

The Helensville Community News

Issue 104 - July 2018

Helensville's new Dame

by Helen Martin

Warm congratulations to the much-loved comedy-music duo the Topp Twins, Jools and Lynda, on their appointment as Dame Companions of the New Zealand Order of Merit in this year's Queen's Birthday Honours. This award tops off other prestigious accolades they've acquired over the years, including the New Zealand Order of Merit (MNZM, 2004), induction into the New Zealand Music Hall of Fame (2008) and Honorary Doctorates from the University of Waikato (2011).



Dame Jools and Whitefeather

Jools and Lynda, who recently celebrated their 60th birthdays, grew up on a dairy farm in Ruawaro, Huntly and have been around farms all their lives. In the award-winning documentary *The Topp Twins: Untouchable Girls* (2009) they tell of how, as little girls, they made play horses out of manuka before their parents provided them with the real thing. They now live in different islands. Lynda lives in Staveley in the South Island, running Topp Lodge with her wife Donna, while Jools lives in Helensville. She says she's been here long enough to feel like a local, having recently moved from Rimmer Road to a mud brick house in South Head. "It feels like another world and I love it," she says.

Jools divides her time between her high profile public role as a Topp Twin and her passion for horses. She practises Foundation Riding, a method in the tradition of the Spanish Vaquero (cowboy), where the aim is to achieve total harmony between horse and rider. "You always have to remember that you can get the horse to make you look good, but that's not a true partnership," she says. "The magic comes from the horse and

to ride a horse is not a right, it's a privilege." She's also busy working as a hoof trimmer and is on the committee of HOOFNZ, where she was one of the 12 founders, an organisation set up to train professional hoof trimmers and to support horse owners wanting to learn the practices of the barefoot horse movement, which believes the best way to prevent and cure bad feet is to feed horses a simple, balanced diet and to trim the bare hooves and leave them unshod.

There are plenty of other projects occupying Jools and Lynda. With Donna, they've recently opened a café in Methven, they're working on a coffee table book of recipes and stories based on their hugely popular television series *Topp Country* and there's a feature film in the pipeline, *The Long Drop*, which sounds like a winner.

As long-time political activists and as entertainers The Topp Twins have always been about connecting with people. Now they're Dames, but wherever their full lives take them the Topp Twins are resolved they'll never lose that connection. Jools told me that, so you could say I have it from the horse's mouth.

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Saturday, 28 July

Landslide – Fleetwood Mac & Stevie Nicks Tribute Show

at Helensville Rugby Club, Awaroa Road. Landslide is a professional 5 piece band who have been celebrating the music of Fleetwood Mac and Stevie Nicks all over the North Island for the past 5 yrs. Covering all eras of Fleetwood Mac and also the 80s Stevie Nicks solo hits. Dreams, Sara, Rhiannon, Go Your Own Way, Seven Wonders, Don't Stop, Edge of 17, Tusk, Gypsy, Black Magic Woman... they're all there!

For more information see page 3

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All correspondence should be legible and include writer's name and address.

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The Helensville Community News is published as an independent community newsletter in conjunction with the Helensville Community Website, www.helensvillecommunitynews.co.nz, to inform the residents, ratepayers and visitors of events and proposals that affect the local area.

Circulation 4,200 — pass it on to your friends.

The views and opinions expressed in this newsletter are those of the individual contributors and not necessarily those of the publishers. While we try to ensure accuracy of information, the publishers accept no responsibility for errors or omissions made by individual contributors.

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PROFILE



Jan Scott

by Helen Martin

After attending Penrose High School, Jan Woodbury worked as an apprentice dressmaker in Karangahape Road. When she was 17, her father's decision she could buy a motor scooter but not a motorbike turned out to be life changing for Jan, as the NZeta she found was owned by 20-year-old apprentice boat builder Ray Scott. "I thought he was handsome," says Jan.

"When I bought the scooter, he said he'd deliver it if I'd go out with him. After 18 months we married and this July we'll have been married 53 years - we now have three children, three grandchildren, and three great-grandchildren."

Ray's Helensville links go back to around 1882, after his ancestor William Scott ran away from home in London at the age of 13 and, many adventures later, ended up in Helensville, married and produced 10 children. Ray, his father and grandfather were all born here. It's not surprising then that the couple moved to Helensville, so Ray could crew on his father's fishing boat. At the time Jan thought Helensville was cute, even though it seemed to her "like the back of beyond" because it was so far from Auckland.

