

Air Force dogs in action at Show



The Royal New Zealand Air Force will be putting on displays by its military dog team at this month's Helensville A&P Show.

A team of five handlers will put their canine charges through their paces several times during the day, showing off obedience and agility, and also demonstrating how the dogs can apprehend an offender.

Between displays, the military dog team will be available to talk with showgoers about what they do on a day-to-day basis.

The military working dogs are part of the RNZAF security force, and are trained to track, detect and apprehend people in various situations. They can also be deployed in non-tactical situations, such as search and rescue.

All military working dogs wear similar protective kit to soldiers, including vests with stab-proof inserts. The dog handlers complete canine first-aid courses so they can respond in the field if their dog is injured.

• Left: An Air Force military dog in action

- Photo: NZ Defence Force

New Show attractions to get locals involved

New attractions at the 119th Helensville A&P Show on Saturday, February 27 are designed to get locals involved.

Headlining the list is a new Tik Tok Haka competition - complete with \$500 in prize money courtesy of sponsor Barfoot & Thompson Helensville.

Open to children 13 and under, organisers are hoping all local primary schools, along with other community groups, will enter.

For the competition, entrants will perform a one-minute haka to be filmed and uploaded to Tik Tok. Those will then be open to 10 days of public voting. The winning group's school or organisation kapa haka group will receive \$350, with \$100 going to second place and \$50 to third.

The performances will be on a new, second stage beside the trade area, starting at 11.30am. Groups interested in taking part should email: info@helensvilleshow.co.nz to pre-register.

Also new this year is the Helensville Show Talent Showcase. Open to all ages, it will also run on the second stage and will follow an 'open mic' format, with anyone who wants to put on a short performance of around five to six minutes welcome. That can be singing, magic, music, comedy, spoken word - anything that can be classed as a 'talent'.

To register for a performance time, phone Rick Croft on 027 492 0345.

A new Māori Arts & Craft section with classes for both adults and children has been added to the indoor competitions, and in the equestrian ring there are new 'pleasure horse' classes to suit riders who might not otherwise consider entering a show.

Special emphasis has been put on accessibility for this year's Show.

Rotary South Kaipara will be running a seniors' drop-in zone, a shady spot where older Show visitors can call in to relax in comfortable seats and have a drink of juice or

water.

Helensville Birthing Centre will have a fan-cooled area for new and expectant mothers to meet up in and, if they want, to breast feed in peace and quiet.

And Helensville Police will have a community command post at the Show office to help show-goers with whatever they need. For more Show information, turn to pages 8 and 9.

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editorial

Grammar and pronunciation are important in all languages. Get them wrong, and you can completely change the meaning of what you are saying or writing. We've all seen example sentences where simply changing the position of a comma can totally alter the meaning of the sentence.

The English language is hardly alone in having numerous words that can sound the same but may be spelled differently, or may be spelled the same, but have different meanings depending on context.

As an editor and journalist, I would hope I'm pretty good at getting things right most of the time. But it's equally as important to get it right in other languages too - and here, I'm specifically thinking of te reo Māori.

Like many Pākehā (at least of my generation and those older than me) I have spent much of my life mis-pronouncing Māori words, and place names in particular. While they say you can't teach old dogs new tricks, I am doing my best to 'un-learn' my bad habits. I may not get it right all the time - and please correct me if you read a blatant error in this paper - but I'm doing my best.

This was brought home recently by an item on television, where they used the name for our native insect, the wētā, as an example. Traditionally it's been spelled 'weta', but without those two macrons over the 'e' and 'a' the word actually means 'excrement' - which gives new meaning to Wellington special effects business Weta Workshop (to their credit, I believe they are looking at correcting that...). Further confusing the issue, wētā - with a macron over just the 'e' - means 'west'. So here we have three very different meanings for one word, only differentiated by the use of macrons and the changes those make to pronunciation.

I'm impressed with the way the television weather reports, and news announcers, are careful now to have correct pronunciation and spelling. It would be nice too to see road signs around the country updated with macrons where applicable - how else are we to know how to pronounce place names correctly?

I recommend anyone get the Te Reo Māori app, available for both Android and Apple devices. It costs a few dollars, but is an invaluable resource to help you get things right!

- Dave Addison, Editor

Library gets reorganised

Helensville Library doesn't look the same in 2021 as it did last year.

"I blame Sally. Sally blames me. But, whoever started the conversation, we followed through with the plans," quips senior librarian Anne Coppell.

Beginning before Christmas, the Helensville Library team rearranged almost the entire library, with most of the work done in the three days between the Christmas and New Year's long weekends.

Adult collections have been moved up to the front of the library by the entrance, while the children's and teens' sections have been shifted down the back.

