also runs aged care facilities in Stanmore Bay and Royal Oak.

Development manager Beau Henriksen sees being involved with the local community as vital - as well as the Christmas parade, Craigweil sponsors Helensville Bowling Club, and is currently teeing up sponsorship at Helensville Golf Club.

He says with around 40 to 45 staff the business is good for the local economy, with staff renting locally and using many local services.

Craigweil is unusual in that it offers



> Craigweil senior staff and management

complementary day stays, allowing people unsure about moving into a retirement home the chance to get a feel for the place, meet the staff and talk with the residents.

And residents who are well enough are encouraged to go out for the day with family members.

: Two clinics cover South Kaipara area

With clinics in both Helensville and Waimauku, Osteopathic Natural Health has the South Kaipara area covered.

"All of us here love what we do," says osteopath David Baskyfield. "It inspires us every day. We are very privileged to be part of the local community [and] humbled by the

trust people put in us, and the referrals we get from the medical professionals in the area."

As a primary health care provider, people don't need a doctor's referral to visit the clinics, with David saying anyone walking in off the street can be assured of high quality assessment and treatment.

The business has four osteopaths.

Trained at the British School of Osteopathy, David enjoys all aspects of osteopathy and treating all ages, but has a special interest in treatment of the jaw joint. He has practised in this area for around 20 years.

David's wife Jeannie spends much of her time at the Helensville clinic, across the road from Kaipara Medical Centre, and has a special interest in pregnancy, babies and children, working closely with the Helensville Birthing Centre.

Dan Garelja is a West

Auckland local who is keen on all aspects of the profession, while Tony Howat combines his osteopathy with western medical acupuncture.

Osteopathic Natural Health is an ACC provider, and works closely with medical clinics in the area. Between them the two clinics have around 5000 registered patients.

David says some patients who have moved out of town still come back for treatments - even from Australia.

"When you find someone you click with, you want to stay with them," he explains.

"We are really good at understanding our patients and what's best to help them achieve what they want - thoroughly assessing the person and coming up with a cohesive treatment."

While Osteopathic Natural Health can treat all the 'usual suspects' such as neck and back pain, joint pain, headaches, and repetitive strain injuries, they can also help with a wide range of other conditions people may not think of, such as breathing problems, internal organ issues, traumatic injuries, and age-related conditions.

For the Helensville clinic phone 09 420 7867 and for the Waimauku clinic phone 09 411 5002.



> Dan (left) and David with practice manager Dallas Thompson

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: Fermented probiotic foods sold nationwide

Mill Road business Living Goodness sells its range of fermented foods - sauerkraut and kimchi - through supermarkets and specialty food stores around the country.

The business was the brainchild of Peter Kearns and his partner Fiona Dykes.

The idea came about after Peter, originally from Wellington, was diagnosed while living in London with acute pancreatitis - a serious digestive issue - and candida, a more common cause of digestive issues.

Peter researched alternative therapies to heal himself, discovering the science of probiotics via fermented foods and their effect on gut health.

He set about making fermented foods like sauerkraut in the hope of curing himself, and within a month his candida level had dropped, and in only six months his inflamed pancreas had settled back to normal.

Not long after that Peter and Fiona, a London native, moved back to New Zealand and saw the move as the perfect chance to start a new business.

Combining their knowledge of fermented

foods with their love of cooking, they set up Living Goodness in Avondale in 2015. Not long afterwards they purchased a lifestyle block in Kiritahi Road, hoping to move the business here. That came to fruition last June when they bought a building at 50 Mill Road and set up their factory, which now employs another four people - three of them locals.

They now produce a range with funky names like Naked Sauer Kraut, Quick Draw Slaw, Heat Beetroot Kraut and Sum Yum Kimchi.

Their range of health foods are available at major outlets like New World, Pak'n'Save, Four Square, Bin Inn and Fresh Choice, as well as specialty food shops like Farro Fresh and Boric Food Market. When Helensville News spoke with Fiona, the couple were negotiating with their first Helensville outlet.