Wanting to save for a house deposit, when their first child, Bruce, was nine months old Ray found work as a lighthouse keeper. Highlights of their two years on Cuvier Island in the Hauraki Gulf included Jan being flown by Fred Ladd to the mainland for the birth of their daughter Michele and learning the tricks of self-sufficiency through fishing and hunting, growing fruit and vegetables, making butter and bread and keeping a house cow, sheep, chickens and ducks. In 1968 they battled the vicious storm that caused the Wahine to sink in Wellington Harbour, the effects of which were considerable on Cuvier. The following two years were spent on Fiordland's Puysegur Point (nicknamed Purgatory Point) where, as Jan explains, "the sand flies and mosquitoes carried you away and it was always cold, windy and raining."

With a deposit saved, they next became Helensville homeowners and their third child, Tania, was born in Helensville Hospital. Jan settled quickly into the community, making friends through playcentre and Helensville Primary and, later, through her work. While she and Ray shifted around a bit over the years, including a six-month stint on the Gold Coast, they have lived mostly in Helensville. Jan is well known from having worked in several shops in the area, including the pharmacy, the health shop, the florist and her son Bruce's butchery in Mill Rd, which he built. Having now retired, she volunteers at St John's.

Jan has always had plenty of interests. Ray had "always been into bows and arrows" and he and Jan became involved in small bore rifle shooting at Boystown's rifle range, graduating to master grade and shooting competitively. Jan is proud she was the captain of the New Zealand women's team against England in 1978, earning her silver fern and blazer. Ray and Bruce also represented New Zealand in small bore rifle shooting.

"I tried pottery and ceramics, and then I went to a jewellery class and really liked it," Jan says. After making jewellery from



What's happening this month



Friday, 6 July, Helensville Aglow will be meeting 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Our speaker will be the director of Streams Pacific Training Centre, Cherie Trent. All welcome. Contact yvonne@hello.net.nz if you want more information.

Friday, 6 July, Term 2 Ends

Sunday, 15 July, Kaukapakapa Village Market, Kaukapakapa Hall, 8.30am-1pm, Held on the 3rd Sunday of every month all year round. With its friendly people, great atmosphere and a wide selection of quality stalls there's something for everyone with everything from locally hand-made crafts, fresh fruit & veg to pre-loved treasures and collectibles. Enjoy a freshly made coffee while you check out the stalls or sit and relax with something tasty from the market cafe while you take in the entertaining atmosphere and live music. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month—a great morning out for the family. Our musicians for July is Mike Lea & Mary-Anne, Free Face painting, Kids craft Table from 10am to 12pm. For more information, stall-holder, busker and music enquiries contact Sarah: Phone - 0274 831542 or Email - sarah1@maxnet.co.nz. Eftpos cash out available.

Monday, 23 July, Term 3 Begins

Saturday, 28 July, Landslide – Fleetwood Mac & Stevie Nicks Tribute Show, Helensville Rugby Club, Awaroa Road, Landslide is a professional 5 piece band who have been celebrating the music of Fleetwood Mac and Stevie Nicks all over the North Island for the past 5 yrs. Covering all eras of Fleetwood Mac and also the 80s Stevie Nicks solo hits. Dreams, Sara, Rhiannon, Go Your Own Way, Seven Wonders, Don't Stop, Edge of 17, Tusk, Gypsy, Black Magic Woman.... they're all there! 2 x 75min sets to dance and sing along to. Full lighting and sound system with liberal 4 part harmonies help to bring these amazing, classic songs to life. Ticket \$25 Eventfinda or Super Liquor Helensville

Friday, 3 August, Helensville Aglow will be meeting 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Our speaker will be Owen Pomana sharing his story, "A Life Transformed". All welcome. Contact yvonne@hello.net.nz if you want more information