"We can't believe how much space we seem to have everywhere - and we didn't reduce the number of books in order to make everything fit," says Anne.

Helensville Library's regular events and

outreach programmes start again this month, after Waitangi Day weekend. The first Kids Time of the year will be on Thursday, February 11.

Anne has been contacting local schools and early education centres to schedule visits for the next few months.



• Helensville Library's relocated children's section



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Heritage train to visit for Helensville Show

A special heritage train being put on by the Glenbrook Vintage Railway could bring many more 'townies' to this year's Helensville Show – thanks in part to local MP Chris Penk.

The 1960s DBR locomotive will pull a mix of 1920s wood-panelled and 1940s steel carriages from Glenbrook's base at Waiuku to Helensville station, stopping at Swanson



• The heritage train which will come to Helensville

on the way to pick up west Aucklanders. It will have a capacity of around 300 passengers.

The train will stay at Helensville Station until 1.30pm, and show-goers interested in looking over a heritage train will be able to get passes out of the show to have a look onboard it.

Kaipara ki Mahurangi MP Chris Penk made the initial approach to Auckland Unlimited (formerly ATEED, Auckland Council's tourism, events and economic development arm) about getting a train to the Helensville Show.

With many other events around the region cancelled post Covid-19, Auckland Unlimited decided to add the Helensville Show to its prestige series of summer events, dubbed Summernova. That made funding available for the heritage train to visit.

"Travel to and from the Helensville Show by a means other than road should encourage many more from outside the area to attend," says Chris.

"It's always a positive step for Helensville to have its charms enjoyed by domestic tourists (and international ones, when they eventually return post-Covid). Simply put, we need others to recognise the potential of this place."

Describing Helensville Show as "a real institution" Chris says: "Few events survive for more than a century and yet here we are, attending and participating in an annual gathering that's been running since 1900.

"I've previously spoken about the strategic importance of rail to Helensville, with the Western line set to

become a much more efficient means of reaching various other parts of Auckland, once the City Rail Link (CRL) is completed in a few years.

"The Council rates paid by Helensville residents are contributing to the CRL, so you might as well get some benefit from that.

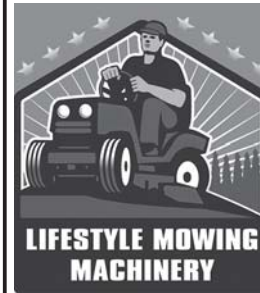
"This would require regular passenger rail, of course, rather than an annual or one-off transportation event like rail to the Helensville Show in 2021. I believe that it [the Show train] will be really helpful to that cause by demonstrating how rail is a perfectly safe and workable option for Auckland's northwest."

Helensville Railway Museum will be open all day on Show day in conjunction with the train's visit.

Tickets for the heritage rail trip, and the Helensville Show itself can be purchased online through Eventfinda.

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Celebrating 'ability beyond disability'

Helensville's Thomas Hogan (pictured at right) is a prolific artist.

He's also a person who takes a back people he meets by bounding towards them saying: "Hello la la" (lady) or "Hello man" (a simple "hello" back dispels his anxieties).

"I work with Thomas through L'Arche Mount Tabor Community," says Pauline Denton, arts coordinator for the community. "[It's] a community where people with, and without, recognised disabilities share their lives together under a 'living with' model. Put simply, many of us flat together."

Thomas' spontaneous artwork will be part of a 'Landscapes of the Soul' art exhibition to be held in the Helensville Art Centre from Saturday, February 27 to Saturday, March 27.

The photo shows Thomas painting the picture which inspired the exhibition's title.

Other exhibiting artists include Rachel Clark who despite her visual impairment won a photographic competition, and Kevin Widdowson, a finalist in a recent national IHC art award.

"It is hoped the exhibition will demonstrate how much people with disabilities are worthy of the admiration of the communities in which they live," says Pauline.

"And in a society in which our value is often denoted by what we receive our dollars for, that people's value will, in part, be recognised through the sale of their work."

The art works on show were produced as part of an arts and activities programme which runs three days a week. Seeing the need for such a programme - though as yet receiving no funding for it - L'Arche Mount Tabor offers music and sing-a-long, choir, drama, table games, arts and crafts, and also runs a weekly disco-style dance.

All those activities are open to people from the wider disability sector. Contact Silke (silke@mt-tabor.org.nz) or Karen (office@mt-tabor.org.nz) for more information.

Unfortunately the property the art side of the programme is run from has recently been sold, so new premises are being sought from



early April. "Preferably a large, accessible paint-friendly room with a sink, an accessible toilet, and small room to store resources in at a reasonably low rent," explains Pauline.

The Landscapes of the Soul exhibition will have a special opening on Friday, February 26 from 3pm to 5pm. Regular Art hours are 10am to 4.30pm Wednesday to Friday, and 10am to 2pm on Saturdays.