> Fiona and Peter of Living Goodness

To find out more about the probiotic benefits of their fermented food products, visit their website at www.livinggoodness.co.nz. The site has more background on the company, along with a recipes - including both vegetarian and vegan - and the full list of nationwide stockists.

: CAB gives relief from stressful situations

Variety is the spice of life - but not all issues are nice.

Whether it's dealing with a broken relationship or child custody, to making a will or

deciding on your power of attorney, the unpredictable often becomes the reality.

Citizens Advice Bureau Helensville volunteers can first help alleviate the worry with their 'listening ears' to discern the situation, before providing current and relevant information.

Its free budgeting service is available by appointment on Tuesdays from 10am to noon.

Last year, successful client cases involved finance companies writing off loans and creditors refinancing to reduce debt.

"We've all been through tough times and having people who are caring, non-judgemental and neutral to our personal trial empowers us to deal with the realities of our situation," says CAB board secretary Rani Timoti.

"Our problem may not be solved completely, but having the support and steps to get through it means so much."

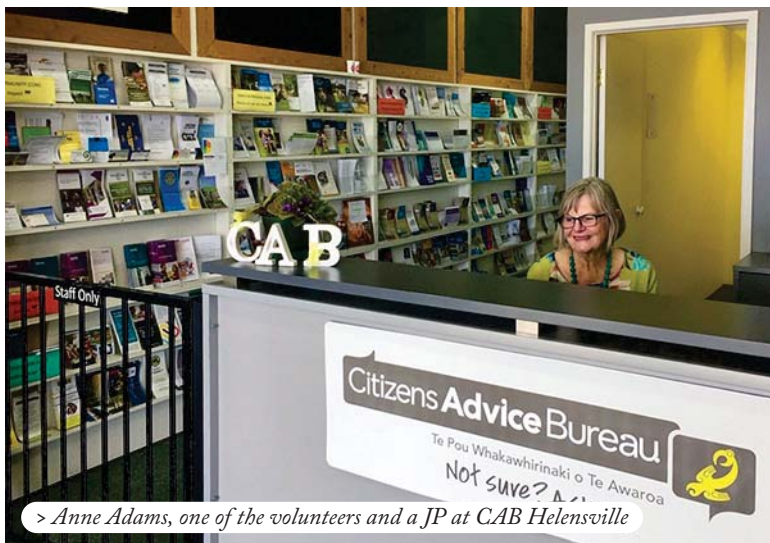
The valuable JP service aligns closely with CAB volunteers to use their specific skills and expertise in diverse backgrounds.

Practical support is also provided - typing up CVs, emailing, photocopying and providing computer and phone use.

Window displays change monthly to promote the local community and celebrate special days. Tourist information including maps is also provided for out-of-town visitors.

"We always welcome new volunteers as our coverage area is from Kumeu to Wellsford," says Rani.

Phone 09 420 7162, email: helensville@cab.org.nz, visit www.cab.org.nz, or pop into the office at 27 Commercial Rd, Monday to Friday, 10am to 3pm.



> Anne Adams, one of the volunteers and a JP at CAB Helensville

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'Leap Day' Helensville Show a once in

Learning where our food comes from (see page 1) will be a major entertainment highlight at the 118th Helensville A&P Show on Saturday, February 29.

That's right - the date is February 29, Leap Day. It's been 28 years since the last Leap Day Show, and the next won't be for another 28 years - in 2048 (while leap years occur every four years, they are only on a Saturday every 28 years).

The leap year theme will be graphically illustrated by the Show's hugely popular annual children's cut-out animal decorating competition. Run through local schools, this year it will feature that 'leapiest' of animals - the frog. Always colourful and often amusing, the frogs will be displayed inside and outside the main show building, and at other locations around the grounds.

