

'Shot Bro' coming to Helensville

Well-known actor Rob Mocaraka is bringing his one-man play 'Shot Bro - Confessions of a Depressed Bullet' to Helensville.

'Shot Bro' has played around New Zealand and is the true-life story about Rob's fight with depression, being shot by police, suicide attempts, and a seven-year healing journey.

The show has been described as a black comedy about a bullet which suffers from depression and which is looking for Rob.

Three free performances will be held at Kaipara College - on Tuesday, August 1 for the whole community, the following day just for year 12 and 13 students, and a final show on Thursday, August 3 specifically for men.

Rob Mocaraka, who affiliates to Nga Puhī and Ngai Tuhoe, is an award-winning actor and writer but what he and those close to him didn't realise was that he had been living with depression.

Things came to a near-deadly head in 2009 when Rob charged at police with a meat-cleaver and was shot. He pleaded guilty in 2010 to charges including assault and threatening to kill or cause grievous

bodily harm to a policeman. He escaped jail time and was instead sentenced to community service.

He took his experience and turned it into a one-man theatre project called Shot Bro - Confessions of a Depressed Bullet, which opened in early 2016.

The show serves as a reminder of the importance of seeking help and support before it's too late.

The play reflects Rob's commitment to healing and inspiring others. Developed over seven years, it allows him to share his story

while also creating a safe space for others to express their own struggles. His authentic and intimate approach

ensures each guest feels welcomed and fully immersed in the transformative experience.

After each performance Rob holds a forum which gives attendees a chance to share their thoughts and emotions, fostering a sense of community and understanding.

Rob emphasises the urgent need for emotional intelligence and introspection in New Zealand, explaining that the way we were raised and continue to raise our children often discourages vulnerability - hindering individuals from effectively processing emotional triggers and exacerbating mental health issues.

By infusing humour into his play, Rob turns pain and trauma into a safe and relatable experience, shedding light on difficult topics and facilitating healing. His ultimate message is that every life holds intrinsic value, and no one is ever alone.

"This message aligns so well with the values of our collective groups," says Ana Christmas, executive director of Kindred Family Services in Helensville.

"We know many are struggling in our communities. We also know the power of



• Actor Rob Mocaraka

storytelling, resilience, and the human spirit. Rob Mocaraka's transformative play encourages individuals to seek help, share their stories, and find solace in a supportive community."

'Shot Bro - Confessions of a Depressed Bullet' is being brought to Helensville through a collaboration with Te Ha Oranga, Kindred Family Services, Outwest Youth, Kaipara College, and the Healing Through Arts Trust.

Tickets are free and are available now through Humanitix. For more information email: rowan@kindredservices.org.nz.

Planting day at reserve

A planting day will be held at the Helensville River Reserve starting at 9.30am on Sunday, July 9. Volunteers should enter the walkway beside 104 Commercial Road and follow the path. The planting is organised by Auckland Council and supported by Helensville Lions Club and other community volunteers. Volunteers should bring water and suitable rain-proof clothes and shoes. Gloves and spades will be supplied, and a barbeque will be provided.



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College rugby girls get mentor time

The Kaipara College girls' rugby team recently got to spend a day with some of their idols from the Auckland nib Blues Aupiki squad, receiving valuable advice for both on and off the field, as well as game insights and learning practical training techniques.

The college team was one of two schools in the Auckland region and one of just eight in the country to be awarded a 2degrees Womentorship Programme, selected from more than 150 entries.

The winning teams got the chance to spend a day learning from some of the best Super Rugby Aupiki players in the country, with the aim of inspiring young wāhine to pave the way to sporting greatness.

The Kaipara girls spent a day at the Blues training headquarters with nib Aupiki players including Eloise Blackwell, Shannon Leota, and Jaymie Kolose. Brand ambassadors Katelyn Vaha'akolo and Maia



• The Kaipara College girls rugby team with members from the Blues

Roos were also on hand as part of a player discussion session.

The Kaipara College girls' rugby team is a small but talented group which doesn't have the funding and opportunities available to bigger city schools, so the Womentorship Programme was a great opportunity to show the students the potential pathway they could take after they complete school.