2021 phone directory

Helensville Lions Club is working on the 2021 edition of its annual local telephone directory.

Anyone living in the 420 telephone code area who wants to alter an existing listing, or needs to add a new white pages listing, should email: helensvilledirectory@gmail.com or phone 420 6422, by Sunday, February 14. White pages listings are free and can include cell phone numbers.

Businesses wanting to advertise in the directory should use the same contacts.

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School formerly in Helensville now based at Woodhill

A small state-integrated local school which used to operate from the basement of the Helensville Rugby Club rooms is now based at Woodhill School - and has a new name.

Started by Jan Porter in 2000, the school was called Tau Te Arohanoa Akoranga (TTAA), which translates as Grace Learning Centre.

Jan says the school, now called Kumeū Christian School, offers a "unique alternative to the education experience for our children".

She has developed the school to have a unique and culturally inclusive learning environment, with a strongly Biblical world view, bicultural focus, and bilingual aspirations.

In 2011, while still in the Rugby Club premises, TTAA became an integrated satellite school of KingsWay School.

"This meant it had access to teacher funding, professional guidance, and oversight which added to its capacity to deliver quality education," says Jan.

In 2015, TTAA had to relocate to the KingsWay site in Silverdale, where it remained until the opportunity arose to

return to the Kaipara area in 2018.

In January of 2018, the school relocated into the upper block of Woodhill School, leasing two classrooms. The two schools work together on some aspects of the curriculum, notably te reo, kapahaka, sport and other special events.

Jan says they have been welcomed into the Woodhill School community "with incredible warmth and respect".

She adds the school faces a challenge to overcome some commonly held



• Kumeū Christian School staff and pupils

misunderstandings of who and what they are.

"We are a Biblical/Christian faith-based school, with a focus on supporting our students to know their identity and to grow their knowledge and understanding of te reo Māori and our rich bicultural heritage.

"As a satellite campus of KingsWay School we receive a high level of administrative support and guidance.

"We have incredible whanau support and often enjoy gatherings celebrating the children, having fun together, or working together through challenging or difficult situations."

The school has now adopted its new name which links to its future plan - to find a suitable site to finally establish its own school buildings.

For more information phone Jan on 027 296 0457 or email her at: jan.porter@kingsway.school.nz.



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Councillor at local meeting

Rodney Councillor Greg Sayers will be at the next meeting of Te Awaroa Residents & Ratepayers Association to answer questions about rates and other Council related concerns.

The meeting is on Tuesday, February 16 starting 7pm at 44 Commercial Road, Helensville and is open to anyone to attend.

Information will also be available on the Council's 10 year budget, which is open for feedback 22nd February to 22nd March.

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The 'complete farmer's wife'

**Maire Helen Brady (nee McLeod)
1925 - 2021**

Maire Helen McLeod was born at Malolo Hospital in Helensville on February 23, 1925, to parents Percy and Rita McLeod.

The youngest of seven children, she was just one when her father died of pneumonia.

Helen (right) went to Te Pua Primary School for five months before it closed, and then to Helensville Primary, riding her pony to school. She finished her education at Helensville High School at the age of 15, and was on record saying: "It was the happiest day of my life when I left school - I absolutely hated school".

After leaving school, Helen worked at Wallace Supplies, a grocery store in Helensville, and then at Screaton's.

In 1943, aged 18, she enrolled in the army. She was assigned first to the barracks at Alexander Park, and then the Narrow Neck barracks. She spent nine months in the army, returning home when her brother Don was killed in action in 1944.

She went on to work at Helensville Post Office telephone exchange. She spoke of when the war ended, the excitement, everyone phoning, and pulling out all the phone cords and going out into the street to celebrate.

Helen met James Patrick Brady at a 'welcome home' party for her uncle, but it was when he called into Screaton's to buy a gift that their relationship really started.

Helen converted to the Catholic faith and married Patrick on February 7, 1948. They lived in a tiny cottage on Brady Rd before building a new home - to Helen's delight, a spacious four bedroom family home.

The couple had five children, Robyn, Richard, Wayne, Caren and Tina.

Patrick worked the farm while Helen

looked after the family. She had a big vegetable garden, did a lot of baking, and sewed and knitted. The complete farmer's wife, she could handle the housework but also jump in to milk the cows and feed hay.

Helen was a member of the Country Womens Institute (CWI) for many years, holding roles including treasurer and president.

She made many friends there, foremost Coby with whom she had a lot of fun. They shared a love of home-making, baking and crafting in their 50-plus years of friendship. Coby was a devoted friend and was with Helen in her final days.