And continuing the 'leap' theme will be some good old-fashioned sack races for local school children.

New at the Show this year will be a range of food trucks to complement some of the regular Show food favourites.

They will be joined by the newly-crowned NZ Champion Brewery, Helensville-based Liberty Brewing Company, and the Hunting Lodge will have its wine and cider on offer.

Sure to be a big hit with the crowds this year will be the Kidz Kartz - basically harness racing in miniature, with youngsters up to age 16 riding scaled-down sulkies pulled by

miniature horses. And what's more, Show visitors will be given the chance to try the sulkies out for themselves.

Dog lovers will enjoy the regular pet dog show, sponsored this year by Royal Canin.



• Cattle are back this year, and the call is out for young handlers to get their entries in

The Helensville A&P Show has its roots in this area's agricultural and pastoral heritage, and the 2020 show will do what it does best each year - highlight the farming

aspect of our community through displays and competitions of animals, including sheep, horses and mini horses, poultry and goats. And cattle will be back this year - see separate article page 1.

As usual there will be a full day of equestrian competitions.

"The grounds are amazing this year," says show manager Louise Brooks. "They have been managed exceptionally well over winter and are in the final stages of grooming for the Show."

There will even be a food truck barista and a few equestrian-related trade stands in the horse area for the first time.

Show visitors will be in to win \$100 in the Guess the Weight competition - the person closest to guessing the weights of a bull, a pig and a rooster will take the prize.

Many of the 125 trade stands will be farming or lifestyle-themed, with agricultural supplies and advice on offer - plus of course gifts, homewares, gardening goods and more.

The regular Junior Farmer competition for local school children will be back in the main stage area this year.

And for adults wanting to try a farming activity, PGG Wrightson will be holding a gate-hanging competition.

Attractions at this year's Sideshow and Amusement Zone will include: Large Rainbow Slide; Wipeout Balls; Boot Camp Obstacle Course; Pirate Ship; Cliff Jump;

• To page 11

Leap into our Leap Year Show!

HELENSVILLE A&P SHOW

Saturday, Feb 29

from 9am

Helensville Showgrounds

Ph 09 420 7572

- ▶ Learn where your food comes from with 'Sue & Bruce's Family Feast' shows
- ▶ Food trucks ▶ Kidz Kartz ▶ Equestrian competitions ▶ Live music with The Groove Diggers
- ▶ Food & wine from our area plus Liberty Brewers
- ▶ Clown and facepainting ▶ Sideshows ▶ Bees
- ▶ Animals: horses & mini horses, cattle, sheep, poultry, goats ▶ Pony Rides ▶ Clydesdale carriage rides
- ▶ Old fashioned sack races ▶ Highland dancing ▶ Pet Dog Show ▶ Junior Farmer competition ▶ Wood Chopping ▶

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Children \$5

Family \$25

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28 years occasion

• From page 10

Kombi Rides; Laughing Clowns; Disney Tea Cup Ride, and Air Ball.

For the Show's youngest visitors, Poppy the Clown and Carmel's face painting are sure to be a hit.

The Groove Diggers band will return again this year to play their popular covers of classic rock and pop hits.

Waitemata District Health Board will have its huge inflatable bowel on hand to give advice about bowel health, and Auckland Transport will have a high-impact car crash vehicle on show to illustrate the 'don't drink drive' message.

Helensville MP Chris Penk will open the show at 10am, and later will judge the best trade displays.