Free Type 2 Diabetes course

A free Diabetes Self-Management Education course on Type 2 diabetes will be held in Helensville later this month.

Being run by Primary Health Organisation Comprehensive Care, the course will help locals better understand diabetes, its causes, and how best to maintain and improve health.

The day will be run by a diabetes nurse educator and dietitian in small groups so participants can get the most from it and ask questions in a safe environment. There will be support from a podiatrist and health psychologist as well.

The course will cover:

- Healthy eating - label reading, good and bad fats, food choices
- How to stop/control effects of diabetes on the body (eyes, kidney, heart, nerves,

feet)

- Medications - how they work and new options available
- What blood test results mean
- Goal setting (action planning, free support, where to now?)
- How to be the best with your health team.

Each participant will receive a bag of seasonal fruit and vegetables.

The course is on Saturday, July 22 from 9am to 3pm in the St Matthews Church lounge, 60 Garfield Road, Helensville.

Participants are welcome to bring a family member or friend for support, and refreshments will be provided.

Registration is essential - contact Margot at Comprehensive Care: phone: 09 448 0019, mobile: 021 818 568, or email: dsme@comprehensivecare.co.nz.

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Sophie appointed RAS national rural ambassador

Helensville's Sophie Holst has been appointed the Royal Agricultural Society's National Rural Ambassador for 2023.

The Rural Ambassador of the Year award recognises excellence among people aged 20 to 30 who are active within the A&P showing movement. The award has existed, under different names, since 1998.

Sophie won the ambassadorship from among six regional finalists. She was nominated for the award by the Helensville Show Committee and represented the RAS Northern Region at the final in Wellington.

To be eligible for the award, entrants must have a background in showing in some way - either as an exhibitor, steward, volunteer, or as a committee member, as well as being a current financial member of an A&P Association.

Sophie, who describes herself as extremely passionate about farming and the agricultural industry in New Zealand, easily ticked those boxes.

Raised on a South Head farm, she has been on the Helensville A&P Association committee for the past four years and is currently vice president. She has worked for the past five years at PGG Wrightson in Helensville, which has exposed her to a different side of farming, learning in-depth about animal nutrition and management as well as people and financial management.

"I am passionate about what I do and want to be able to showcase what we do as a show and help to get more people involved within our show," says Sophie.

"Winning the award means I get to showcase rural excellence around the country and be an ambassador for the industry."

Landing the rural ambassadorship was no mean feat.

Along with the other finalists, Sophie had to submit a full resume covering education, career and industry achievements, personal, career and industry goals, showing background, community involvement, interests, sports and hobbies, plus a covering letter outlining why she considered herself worthy of the award.

Regional finalists took part in a Zoom interview in May with the RAS judges, followed by attending the RAS Conference in Wellington in late June, where they had to make a three minute speech.

Ben Burgess, chair of the panel which selected the winner, says Sophie has been very

involved in the Helensville Show and has put in place a number of new, innovative ideas, and strongly represents what it means to be a rural ambassador.

As winner, Sophie received an RAS gold medal and the National Rural Ambassador Trophy. She will get to attend the Royal A&P Show in Australia as well as some Royal Shows in New Zealand and other local events.

"I'm excited to be able to travel and see more shows, plus get more involved with other parts of the show such as judging courses," she says.



• Sophie Holst with her award

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Moving the earth for 50 years

One of Helensville's longest running businesses celebrates 50 years this July.

Dave Swale set up D.W. Swale on his 23rd birthday on July 6, 1973 with a single tractor-mounted backhoe. He worked initially under contract to the Ministry of Works, spending seven or eight years working on the northwestern motorway and spaghetti junction.

Born in Te Aroha, Dave started his working life aged 15 on a Te Puke dairy farm. He then moved into operating machinery, based in Matamata and working on the Kaimai tunnel project.

When the Ministry of Works began to wind down its operations, Dave bought a 25ha dairy farm at Woodhill, which he owned for 10 years. His first wife Bev did the milking while Dave went to work contracting locally.

He purchased his supply yard in Mill Road around 1993 and the business was incorporated as Swale Earthmovers - and has run from that site ever since.