Saturday, 11 August, Waitoki Village Market Day, 8.30 till noon, Waitoki Hall, Kahikatea Flat Rd. Want to do your bit for the environment while protecting your property and orchard against Pesky Pests! Come and talk to a qualified pest control person, Adeline or Pauline who with numerous volunteers have been working on ridding Whangaparaoa Peninsula of pests, with great success, check out <https://pestfree.wixsite.com/volunteers>. They will also have information regarding activities you can become involved in with the Forest and Bird Society; encouraging birds into your garden, bird counts, bush walks etc. In addition, Nancy from Operation Christmas Child is coming to share in the "Joy of Giving" by explaining and showing how easy it is to bring joy to a child this coming Christmas season, by putting together a shoe box of small gifts to be sent to areas of poverty. Find out what is going on in your community; get involved in a friendly, relaxed atmosphere. Pick up baked goods, olive oil, plants, homemade and preloved bargains, Bric a Brac, preserves, and more. Support your community; proceeds from the Market go back to our local community. New stall holders welcome, contact Gill 420 3301 or email waitokihall@gmail.com. Next Market 13 October.

Regular Events

Darts at the RSA 5.30 onwards from March 22nd then every second Thursday onwards. Entry \$5pp Pints on the night \$5 ALL WELCOME
Helensville River Valley Country Music Club Held 3rd Sunday of the month at Helensville War Memorial Hall. 1pm start. All Welcome Contact 09 420 8246

Peggy Squares knitting Group, Wednesdays 10am - 11:30am Join us for a coffee and a chat while knitting your Peggy Squares and assist us in creating community blankets for children in your community. Glenys 09 411 8546

Salt Youth Events: Thursdays, 7.30-9pm, Helensville Christian Life Centre, 118 Commercial Rd, Helensville. For young people, 13-18yrs. Contact Tim Forlong, 09 420-8911.

SeniorNet Kumeu Inc., Have you ever thought about joining SeniorNet? The Kumeu branch meets at the Soccer Rooms at Huapai Domain with a Helensville outpost in a private home in Garfield Rd. The cost of entry is \$3. Why not come along and find out what we have to offer. Contact details: Brian Lacey brian@lacey.nz, 022 183 1811, Beverley Meredith, meredithpb@xtra.co.nz, 09 411 5201, Alwynne Wedgwood, alwynneoh@xtra.co.nz, 09 420 9984

South Kaipara Rotary: 1st & 3rd Monday of the month, 7pm at Kaipara RSA, Commercial Rd. All Welcome, Young or Old.

Te Awaroa Residents & Ratepayers Assoc (TARRA), Helensville War Memorial Hall. Visitors Welcome. Enquiries 021 488 427 or email tarrassoc@gmail.com

home, she became the resident jeweller at Art on Track, a gallery at the railway station set up by a group of women artists. She also held stalls at the Kaukapakapa Market and, along with Ray, whose wood turning has in latter years become his obsession, takes part in Helensville's annual Arts in the Ville at Labour Weekend. Jan belongs to Peggy Squares, the local group that meets weekly and knits for babies in need, and to Red Hatters, a society that operates internationally with the goal of fostering social interaction and bonding among women.

It hasn't been all beer and skittles. In 1993, Ray was diagnosed with terminal cancer, but thankfully eventually recovered. Then, in 2001 Jan contracted encephalitis, inflammation of the brain lining, a "wicked illness" that could have killed her and from which she took a long time to recover.

It was the kindness of others during those times that made Jan decide two years ago it was time to give something back." I thought, what can I do to contribute? And it came to me – I'd set up a free service driving senior citizens to their appointments in the local area. Ray was out, and by the time he got home I'd gone online and organised 500 cards to be printed and a magnetic sign for my car to advertise I Drive You. I'm not an impulsive person but I just did it, and Ray was happy to support me." After distributing her cards around Helensville and Parakai, organising

a police check (which was not required, but she did it anyway), organising a disabled parking sign and finding out if she needed to change her insurance policy or get a special licence (she didn't), a month after she hatched her idea in May 2016 Jan took her first client to a physio appointment.

"I don't go further than Helensville and Parakai because I'm looking after my own village. When I take someone to an appointment I wait for them and take them home. I don't want to rush anyone, so when I'm with somebody, that time is theirs." Jan's generosity does not go unnoticed. Her service has been celebrated on TVNZ's 'Good Sorts' and in the New Zealand Women's Weekly. Many of her clients are so grateful they insist on paying her – and every cent she receives is passed on to St John. "I give the donations to them because I strongly believe in their mission, which is 'to develop strong communities to help people live independently, get the social connections they need and improve their well being'" she explains.