When the sun gets too hot, the indoor displays are always a big hit

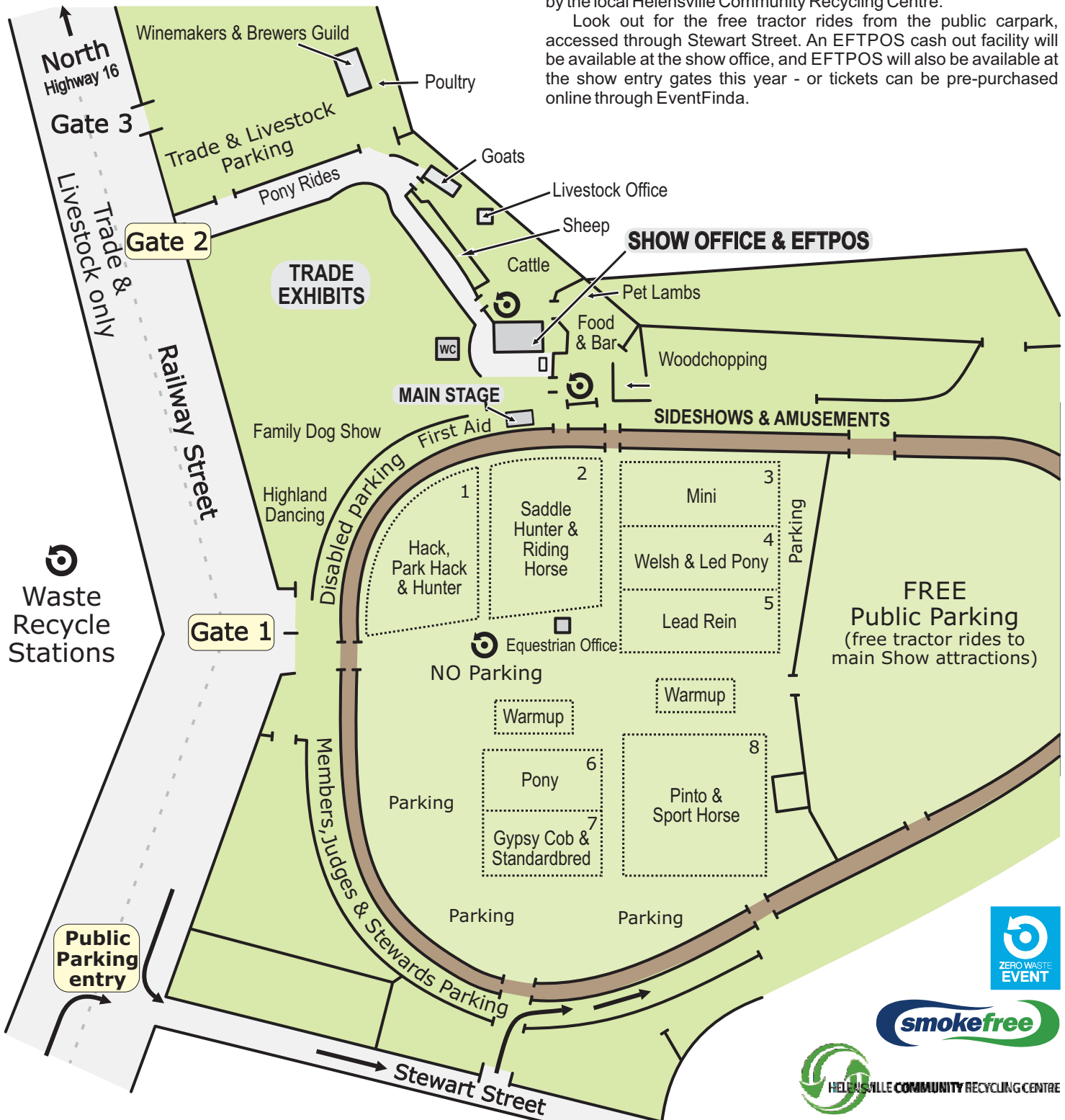
at the Helensville A&P Show; expect hundreds of entries in the baking, floral, produce, crafts, children's and photography sections.

Clydesdale-drawn carriage rides will again be available to give visitors a relaxing overview of everything that's happening at the show, while the North Harbour Axemen will be in action - woodchopping is one of the show's most popular spectator sports.