Helen was proud of her 20 grandchildren and 30 great grandchildren, and was miffed when anyone dared to have more than her! She delighted in all the kids and took great pleasure in their successes.

She loved shopping for stylish clothes and loved jewellery, so for her 89th birthday she

was given bracelets engraved with the names of her grandchildren.

Favourite pastimes included singing and playing the ukulele, along with knitting, sewing and crafting. She enjoyed driving and was always behind the wheel, with husband Patrick as passenger.

She also loved the All Blacks and kept up with the who's-who of the rugby world.

And Helen loved travelling - visiting Norway and Scotland to visit Caren and her family, the South Island, Australia, and Norfolk Island.

Helen and Pat went into Amberwood Care in 2012, with Pat dying in 2015.

You can't get much more Scottish than her maiden name 'McLeod', and Helen was very proud of her heritage. As her final attire, she chose to wear the McLeod tartan kilt, along with the bracelets engraved with her grandchildren's names.



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Lifelong love of sport remembered

Clyde Dundas Glasson
1948 - 2021

Clyde was born in 1948, the son of John Saladin Redstone Glasson and Flora Mary Ethel Glasson, and the youngest of four siblings.

Growing up on the family dairy farm at South Head he spent a lot of time with his cousins, the Elletts, Svendsons, and Innes' in particular, spear fishing for flounder, gathering oysters and scallops from the Kaipara harbour, and going to Muriwai beach to dig for toheroa.

He started school in Helensville aged five, and then in 1958 moved to the new primary school at Parakai to become a foundation pupil.

From 1962 he spent five years at Kaipara College, becoming a school prefect and a good sportsman. Clyde was in the rugby 1st XV, and was senior school athletic champ and the Northland junior champ for high jump. In 1966 he broke the College record for the 880 yards - receiving a presentation from Peter Snell for his efforts.

But Clyde's main sports love was tennis.

His mother Flora taught him to play on their court at the South Head farm. Early in his tennis career he played at 'country week' at Stanley Street in Auckland.

After one of these competitions he remarked that he was proud to have played on the same court as Australian great Rod Laver.

In 1964, when Clyde was 15, his family moved to another farm at Rimmer Road. Leaving school in 1966 he worked on the farm until 1969 when he went to Lincoln University, gaining a Diploma in Agriculture.

When he returned to Helensville he started driving a tractor for the Maypro Grass farm in Fordyce Road, Parakai and in 1973 began working in Woodhill Forest, cutting short pulp and posts. During that time

he and his brother John would milk the cows in the morning, work all day in the bush, then return home to milk again at night.

In April 1977 Clyde married local primary school teacher Susan Deighton. He continued farming and working in the forest, then took on market gardening, growing kiwifruit, corn, lettuce and broccoli until the family moved to South Head in 1994.

In 2006 he did his real estate papers and soon after joined Barfoot & Thompson in Kumeu. He found computers a challenge, but he loved meeting and helping people.

No matter how busy Clyde was, there was always time for tennis. He was a lifelong member of Helensville Tennis club, playing with friends and in local business house games and inter-club tournaments, coaching junior players, going to Stanley Street to watch the New Zealand Open, and spending many late evenings watching overseas matches on television. A visit to Wimbledon and two to Melbourne for the Australian Open were highlights.

Clyde's proudest playing moment was winning the Over 65 World Masters Singles title, held at Albany in 2017 - he's pictured wearing that medal

Clyde's other great passions were fishing - netting for mullet or putting out a longline for

snapper and gurnard - and tea. His mother was a great tea drinker and was delighted when Clyde wanted tea at the age of just three. She obliged with a little bit of tea in his milk, which grew into a tea 'addiction'. In his 40s he went to the doctor as his heart was beating strangely. The doctor asked if he was drinking much tea, and after counting up he worked out he was drinking 18 cups a day!

Clyde passed away on January 5 following a short illness, aged 72. He is survived by his wife Sue, children David, Jayne and James, and two grandchildren.



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Helensville Show going to the

Helensville Show is going to the dogs!

As well as the major drawcard of displays by the Royal New Zealand Air Force military dogs (see front page) at this year's 119th Helensville A&P Show on Saturday, February 27, the Royal Canin-sponsored pet dog competition will feature a display of dancing dogs put on by the Nor West Dog Training Club.

Also new this year are a Tik Tok Haka competition and a talent show (see front page also) along with new Māori arts and crafts classes in the indoor section.

Following the success of last year's old-fashioned sack races for local children, this year there will be a water balloon throwing competition, with pairs of children tossing a water-filled balloon between them to see who can keep it intact longest.

Popular Helensville brewery Liberty Brewing will be back at the Show, this year with two Show special low alcohol 'hazy' IPA brews on offer. The Hunting Lodge will also return with its wines and cider.