Helensville is lucky to have Jan, just as she feels lucky to be here. "I love Helensville because it's a very friendly little village. I feel comfortable, I feel welcome, I'm content. We have all the amenities we need, so I don't think we need to go to Auckland much at all. I originally came from Ellerslie, but this is home."

Jan can be contacted on 4207283 and 02102563865.



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SECURITY LIGHTING



Te Awaroa Residents & Ratepayers Association

DEMOCRACY LOST?

Are you aware that fundamental community democracy is being significantly eroded? Failure by us to be alert to what is happening will result in unexpected shocks.

You may recall the last round of Rodney Local Board 'Have Your Say' events where the various aspects of the proposed budget/plan were up for discussion. Subsequent submissions against the proposed \$150 per property targeted rate for roading, footpaths and park and rides, were in the majority. The Local Board is bound to act in accordance with submissions. That is democracy in action. Faced with dropping a 'rates grab' for the purpose proposed, our Local Board, at their business meeting on 24th May (minutes are on Auckland Council website) decided to go ahead with the targeted rate, but for the purpose of funding two bus routes which have some community support. Helensville-Kaukapakapa-Silverdale and Kumeu-Coatesville-Albany. There has not been democratic consultation on this. Costs? Financial feasibility? The Rodney Local Board is putting this decision forward to Auckland Council to vote on striking the rate.

Now it passes to our Councillor, Greg Sayers, to have input. However he is in the minority of Councillors who are fighting to keep rates down. Mayor Phil Goff has the 'numbers' (majority support of Councillors) to simply pass it. Phil and his gang are out to grab any extra revenue they can, at our expense.

Yes, these buses would be very appreciated by some. But democracy has not been honoured. And we are paying!

Since originally writing this Auckland Council has indeed voted to strike a \$150 targeted rate in Rodney.

A recent planning consent application for a community facility received just one objection (other than some late submissions from a small group of neighbouring rest home residents whose management had given signed approval earlier). The objection was from the Deputy Chair of Rodney Local Board and was contrary to the completely supportive letter written when the matter was brought to the Board in 2016, by then Chair Brenda Steele – when a different group of Board members were in place. As the matter had not been discussed at Local Board level since 2016, this objection did not arise from any democratic process. Further, the author of the objection has a commercial conflict of interest over the subject land and was excluded from debate in 2016 for that reason.

Our Local Board leadership are defying democracy.

The same influence is applied to the north west business community – North West Country Business Improvement District (BID). The petition I led seeking a re-ballot of members to determine whether there is still adequate support for the BID, gained 295 signatures. The BID deemed only 76 to be valid, without any reason given. That was, however, still more than three times the number required for the petition to succeed. The BID management/board have stated they are ignoring the petition and

'moving on'. During my efforts on this matter I have acquired the Auckland Council North West BID rates data base. Business property owners and business operators will be stunned to learn that the targeted rates grab gathers over \$34,000 more than the \$180,000 we are told is received and passed to the BID. So Auckland Council has a secret little fund from ripping off the business community. No wonder Council is also ignoring the petition. Democracy is being trampled on and now the Deputy Chair of the Rodney Local Board, who has been local board representative on the BID board from its inception, has been appointed manager of the BID. Massive conflict of interest.

Unless we stand up, we are going to be tyrannised by the current Rodney Local Board and Auckland Council.

Joining and participating in your local ratepayers group is one way you can make your voice heard.

Te Awaroa Residents and Ratepayers Association (Helensville and Parakai) is holding an AGM on 18th July with our new MP Chris Penk as guest speaker.

There are also ratepayers groups for South Head, Shelly Beach and Kaukapakapa (plus Kumeu/Huapai and Riverhead).

There is some interest in these groups combining on matters of mutual interest. Fundamental democracy fits this brief.

Holly Southernwood

MP Chris Penk to speak at TARRA AGM

On Wednesday 18th July our new MP Chris Penk (National) will be guest speaker at the Annual General Meeting of Te Awaroa Residents and Ratepayers Association Inc.

The AGM will be held at 7.30pm at Helensville War Memorial Hall meeting room. Chris is willing to take any questions you may have. Your opportunity to get some answers!

Anyone wanting to join TARRA, or find out more: email tarrassoc@gmail.com or phone 021 488 427.