Once again a number of community organisations have been provided free trade spaces for the show. This year they include: St John Op Shop; Helensville Lions Club; Coastguard; River Valley Toy Library; Auckland Transport & Police; and Rodney Local Board. There are still a few community trade spaces available - contact the show office on 09 420 7572.

The Helensville A&P Show is now firmly established as a zero waste and smokefree event. This year the recycling will be handled by the local Helensville Community Recycling Centre.

Look out for the free tractor rides from the public carpark, accessed through Stewart Street. An EFTPOS cash out facility will be available at the show office, and EFTPOS will also be available at the show entry gates this year - or tickets can be pre-purchased online through EventFinda.



Dance group to perform here

Leading New Zealand contemporary dance company Black Grace will bring a performance of its long-running, critically-acclaimed Verses series to Helensville in March.

Black Grace is celebrating its 25th anniversary with a 10-centre tour as part of the Auckland Arts Festival 2020.

They will perform their hour-long show in the Helensville War Memorial Hall on Thursday, March 26 starting at 7.30pm.

Tickets cost \$20 and will be by door sale only, available at the venue one hour prior to the performance. The show is suitable for all

ages.

Black Grace's founding artistic director, Neil Ieremia has created the collection of dance works which make up Verses inspired by words, lyrics, lines and verse and set to an eclectic mix of his favourite music.

The New York Times described Black Grace's performance as: "startlingly fresh, full of invention and infectious exuberance."

Closer to home, the National Business Review says: "if the standing ovation is anything to go by, it's clear that given the chance, contemporary dance, especially those created by Neil Ieremia, is a rewarding and even necessary experience for lovers of art."

Busy start for FIGG

Helensville's new combined information centre and florist in Commercial Road has been busy since opening on December 2.

FIGG - Flowers, Information, Gallery, Gifts - is open seven days a week to provide for visitors, with many overseas people seeking information, particularly on Sundays.

Florist Mel Dickins of Love Flowers has been kept continually busy, and is amazed how much difference her shop's new location makes.

Several local artists and artisans have their goods for sale, along with gift items and New Zealand souvenirs.

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from our local MP

Happy New Year to readers of *Helensville News*! I hope you've had a good summer break and that 2020 has begun really well for everyone.

It's an exciting time of year, with the Helensville Show due to take place soon on 'leap day' (February 29) and plenty else going on around the wider area of Auckland's northwest as well.

I love that the Helensville Show gives the community a chance to see some of the very best of what this area has to offer. I've been attending since before I became local MP for the area. Last year I was pleased to observe a positive feeling from the Show's punters from the moment of its official opening (at which I was privileged to officiate) til the last stallholder had packed up.

I'm very keen to see the popularity of the Show leveraged to enable better transport options for Helensville. More particularly, I contacted Auckland Transport last year to seek that a special passenger rail service be provided to Helensville train station on the day of the Show. This will take traffic off the roads, ease the parking situation and provide an indication of the popularity of trains for an area like Helensville.

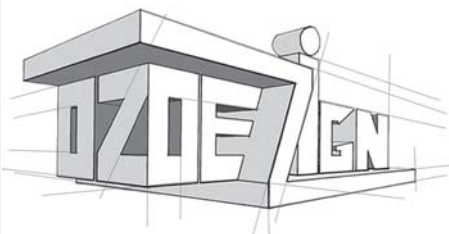
Not only does the railway line already run to Helensville, of course, as a bonus the station is just across the road from the Showgrounds. It just ties in so nicely. Please wish me luck getting that plan on track!

The other reason I'm really looking forward to the Helensville Show is that it represents another chance to talk with as many constituents as possible. It's the same reason I attend so many markets throughout the year in my electorate (for example the monthly markets at Kaukapakapa, Coatesville and Kumeu) - quite simply, the best way to understand what's important to the people of any area is to take opportunities to meet them in person. In that way I'm very blessed indeed. On that note, it will be great to see you at the Helensville Show - please come and say hi!