There will be a varied offering of food outlets, everything from ethnic and healthy options through to the traditional show fare of chips and hotdogs.

Helensville A&P Show has its roots in this area's agricultural and pastoral heritage, and the 2021 show will once again highlight the farming aspect of our community through displays and competitions of animals,

including cattle, sheep, horses and mini horses, poultry and goats.

As usual there will be a full day of equestrian competitions, this year with new Farmlands-sponsored classes for pleasure horses. They will allow for a greater diversity of horses to enter the show, appealing to riders whose horses might not otherwise be suitable for showing.

"And the grounds are looking great again this year," says show manager Louise Brooks.

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 huge pig - this year in a custom built 'pig palace' - and a rooster will take the prize.

The wide variety of 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 held around the second stage area this year.

The popular children's cut-out animal decorating competition run through local schools - now in its 18th year - will this year feature cats. Always colourful and often



• Getting up close to animals is one of the joys of Helensville Show

amusing, the animals will be displayed inside and outside the main show building, and at other locations around the grounds.

Attractions at this year's Sideshow and Amusement Zone will include: Large

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HELENSVILLE A&P SHOW

Saturday, Feb 27

from 9am

Helensville Showgrounds

Ph 09 420 7572

▶ RNZAF Military Dog displays ▶ Tik Tok Haka competition ▶ Multiple equestrian rings ▶ Live music with two bands Selohrae and The Groove Diggers ▶ Māori arts and crafts ▶ Wide range of food outlets, plus Liberty Brewers ▶ Free composting seminars ▶ Talent Show ▶ Dancing Dogs ▶ Sideshows ▶ Live Beehive ▶ Animals: horses & mini horses, cattle, sheep, poultry, goats ▶ Pony Rides ▶ Clydesdale carriage rides ▶ Water balloon games ▶ Highland dancing ▶ Pet Dog competition ▶ Junior Farmer competition ▶ Wood Chopping ▶ Diverse trade stalls

Adults \$10

Children \$5

Family \$25

SUMMERNova



www.helensvilleshow.co.nz

dogs for 2021

• From page 8

Rainbow Slide; Wipeout Balls; Boot Camp Obstacle Course; Pirate Ship; Cliff Jump; Kombi Rides; Laughing Clowns; Disney Tea Cup Ride, and Air Ball.

The Groove Diggers band will return again this year to play their popular covers of classic rock and pop hits, and will be joined on the main stage by a second band, Kaipara College's highly acclaimed Rockquest band Selohrae.

Waitemata District Health Board will have its huge inflatable bowel on hand to give advice about bowel health.

Auckland Mayor Phil Goff will officially open the show at 9.30am, and later in the day Kaipara ki Mahurangi MP Chris Penk will judge the best trade displays.

The range of entries in the indoor displays is something Helensville A&P Show excels at, greatly exceeding what you might see at most other shows in the region. Expect hundreds of entries in the baking, floral, produce, crafts, children's, photography, and new Māori arts and crafts sections.

Show visitors will again be able to take relaxing Clydesdale-drawn carriage rides, and pony rides will be on offer for young visitors.

If chrome and speed is more your thing, the MG Car Club is planning to hold a small display of the British sports cars.

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 will be provided free trade spaces for the show, including this year the Compost Collective, which will hold free mini seminars on composting, and Rodney Beekeepers who will have a live bee hive. 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, with recycling 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 - or tickets can be pre-purchased online through EventFinda.

Schedules are available online at www.helensvilleshow.co.nz, and copies of the indoor schedule can be collected from a box by the showgrounds entrance.

Kaukapakapa library marks rail revamp

Rail freight services from Auckland to Whangārei resumed mid-January after the line was re-opened following months of upgrades.

Kaukapakapa Library will in February mark the occasion with a display of historic and contemporary rail photos, along with a selection of articles and documents giving an insight into some of the challenges faced, both past and current. Images by local photographer Colin Lunt record the latest chapter for the local rail system.

Since the first train rolled through Kaukapakapa in 1897, the railway has been an integral part of the town's development. The Makarau tunnel, a few kilometres north of Kaukapakapa, was an engineering feat which took eight years to complete using bricks made on site, and was one of 13 to receive major modifications in the upgrade project.

The \$110m of major works saw the replacement of five bridges, including the Punganui bridge just north of Helensville; lowering the tracks in 13 tunnels to allow for export-size 'hi-cube' containers; drainage improvements; and renewing or replacing 54km of track.

Currently 30,000 containers leave Northland each year by road, and lowering tracks in the tunnels means many can now be transported by rail.

Kaukapakapa Library will be open on Sunday, February 21 from 9.30am to 1pm in conjunction with the Kaukapakapa Village Market. For more details, contact Megan Paterson, threehorses@xtra.co.nz, 021 959017.