Dave turned 73 on July 6, but has no plans for retirement.

"I still enjoy it," he says simply of the work.

The business has grown greatly from that initial tractor backhoe to a fleet of excavators from two to 14 tonnes, a skid steer loader, trucks, and a range of other equipment. It employs three permanent staff and another three or four sub-contractors.

Memorable local projects over the years include stages two and three of the Parakai stopbanks and working on the Helensville Riverside Walkway. He was made a life

member of the Helensville & District Historical Society in recognition of all the work he has done for them.

Farm dams have been a specialty, and of the many changes he has seen over the years, one of the biggest has been the almost total loss of the dairy industry in Rodney, where Dave says there used to be "close to 300" dairy farms but now there are only a handful.



• Dave Swale

Many of those farms have been replaced by lifestyle blocks - a big source of work for Swale Earthmovers these days.

Outside of pushing dirt around, Dave's other passion is classic cars. His first car was a V8 Ford Single Spinner, and he has loved American V8s ever since.

He raced stockcars for seven years at Waikaraka Park in Auckland and in Hamilton, qualifying for the New Zealand championship one year. But a growing business meant that couldn't continue.

18 years ago Dave became a founding member of the Kaipara Classic Car Club, currently owning two prize winning vehicles, a Mustang-powered 1952 Ford F-2 ute and a 1956 Ford F750 Big Job truck.

He is also a founding member of the Raging Bulls rugby team in 1983, and played for them for 25 years.



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New manager for business association

Danielle Hancock is the new manager of the North West Country business association.

She has taken over running our local Business Improvement District (BID) from former manager Phelan Pirrie, who stepped down earlier this year to move to the Far North.

Danielle will be a familiar face to many, having been a member of the Rodney Local Board for its previous term, and also as the current chair of the Kaukapakapa Area Residents and Ratepayers Association (KARRA).

She has 15 years' experience working with Auckland Council, 10 of those as an employee working in resource consents, environmental compliance, and parks, and the other five as a consultant.

"Always passionate about the environment", Danielle has served on the Kaipara Moana executive committee, the Auckland Weed Advisory Group, and as this area's local Pest Free Coordinator.

She first met Phelan in 2013 while managing Rodney parks and he was elected to the Local Board. This was at the time initial plans were being formulated to establish a BID which would stretch from Riverhead and Kumeū in the south to Kaukapakapa in the north and encompass Helensville and Parakai; Danielle volunteered to help with the voting system.

"I got to know the BID system really well," she says.

After a couple of years on the local business association committee she left to help set up a BID in Henderson. Then in 2019 Phelan asked her to stand for Rodney Local Board.

Danielle has been running businesses as an executive leader for more than eight years and is currently business development manager for NZ Biosecurity Services, a private company which contracts pest control services to central and local government.

She is in the final stages of her Executive MBA degree and will graduate later this



• Danielle Hancock

year.

One of the first things Danielle will be doing at North West Country is reinstating business networking events, which have been on hold since Covid.

She also says the BID has historically focused on bringing tourists into the area, and while that will continue she wants to see more emphasis on helping other, non-tourist oriented businesses in the area.

To that end, she is setting up a collaborative partnership with the West Auckland Business Club, which she says should help gain "better traction" on larger issues, while local businesses will benefit through promotion, for instance, in the Club's bimonthly magazine.

Danielle has lived in the local area for 17 years; her husband Morgan is an osteopath, and their two children attend Kaukapakapa School.

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PM's award for SKGF

South Kaipara Good Food and its team of volunteers have received the Prime Minister's Covid-19 Response Recognition Award.

The award recognises organisations and individuals who contributed to New Zealand's Covid-19 response.

Then Prime Minister Jacinda Ardern, who announced the awards in December 2022, said: "these individuals made an enormous contribution, whether it was through containing and stamping out Covid-19, putting protections in place to keep people safe, or caring for those who caught the virus."

"They stepped up, often at great personal risk and sacrifice, and we owe them a debt of gratitude for carrying that burden on behalf of us all."