The petition requesting a bypass for heavy vehicles, from the Helensville/Parakai roundabout across to Mt Rex vicinity, is still available to sign at Helensville Copy & Print, 56 Commercial Road. Chris Penk is able to assist with this matter for us.

Holly Southernwood, Chair

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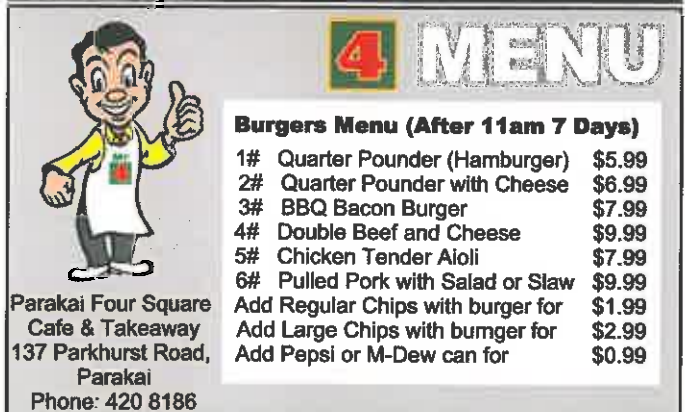
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What is Hypnosis?

There has been much misunderstanding about hypnosis over the years, and I will attempt here to explain just a little about what hypnosis is and what it isn't.

First of all, you don't actually have to believe in it for it to be successful, (someone asked me that recently) and no, it isn't faith healing so needing to believe in it isn't necessary.

Someone else told me that they don't believe it's real and there is no such thing as hypnosis, and added quite emphatically that "those people on stage cavorting around are just pretending!" Not true! Those people having fun on stage are just very good at trance, and not everybody is able to do that.

Several people were worried that I might make them do something weird, (squawk like a chicken and so on). Of course not! That is not the aim. The aim of hypnotherapy is to help a person to enjoy their life more than they are at the moment - which could involve a whole raft of human emotions from something as simple as a lack of motivation to phobias and anxiety. And no, no-one can make you do something you don't want to do. All of us have an inbuilt security system which prevents that.

So, what is hypnosis? Trance is another word for it.

Everyone is in trance, many times during the day. Hypnosis is a natural phenomenon. For example, every time you drive to work over the same road or repeat something you do often, your mind is drifting with your own thoughts, like in a kind of a daydream, and yet...if when you are driving for example, and a dog suddenly runs out in front of you, or the vehicle in front of you suddenly stops, you slam on the brakes (hopefully). You were inside your head thinking about stuff and yet you were driving responsibly (hopefully). Another example is watching a good movie or reading a gripping book, where outside distractions are minimised. So, trance is natural and we all experience it.

Why do we need a hypnotherapist? The therapist can guide our subconscious to be more aware of what we want in life, rather than be stuck in our addictions. It is difficult to get past the conscious mind off our own bat and that is where a therapist is most useful. You tell the therapist what you want and they guide your subconscious to the success that you asked for.

Many people seem to be frightened of hypnosis. They think that the hypnotist will make them do something weird. Not true. No one can "make you" do something you don't want to do. Some religions tend to think that hypnosis is dangerous, and "of the devil" or "evil". This is ignorance and a total lack of understanding of the science of the human mind.

Hypnosis, or being in trance, funnily enough, is a very relaxing and enjoyable experience.

Janice McMurdo

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An invitation to parents

If you're a parent of a baby or toddler and would like to meet others for a regular friendly catch-up then come to the Helensville Birthing Centre Coffee Group,



Jacinda Travers and baby Liam at last year's Big Latch On.

every second Wednesday morning at Te Whare Oranga o Parakai. Guest speakers make regular appearances, on everything from Maori natural medicine, pregnancy massage and postnatal depression.

The coffee group isn't just for mums. Dads, grandparents and other caregivers are welcome too.

There are some special sessions around caring for your new pēpi, with the next one on 11 July.

In August personal trainer Kirstyn Campbell will be talking about safe exercise. And on Friday 3 August the Coffee Group will once again host The Big Latch On, an annual event where women turn up at registered venues to breastfeed their babies at the same time.

For more information look up Helensville Birthing Centre Coffee Group on Facebook or www.birthingcentre.co.nz.