North West businesses fare better than rest of Auckland post-Covid

North West District businesses appear to be doing better as a whole post-Covid lockdown than much of the rest of Auckland, according to a report purchased by the North West District Business Association.

The report by Market View covers a three-month period from July to August 2020, and shows an overall increase in spending in the district of 12.2 percent compared to 2019 - while Auckland as a whole fell by 6.3 percent.

Domestic visitor spending rose by 14.2 percent, while unsurprisingly international

visitor spending dropped by almost 40 percent. Almost exactly two thirds of the money spent in the North West District was from local customers.

The news isn't all rosy, however, with different business sectors skewing the overall result.

While overall spending rose by 12.2 percent, that rise was heavily influenced by two main categories of business - homewares, hardware and electronics, which rose by massive 41 percent, and groceries and liquor which jumped 23.8

percent.

Other business categories didn't fare so well.

Cafes, restaurants and takeaways saw a drop in spending of 1.2 percent, while the 'other' category - which includes a wide range of businesses including accommodation, recreational activities, postal, travel, a broad range of health services, laundry services, funeral and cemetery services, and a wide range of repair and maintenance businesses - fell by 16.9 percent.



• Above: Workers in the 1890s during construction of the Makarau rail tunnel ... and below, during the recent tunnel upgrade





> INTRODUCING THE PEOPLE BEHIND SOME OF OUR LOCAL BUSINESSES - BROUGHT TO YOU BY NORTH WEST COUNTRY BUSINESS ASSOCIATION

: Yoga a true passion

It would be fair to say yoga is Linsey Smith's passion - so much so that in 2018 she closed the successful retail business, The Paua Room, she had run for 17 years to devote herself fully to teaching the art.

Aroha Nui Yoga operates from the same building at 6 Commercial Road in Helensville, that The Paua Room operated from for its final 10 years. However she also runs a range of online 'virtual' yoga classes so clients anywhere can participate.

Linsey has been teaching yoga for more than 20 years, and is known for her intuitive approach, passion for yoga, and Te Ao Māori, an inspirational teaching style which embodies physical, spiritual, and mental well-being.

"My culture and language often weave gently through the teachings. I honour and respect the whakapapa and roots of both cultures to create a unique approach and experience like no other," she says.

"I encourage students to practice yoga to maintain a healthy mauri (life force), tinana (body), hinengaro (mind), and wairua (spirit).

"With the health and balance of all these

aspects of our selves, our lives are enriched beyond measure."

Linsey is trained and certified in beginner, intermediate, and advanced teaching with Ashram Yoga NZ; pre-natal yoga; yoga Nidra (guided deep relaxation); meditation; and restorative and therapeutic yoga. She has attended workshops and retreats in New Zealand, Australia and the United States.

She is currently learning the natural healing practices of her ancestors - mirimiri (massage/bodywork) and rongoā (traditional plant medicine), te reo Māori, and the art of karanga (ceremonial calling).

Linsey's aim is for her classes to be friendly, accessible, fun, strengthening and relaxing.

She has a goal to teach yoga and meditation in te reo Māori, and last year featured in the online te reo series 'Harakore', holding a full immersion te reo Māori class.

"I believe that Aroha Nui Yoga is a great addition to your hete hauora (wellness / healthy lifestyle) toolkit."

For more information on current physical and online classes, visit: arohanuiyoga.co.nz.



: Blasting and coatings at Kaukapakapa

Kaukapakapa business ProBlast & Coatings specialises in blasting and protective, anti-corrosion coatings covering a huge range of items.

Owner Duran Callaghan can handle everything from removing road markings and stripping car bodies for restoration through to large



machinery and seagoing vessels. A new sandblasting cabinet means he can easily handle those smaller jobs, too.

While previously his business was mobile-only - jobs he is still happy to handle - a couple of years ago Duran set up a large workshop in the main road of Kaukapakapa, and does most of his work from there now. The workshop features a 4-tonne hoist capable of handling motorhomes and light trucks.

Duran says his corrosion protection can save businesses major repair costs. He is an approved applicator and stockist of CorrosionX, which he says is the best product available to stop rust in its tracks, and the best rust preventative.

"It also waterproofs electronics and unseizes bolts etc. I apply it to horse floats, trucks, motorhomes, boat trailers, and 4x4s. People should come in and see me for a cost effective maintenance program."

As well as using anti-corrosion products, Duran can blast with a variety of media including sand, crushed glass or even walnut shell, and specialises in dustless wet-induced blasting.

He can also provide purchasers of new vehicles with a special polymer coating which protects paint from damage from UV, bird droppings, and dirt.

Duran takes his work very seriously: "If a job's not going to be done bang-on, I won't touch it," he says, explaining his ethos of doing a job, and doing it properly.