As a multi-agency led initiative, Kai Collective Te Awaroa was formed in direct response to the pandemic, ensuring locals who were isolating had food and other essential items such as masks, RATs, and sanitiser. In November 2021 the Kai Collective programme was transferred to the newly minted charity South Kaipara Good Food and was re-branded as Kai Assist.

"While this award has our name on it, it truly belongs to those who started this journey back in March 2020 with the creation of Kai Collective Te Awaroa," says South Kaipara Good Food chief executive Gemma Donaldson.

"We are humbled to be recognised in this way, and are grateful to all the organisations, agencies, and most importantly our volunteers who generously pitched in to ensure our community were supported when they needed it most."

Since 2020, South Kaipara Good Food has prepared 1450 isolation packs, distributed to the community via the Ministry of Social Development or direct referral, as well as in collaboration with local agencies Te Ha Oranga, Parent Aid North West, Kindred Family Services, Helensville District Health Trust, Outwest Youth, South

Kaipara Men's Centre, Angel Fund, and Kaipara College.

In 2021 SKGF grew three more arms.



• The award, with a sample isolation pack

Kai Learn has facilitated more than 65 cooking classes. Kai Grow has planted more than 600sq.m. of community, urban and market gardens, while more than 96,000kg of food has been saved from going to landfill by Kai Rescue.

Donations to support the work can be made online at: www.skgf.org.nz/donate.

Local market

The next Kaipapakapa market will again be at the Helensville Showgrounds, on Sunday, July 16 from 8.30am to 1pm. There will be stalls with everything from hand made to used goods, gifts, crafts, jewellery, fresh fruit and winter vegetables, plants, preserves and books. Plus donuts, the Lions sausage sizzle, and fresh coffee. Live music from Jessica will feature from 10am to midday and there will be free face painting for children. No dogs except assistance dogs please.

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

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Work to start soon on Coastguard Rescue Centre

The first step has been taken in the construction of Coastguard Kaipara's new Kaipara Marine Rescue Centre in Springs Road, Parakai with a groundbreaking blessing and ceremony on Friday, July 30.

Construction of the new facility will begin shortly and is expected to be completed by December this year.

Led by local iwi Ngāti Whatua ki Kaipara, the whakanoa te whenua (to bless the soil/land) dawn ceremony was attended by

members of Ngāti Whatua ki Kaipara, local board members, and Auckland Council staff, Coastguard New Zealand CEO Callum Gillespie and staff, along with Coastguard Kaipara volunteers, sponsors and consultants.

Coastguard Kaipara President Iain Gulliford says the new Springs Road rescue centre, next to a new all tide ramp and wharf, will be perfect and acknowledged the generous lease terms from Auckland Council and support from Ngāti Whatua ki Kaipara.

The new location offers Coastguard Kaipara the ability to respond faster than from its current Mill Road premises, being significantly closer to the mouth of the Kaipara River. It also removes the difficulty of low tide launching and retrieval.

Further funding is still being sought for the build - phone Vice President Greg Skinner on 027 674 2762 or email him at: greg@coastguardkaipara.org.nz.

AGM Notices

■ A&P ASSOCIATION

The Helensville A&P Association, which runs the annual Helensville Show, will hold its Annual General Meeting on Wednesday, July 12 at 7.30pm in the Helensville showgrounds building. All welcome.

■ RAILWAY TRUST

The Helensville Railway Station Trust will hold its Annual General Meeting on Saturday, July 15 starting 10am at the Helensville Railway Museum (beside Helensville Railway Station, 2 Railway Street). Locals are invited to come and chat with members to learn what the Trust does. The museum's model trains and general displays will be open for viewing.

■ TENNIS CLUB

Helensville Tennis Club will hold its Annual General Meeting on Sunday, July 30 starting 5pm in the Rautawhiri Park lounge. For a nomination forms email: helensvilletennis@gmail.com.

CAB to open on Saturdays

Citizens Advice Bureau Helensville will trial opening on Saturday mornings from mid August in an effort to make it easier for more locals to access the bureau's services.

The initiative also aims to deliver a 'hub' of other services such as Justices of the Peace.

"If we can make it easier for clients with hours outside of our current limited mid-week ones, including for visitors and tourists, that would be great. It also covers at least two of our membership principles - accessibility and accountability," says manager Rani Timoti.