- Chris Penk

Member of Parliament for Helensville
chris.penkmp@parliament.govt.nz |
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Cook history told by author of local book

Captain Cook for Young People

Review by Crispin Caldicott

Historian John McLean, author of 'The Pioneering McLeods of Helensville' history, has written a highly readable account of Captain James Cook's three Pacific voyages between 1768 and 1779.

The book is in a large format, both size and print, and aimed at teenagers.

The author has concentrated on the facts of perhaps the greatest Pacific explorer without any attempts at romanticising his name, or indulging in the current trend of reinterpreting history with the aim of condemnation.

Few could read this simple, straightforward account without concluding James Cook was an extraordinary and great man. In an age when deaths at sea from disease were common, Cook lost not a single man on his first voyage until malaria struck at Batavia on the leg home.

Frequently vilified by recent revisionist history, Cook was clearly a humane man who followed clear orders from his superiors, and given his experiences - sometimes tragic - questioned in his own journal whether he should have visited in the first place.

John McLean has concentrated upon the achievements of Cook in being the first European to cover the entire Pacific from 71 degrees south, in search of the fabled southern continent, to 69 degrees north, seeking the north-west passage.

Beautifully illustrated throughout, with contemporary portraits, woodcuts and lithographs, this is very worthy addition to the kind of solid, factual history that used to be taught.

268mm x 180mm, colour and B&W.

Available through Tross Publishing PO Box 22 143, Khandallah, Wellington 6441, and through bookshops.

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local board matters

Rodney Local Board and Auckland Council is going to be doing a lot of public consultation over the coming year.

This is not only for our annual budget but also for the next Local Board Plan - that sets our three-year plan from 2021. On top of this Council is also refreshing the 10 Year Plan, which confusingly is re-consulted on every three years.

The 10 Year Plan is the big one as it sets Auckland Council's budget for the coming three years - if it isn't in here, it doesn't happen. Out of that also comes the Regional Land Transport Plan, again a 10 Year Plan consulted on every three years. This one is closely watched as transport infrastructure is a massive issue in Auckland and billions of dollars are allocated.

All of these budgets will be constrained by the level of rates increase the Mayor and Councillors agree on.

Confused yet? You're not alone! It does raise the question of whether a four or five-year political term, like most other OECD countries, would be a logical move for New Zealand.

In late February and March, we will be looking for feedback on our Annual Plan - our budget for 2020-2021. This is the final year of our current Local Board Plan and so it's really about finishing off the things we set out to do back in 2017. There won't be any dramatic changes proposed.

Over February and March, we will do some targeted consultation with various groups in the community to help with drafting the 2021 Local Board Plan. Public engagement on this will happen in June and

Christmas dinner

Around 80 people enjoyed the biggest yet Christmas Day lunch at Helensville Primary School. While volunteers were fewer than usual, they worked hard to be prepared on Christmas Day morning. Many of the diners helped with clearing up.

Organiser Holly Southernwood needs clean plastic containers, particularly two-litre ice cream containers with lids, for this year's dinner. They may be left at FIGG in Commercial Road.

July, and the Local Board Plan will be finalised in October.

Alongside this, there is the Auckland Council's 10 Year Budget process.

Over the coming months, your Local Board members and Councillor will be getting the word out about consultation and how important it is to provide feedback on these plans.

It's easy to get cynical about these processes, but they are essential. Lots of thoughtful and constructive feedback from our community makes a huge difference to the advocacy we do on your behalf, to achieve results for our district. We will be reaching out to all parts of the community and trying some different ways of making it easy for you to tell us what's important.

This year we also have a general election. This will be critical for our area. Most of the funding for the major transport projects we desperately need comes from central government.

We need a coherent strategy and plan from the government about what the medium-term mass-transit public transport solution is for the North West. With heavy rail bogged down in the debate around moving Auckland's port north, and light rail completely stalled, the latest news is that the Auditor General is considering an investigation into the project - things are going nowhere, just like the growing traffic!