After migrating to New Zealand 12 years ago, he moved to Kaukapakapa with his wife six years ago, and started ProBlast in 2017.

As Duran can be mobile based and also works from home, clients should phone or text first before calling in at the workshop.

ProBlast can be contacted on 021 0200 3226 or email duran@problast.org.



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'Super Sundays' at Parakai church

Free 'Super Sunday Sessions' at River Valley Baptist Church in Parakai will start again on Sunday, February 14.

The sessions allow parents to drop their primary school age children at the church on Sundays at 9.45 and enjoy 90 minutes to themselves.

While there, the children join with the rest of the regular church children in their PowerZone program, learning about who God is and his plan for them through teaching, fun activities, and games.

The children attend the first part of the

normal church service, then go to their PowerZone session followed by a brief morning tea.

Final drop off time is 9.55am, and children should be collected at 11.30am.

Co-pastor Sarah Wright says the church created the program as a way of reaching those in the community who might want their kids to learn about God without having to attend church themselves.

Locals interested in the program can phone the church on 022 383 5880 or email: supersundaysessions@gmail.com.

from our local MP

Happy New Year!

Allow me to begin 2021 with an old quotation (adapted), defining 'a politician': someone who will tell you tomorrow why the things they predicted yesterday didn't happen today. Ouch.

That said, I'll now ignore my own warning about the futility of making predictions, and recklessly offer readers of *Helensville News* some thoughts about what the year ahead may bring.

Before doing so, I should note that I very much hope to be proven wrong, as these are hardly optimistic for our area.

First, I don't see much additional infrastructure investment taking place, whether that's the perennial problem of unsealed rural roads or even using existing options such as the Western rail line to connect Helensville and surrounding areas to the city.

Any lack of progress in this respect won't be for lack of trying on my part, as local MP, asking authorities to understand how far behind Auckland's rural north and northwest has fallen.

The experience of the past three years has taught me not to hold my breath, however, so I'm simply hoping there will be more sympathy in Auckland's local government centre of gravity and in the nation's capital going forward.

Second, there will be many examples of progress being slow to non-existent on social issues, with such lack of progress being blamed on Covid-19. In many fundamental respects New Zealand needs serious reform, such as in our relatively low rates of productivity, and I am concerned that the easy way out will be taken too often. A recent global pandemic will be used to explain away domestic difficulties that are long-standing in nature, I suspect - irrational as that would be.

Finally, our nation's place in the world will likely not be debated in the way that it should. We will continue to be exposed to the whims of deterrent diplomacy - and forced to pick sides between major powers in conflict - if we do not expand our horizons in terms of trading partners. We must not take the apparently easy economic options when those lead us to disregarding the value of local products (for example, sheep wool) in favour of the lowest common denominator options offshore.

As I say, I hope to be proven wrong. 2021 will be a happy new year if so!

- Chris Penk, MP for Kaipara ki Mahurangi

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Kapa haka group performs



- Photo: Josie Gritten

Te Kotahitanga o Kaukapakapa, Kaukapakapa School's senior kapa haka group, perform (above) at the Ōtamatea Toi Māori Festival in Maungatūroto in December.

The group of 54 year 6 to 8 students are tutored by Ben Bradley, Whaea Lee-Anne Wade, Lara Heta and Courtney Valk. The 2020 Kaipara Kapa Haka Festival was cancelled due to Covid-19, along with a range of other performances during the year.

"We were actively looking for another opportunity to showcase our 2020 performance, and were really excited to be invited to perform at the Ōtamatea Toi Māori Festival," says Ben Bradley.

In the weeks leading up to the festival the students held a two-day noho (sleep-over) at the school and some extra practises to prepare.

"Our 2020 leaders, Lexi McCormack and Lucas Pope, worked extremely hard to help our group reach their potential," says Ben. "Their performance was outstanding, showcasing waiata, poi, haka and mau rākau.

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local board matters

■ Your Voice is Important: 2021 Budget Community Feedback Needed.

Due to budget constraints brought about by the Covid-19 pandemic, your feedback will be crucial when Auckland Council seeks feedback on its next Long-term Plan (LTP) from February 22 to 22 March 22, 2021.

The LTP sets out funding for council's activities, services and investments for the next 10 years. It is reviewed and consulted on every three years.

As part of this, council also adopts an annual budget each year. The Rodney Local Board Plan, which is the guiding document for our local board's decisions, informs the LTP and annual budget.

Budget constraints caused by the pandemic will continue to restrict council's capacity to deliver services, as well as our Rodney Local Board projects. There is a \$1 billion hole in council's budget this financial year and the next three. This shortfall will affect many areas, from maintaining community facilities, to funding transport and environmental work. There will need to be some tough decisions and trade-offs.