The Saturday hub will launch on August 12 from 10am to midday.

"We'll assess and be flexible for what works for clients as far as times and other things," says Rani.

She says the CAB hopes to add additional onsite services such as a lawyer, a budgeting expert, and an employment adviser during the Saturday openings, and maybe even themes like literacy and numeracy.

Rani adds the Saturday openings could also open the door to potential volunteers who are unable to help during the week because of work commitments.

"There was a time I would have liked to volunteer for CAB but I was working full-time during the day - a Saturday morning or afternoon roster would have suited my schedule."



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from our local MP

Following the immortal advice of Monty Python to “always look on the bright side of life”, let me observe that we’ve now passed the shortest day of the year.

By this measure, we’re closer to next summer than to last one! And the same goes for Christmas. That has to be cause for celebration, even as the days grow cooler.

It has been a tough time for many readers of *Helensville News*, including farmers and growers all around the Kaipara Harbour and beyond. I’ve visited a number of primary producers in our area lately and learned how difficult it has been for many to navigate the aftermath of this year’s floods and cyclone.

Even where clean up and re-planting efforts are relatively straightforward and affordable (and they seldom are), questions remain about the viability of these operations going forward. Feeling this uncertainty about the future is no-one’s fault, so we should resist the easy temptation of pointing the finger of blame in any one direction.

The truth is that everyone now needs to work together to ensure the risks of future inundations are mitigated reasonably. This will allow the farmers and growers, along with insurers and bank lenders, to feel confident enough to invest in building back.

A discussion I’ve been having with authorities relates to waste water management in the northwest. Where farmland is directly downstream of such facilities, the risk is that fertile ground suffers contamination which could be hazardous to humans consuming livestock or crop products. This is in addition to the immediate public health hazard of ‘black water’ (as it’s euphemistically known) when flooding occurs.

This adds a layer of stress on top of the uncertainty faced by northwest residents due to flooding and cyclone recovery. Auckland Council has been contacting landowners in affected areas to assess whether - in the view of the landowners - various areas should be retired permanently as unliveable.

All that said, I hope you are looking forward to the prospect of warmer weather now that we’re into the second half of 2023. Always look on the bright side of life!



- Chris Penk

MP for Kaipara ki Mahurangi
chris.penkmp@parliament.govt.nz

the business

It’s been a very busy month for North West Country.

BNZ North West held a Business Insights event. Partnering with Ice House, the free event had expert speakers providing advice on business succession planning, how to undertake successful business acquisitions, and the local economic climate.

Retail NZ is providing support for retailers with a suite of practical tools, videos, webinars and an insurance quiz to help businesses build knowledge and capability in business continuity planning.

NWC members had the chance to register with the Regional Business Partner Network, a forum to connect to the right advice, resources, and people focused on supporting small to medium sized businesses to overcome hardship.

Finally, after a long hiatus, businesses were offered their first ‘Business After 5’ event through the West Auckland Business Club.



- Danielle Hancock

Manager, North West Country Business Assn
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Books raise almost \$12k

The Helensville Lions Club's Autumn Book Fair at the Helensville showgrounds raised \$11,823.

While book sales were down a little on the club's pre-Christmas fair last November the result was still considered very satisfactory, with the total further bumped up with the proceeds from a raffle and sausage sizzle.

"Thank you to all who donated so many high-quality books - without you it would not have been possible to hold the event," says fair organiser Chris Clark.

Running the event is a community effort, with students from Kaipara College helping set up on the Friday before the fair opens, and the Kaukapakapa/Helensville scouts and Friends of Lions who help with packing up and cleaning the hall once the fair is over.

Chris also wants to thank the families of club members who helped over the weekend and the Helensville A&P Association which gave the Lions unrestricted use of the grounds leading up to the weekend.

"Putting together a book fair is an all-round team effort and we would not be able to cope without the assistance we receive from our community."

Books left over from the autumn fair will now be re-sorted. Those that are damaged or unsaleable will go to the Helensville Recycle Centre, while surplus children's books go to South Auckland for distribution to playcentres and kindergartens.