If there's one thing voters need to be making crystal clear to candidates and parties in the general election, it's that the North West needs a comprehensive public transport system sorted out urgently.

This year is going to be important politically both at a national and local level, particularly with the change to the boundary of our parliamentary electorate - don't miss the opportunities to make your voice heard.

- Phelan Pirrie

Chair, Rodney Local Board

phelan.pirrie@aucklandcouncil.govt.nz

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community titbits from town and around

■ WAITOKI MARKET

The next Waitoki Market is on Saturday, February 8 in the Waitoki Hall, Kahikatea Flat Rd from 8.30am to 1pm.

Local community groups covering a range of things from exercise and crafts through to martial arts and indoor bowls will be on hand to provide advice and encouragement.

Market visitors can also have a massage, and pick up baked goods, plants, essential oils, locally crafted gifts, homemade and used bargains, preserves and more.

Prospective stall holders can phone Gill, on 09 420 3301 or email her at: waitokihall@gmail.com.

■ KAUKAPAKAPA MARKET

There will be live music from duo Barry and Maryanne at the next Kaukapakapa market, on Sunday, February 16 from

8.30am to 1pm.

Market stalls will feature hand-made crafts, soaps and jewellery, new and used clothing plus everything from locally grown fruit, vegetables and plants to bric-a-brac and collectibles. Plus there will be free face painting for the children.

The market cafe will have delicious snacks, freshly baked cakes, doughnuts, and barista coffee, and Helensville Lions will have their regular sausage sizzle.

Phone Sarah on 027 483 1542 or email: sarah1@maxnet.co.nz for more information.

■ CHILDREN'S DAY

Helensville Women & Family Centre's annual Children's Day will be held in the Helensville War Memorial Hall on Sunday, March 1 from 10am to 1pm. The ever-popular free event will feature a wide range of activities and entertainment, plus prizes.

A&P Scholarship winner

South Head trainee farmer Ollie Holst has been awarded this year's Helensville A&P Association rural scholarship.

Ollie (20) comes from a farming background, and first studied agriculture at Mt Albert Grammar School, gaining levels one to three in NCEA Agriculture.

For the past two years he has been one of five cadets in the Waipaoa Farm cadet training programme, learning both the practical and theoretical sides of farming on a 1760ha hill country block near Gisborne which runs 9000 breeding ewes and 900 breeding cows, along with learning about intensive crop farming and irrigation.

At Waipaoa he has already gained his National Certificate in Agriculture Level 3, and will leave with Level 4.

Ollie intends to use his \$500 A&P Association scholarship toward furthering his education, initially with a one-year Diploma of Agriculture at Lincoln University, followed by another one-year Diploma of Farm Management course. He then plans to switch over to a full Bachelor of Agriculture degree.

His ultimate aim is to become "one of the top farm managers in the country."

"I think the more qualifications and knowledge you can gain will put me in a better position to gain one of these opportunities when they arise," he says.

In his spare time, Ollie referees rugby, and was recently selected for the 2019 Hurricanes Youth Rugby Council referee squad - as reported in an earlier issue of *Helensville News*.

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Helensville News - Publication Information

■ MARCH 2020 deadline: Tuesday, 25th February, 2020

ISSUE DUE OUT TUESDAY, March 10th 2020

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2020 issue dates and deadlines:

Due out: Mar 10th	Copy by: Feb 25th	Due out: May 5th	Copy by: Apr 21st
Due out: April 7th	Copy by: Mar 24th	Due out: June 2nd	Copy by: May 18th

Editorial: Ph 420 7215. **Editor & Publisher:** Dave Addison, Helensville News (2011) Ltd, 502 Fordyce Rd, RD1, Helensville 0874.

Design, Subediting & Layout: Dash Design, 420 7215. **Printing:** Rob McCorkindale, Print Matters, 0274 740 657.

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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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