This is why providing your feedback is so crucial. It helps us to understand what matters to you. Even if you agree with our priorities, we still want to hear from you because many voices help us make a strong case to councillors for funding.

As a local board we receive a set budget each year which we can allocate based on our community's needs and preferences.

Some of the areas where we have decision-making over budgets include local parks, libraries, looking after the environment, and maintaining and upgrading town centres and halls.

However, there are many other areas that are important to our community but that are beyond our decision-making responsibility. These include rates, regional parks, state highways and road sealing. Other bodies make decisions on those.

Below are our three proposed priority areas that we will advocate to councillors to allocate funding for as we don't make decisions on these areas:

- Safe, well-maintained roads: enough funding for Auckland Transport to renew and maintain 12 per cent of Auckland's roading network each year to ensure safe, well-maintained roads.
 - Improvements to unsealed roads: \$121 million in funding for Auckland Transport's Unsealed Roads Improvement Programme to improve unsealed roads through strengthening and other methods.
 - Sports provision: funding to continue progressing the delivery of the Kumeū-Huapai indoor courts facility.
- There are initiatives where we have direct control over budgets. These are some of the items that we propose for the Rodney Local Board area for 2021/2022:
- Continuing to deliver improvements to our village and town centres.
 - Continuing our focus to improve water quality in our waterways by restoring freshwater ecosystems through riparian fencing and planting, and through initiatives to reduce sediment.
 - Improving our local biodiversity and natural environment by eradicating pests, carrying out restoration work and mitigating kauri dieback.
 - Supporting the community, and community resource recovery and recycling centres, to minimise waste, turn waste into resources, and to promote education on waste reduction.
 - Progressing the outcomes identified in the Green Road master plan.
 - Progressing renewals or construction of key community facilities.
- With the proposed LTP, council is seeking feedback on regional priorities and levels of funding across many areas, such as:
- Rates levels.
 - Protecting the environment and responding to climate change.



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■ WAITOKI MARKET

Wooden wētā, spiders, and delightful native birds, beautifully carved by Kaukapakapa resident Brian Staines, will feature at the next Waitoki Market on Saturday, February 13.

All the usual market 'essentials' will be on offer, including baked goods, plants, essential oils, locally crafted gifts, homemade and used bargains, bric a brac, and preserves.

The market is in Waitoki Hall, 1095 Kahikatea Flat Road from 8.30am to 1pm. Proceeds from the market go back to the local community.

Prospective stall holders should contact Gill, phone 420 3301 or email: waitokihall@gmail.com.

■ KAUKAPAKAPA MARKET

Duo Barry and Maryanne will be providing the live music at the next Kaukapakapa market on Sunday, February 21 from 8.30am to 1pm. Stalls will feature handmade crafts, soaps and jewellery, new and used clothing, locally grown fruit, vegetables and plants, and bric a brac, and collectibles. There will be snacks at the market café, freshly baked cakes, doughnuts, barista coffee, and the Helensville Lions sausage sizzle. Plus free face painting for the kids.

For more information phone Sarah on 0274 831 542 or email her at: sarah1@maxnet.co.nz.

■ FISHING CONTEST

Kaipara Cruising & Sportfishing Club will hold its annual fishing contest on Saturday, March 6. The competition starts at 5am, with

weigh-in at 5pm.

There will be prizes for kingfish, snapper, gurnard, kahawai and trevally. Entry is \$30 for club members and \$40 for non-members. Tickets are available from the club rooms in Mill Road, or from G.A.S. in Railway Street, and Caltex and Paper Plus Select in Commercial Road.

■ FAMILY FUN DAY

The annual free Family Fun Day (previously Children's Day Out) will be held at Parakai School on Sunday, March 7 from 10am to 1pm. Organised by Kindred Family Services, the event celebrates our tamariki and is a chance for parents and whānau to spend quality time with their children. There will be activities, face-painting, food and performances, plus information about other local agencies and community groups which support local families.

Story telling and poetry performance

Bi-monthly story-telling and poetry performance events are to be held at Helensville's Community Church at 40 Mill Road, from 6pm to 8pm on the second Saturday of every second month. The next is on February 13.

The first event, organised by Hannah Arnold and held at Te Awaroa Cafe, was packed out and was the opening event for the 2020 Arts in the Ville. In December 10 locals performed, with Helensville artist William Robert Boyd reading a series of memoirs from his boyhood, and Judi and Paul Candy reading from Paul's father's short stories of life on a New Zealand farm.

To book a spot to perform, email Pauline Denton at: paulinekiwidenton@gmail.com, or just turn up on the night. Performances are limited to 10 minutes each. Non-performing audience members are welcome. There is a \$3 cover charge.

trade & classifieds

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