Remaining good books will be sold at the Lions Club's book stall at the Kaukapakapa Market, held on the third Sunday of each month, also at the Helensville showgrounds.

The club's Christmas Book Fair will probably be held over the weekend of December 2 and 3, though the date and venue are yet to be finalised.

The club will accept book donations throughout the year. Small quantities can be left at Burmester Realty in Commercial Road, Helensville, otherwise phone Chris on 420 8527 or contact any other member of the Lions Club of Helensville.

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Kaipara Bar education day

Coastguard Kaipara took 21 people out over the Kaipara Bar aboard the Amara on a Kaipara Bar awareness and education trip recently.

The purpose of the trip was twofold: for Coastguard to learn what's involved in running a practical bar awareness course, and for participants to put into practice what they had learnt from bar awareness seminars held by Coastguard in Helensville and Otahuhu last year.

The 20m Amara is specifically designed for crossing the Kaipara Bar, and is operated by Mark Donaldson (who has more than 40 years' experience crossing the Kaipara Bar) and Daniel Van Der Star. It was accompanied by Winston Rescue, Coastguard Kaipara's rescue vessel, for training purposes. Participants came from as far as Waiau Pa on the Manukau Harbour. Volunteers from Coastguard North Kaipara also took part.

Participants say the experience left them with no illusions about the risk involved with crossing harbour bars, and the skills required.

Coastguard Kaipara President Iain Gulliford says Coastguard is working to deliver more bar awareness training before Labour Weekend.

While all bars are dangerous, they can have unique attributes. For the Kaipara Bar that includes the time it takes to cross the bar, a 'dog leg' course to follow, massive standing waves, calmer gaps where the channels run, and a 'washing machine effect'. Notes on charts for the Kaipara Harbour describe it as "a dangerous, confused sea except in very fine weather".

Crossing times for the bar can vary and the Coastguard Kaipara Rescue Vessel has experienced one crossing which took 45 minutes.

Safety is a big factor when conducting practical exercises such as this and Dan

from Amara gave a clear briefing before departing. On the first part of the journey where there is a speed restriction in place Coastguard volunteers talked with passengers about some of the considerations needed when crossing a bar.

Local kaumatua Richard Nahi, a former Coastguard Kaipara volunteer, gave a



• Passengers on Amara watch as Coastguard Helensville's Winstone Rescue vessel crests a huge wave during the bar crossing

karakia to guide the boats safely out and back.

During the outbound crossing Mark used his experience to show his passengers how a good sized wave would form.

Once outside the bar participants took stock of the experience, and Coastguard volunteers gave a run through on wearing life jackets and attaching Personal Locating Beacons to the jacket.



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local board matters

Transport is the single most mentioned concern of Rodney residents in public consultation, with additional capacity to cope with growth, increased provision of convenient, reliable, and frequent public transport, and improved road maintenance consistently topping the pops.

This is predictable as for decades Rodney has contended with massive urban sprawl, increased travel times for road users, and reduced productivity and increased costs for rural production.

For five years Supporting Growth (an NZTA - Auckland Transport partnership) has been working on 19 Notice of Requirements (NoRs) for route designations on projects to improve transport infrastructure capacity and reduce climate impacts for the North West. However, opposition to several of the NoRs by a Kumeū landowners group will likely delay these projects.

Key to congestion busting on SH16 are the Rapid Transport Network, and the Alternate Route (Kumeū bypass). These are six of the 19 NoRs the Rodney Local Board

was asked to provide feedback on in June.

Because the NoRs are merely the designation of the proposed route for these projects, and no funding has been allocated for further work on them in the Regional Land Transport Plan (RLTP), support for these NoRs is actually prerequisite to any allocation of budget in the next review of the RLTP.



The next work will be the business casing for funding, high level design work which will provide a degree of clarity over the impacts of the design on landowners, and the prioritisation of the project for funding and construction.

A deputation by Future Kumeū advised the Board they intend to oppose the NoRs for the Rapid Transport Network as in their view it would destroy about 30 percent of the commercial/industrial buildings in the existing Kumeū township and exacerbate flooding effects in Kumeū and the surrounding area.

They did however support the NoR for the alternate (bypass) route. Future Kumeū also proposed moving the existing Kumeū township to avoid future flooding impacts.

Following this deputation, the Board resolved our feedback on the NoRs and after much discussion we supported only the Notice of Requirement for the alternate (bypass) route. We commented on the need for the projects to avoid contributing to flooding in Kumeū - and in addition requested a moratorium on all further development in the North West.

In my view any further urban sprawl should be postponed until the transport infrastructure to support it has been delivered. Unlike east Rodney with its recently opened Puhoi to Warkworth motorway, west Rodney has had the highest population growth rates in Auckland, and congestion solutions remain decades away.

- Brent Bailey

Chair, Rodney Local Board

brent.bailey@aucklandcouncil.govt.nz

Crossword answers

Across: 7. Liberate, 8. Trot, 9. Toughie, 10. Amid, 11. Stream, 12. Handel, 14. Privet, 16. Needn't, 18. Adds, 20. Cabaret, 21. Gnat, 22. Anorexic.

Down: 1. Dictator, 2. Reduce, 3. Mathematician, 4. Telephone book, 5. Attain, 6. Gobi, 13. Einstein, 15. Visits, 17. Eerier, 19. Dune.

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■ **Free Subscriptions to Online Edition:**

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Sleepover time again at library

Helensville Library and Service Centre is proud to take part in this year's Matariki Festival with Kids Time on Wednesdays focusing on stories, songs, and rhymes related to Matariki.

Kids Crafternoon on Thursday, July 13 will lead into the library's popular annual Soft Toy Sleepover. Children can bring a toy (not one that needs to be at home at night) to the storytime and craft session, which starts at 3pm on Thursday, July 13. The toys will then spend the next two nights at Helensville Library (an extra night to usual, as Friday is the Matariki public holiday). Toys can then be picked up from 9.30am on Saturday, July 15.

Photos of the toys' antics will be shared on the library Facebook page after the event. Toys are welcome from adults too, and can be dropped off on the Thursday during library hours.

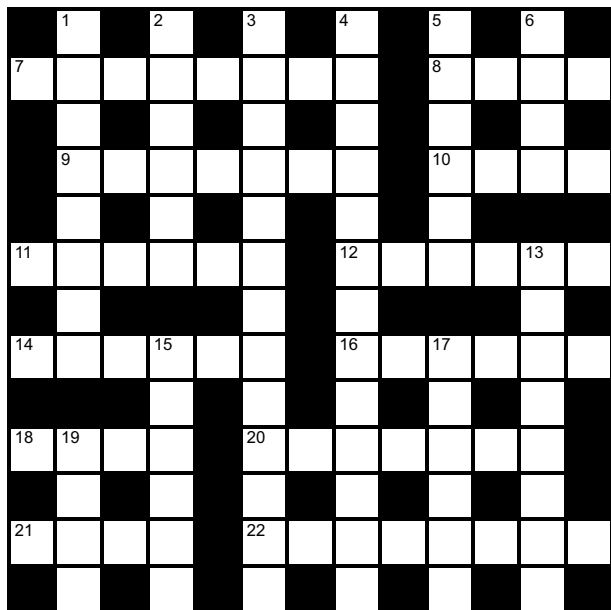


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crossword



Across

- 7 Set free (8)
- 8 Horse's gait (4)
- 9 Difficult question (7)
- 10 Among (4)
- 11 Flowing water (6)
- 12 Composer of 'The Messiah' (6)
- 14 Hedge plant (6)
- 16 Have no obligation to (6)
- 18 Increases (4)
- 20 Nightclub (7)
- 21 Midge (4)
- 22 Compulsive slimmer (8)

Down

- 1 Duce (8)
- 2 Lower (6)
- 3 One skilled in algebra, for example (13)
- 4 Directory of contact numbers (9,4)
- 5 Achieve (6)
- 6 Central Chinese desert (4)
- 13 Physicist (8)
- 15 Calls on (6)
- 17 Weirder (6)
- 19 Ridge of sand (4)

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ANSWERS

See Pg 11 for this month's answers.

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