Be your own boss

Do you harbour plans of ditching your job and working for yourself? The Certificate In Smart Steps To Business is a course that'll teach you everything you need to know to turn that business idea into a reality. It's a zero fees course run by Te Wānanga o Aotearoa. By the end of the course you'll be able to assess the feasibility of your small business idea, write a business plan and know what your legal obligations are.

It runs every Wednesday evening for 20 weeks from 18 July.

To find out more about the course contact tutor, Colin Frampton on email: colin@knowledgebasecentral.co.nz or phone: 027 679 5622.

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Helensville Canine Hero - Ragnar

By Angela McKenzie

Ragnar is a certified therapy dog and does a lot of community work, not in particular he works with BARKNZ.

BARKNZ is a non-profit organisation that goes into schools and learning facilities to educate children on safety around dogs. We look at warning signs – what to look for with dogs, how to approach a dog safely, etc, which as we know these days is an imperative part of a child's education.

Ragnar is an amazing dog who has attended many public events and fundraisers, including winning fundraising competitions and donated his winnings to help out other rescue groups.

He is a true ambassador for not only his breed but for large breed dogs in general. Not only to us is he a service dog of the year, but also a lifesaver of the year because he has no doubt helped save many kids from being bitten. He is our Pet of the Year and we believe Ragnar is a worthy Canine Hero.

Article from New Zealand Kennel Club Magazine June 2018



Ragnar attended Helensville Primary School Ag Day with Helensville Fire Engine and BARK NZ

Ragnar headed out to South Head Hall on Sunday 10 June to meet rural locals with New Zealand Police, South Kaipara Youth - SKY Helensville Women & Family Centre, Citizens Advice Bureau Helensville Age Concern Rodney, South Kaipara Mens Trust, Neighbourhood Support Community Patrols of New Zealand - CPNZ BARK NZ. An informal event for locals to have a chat and learn more about some of the groups and services available out there. Van, my parrot brother from a feathered and other mother...came along today for his first ever public event. He did so well, not only coping but actually enjoying himself...which is what it's all about for us support animals. #dogswithjobs #birdswithjobs. *Photo Credit Stellanova*



Ragnar having coffee with community at South Head

Chris Penk MP for Helensville

365, Main Road, Huapai
09 412 2496
chris.penkmp@parliament.govt.nz
chrispenk.national.org.nz

National



From Penk's Pen

I write this column during National Volunteer Week, an annual event that's pretty much exactly what it sounds like!

It's been a great opportunity to acknowledge the work done by so many people in our community. I've been visiting as many local Helensville groups as possible this week, while not in Wellington representing you in Parliament that is.

One particular highlight was the chance to see our volunteer firefighters. I'd previously visited the station at Helensville and this week did likewise down at Kumeu-Huapai. Their work includes so much more than firefighting – important as that is, of course – as these heroes also respond to all kinds of emergencies in our community. As well as bearing a huge emotional burden, the firefighters also sacrifice much time that they could otherwise be spending with their families or in work and leisure activities. It was a humbling experience to stand before these men and women and thank them sincerely for their service.

Another highlight was my visit to the St John Youth organisation at Helensville. Led with focus and passion by Sheryl Pawley and other adult (and young adult) volunteers, the regular meetings provide all kinds of **St John Council members addressing training "the world"** Photo Credit Carla opportunities.

Along with first aid, of course, youngsters gain recognition for skills they gain in the areas of communication, teamwork and planning, to name a few! I have no hesitation in commending the programme to any local parents who are considering ways to get kids engaged positively in lots of great ways.

I'm aware that many other Helensville groups also volunteer their time, expertise and energy to benefit us all. Please don't hesitate to contact me if there's any way that my office and I can support what you do.

Finally, it probably goes without saying that – although this week has placed a particular emphasis on volunteerism – the wonderful work goes on every day of every week of every month of every year!

Please join me in thanking a volunteer today!
Cheers, Chris Penk MP (Helensville)



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Results of "A Week in the life of the Kaukapakapa" Photographic Competition



Tom and Lottie Matteucci with Judge Megan Paterson (right)

A win for the Matteucci family with Mum Lottie and 12 year Tom winning top awards for the Senior and Junior categories of the second annual Kaukapakapa Photographic Competition. Lottie's picture of Kaukapakapa in the morning mist, "Caught the moment fulfilling the brief," commented Photographer Colin Lunt, "It just goes to show how much mobile phones have progressed with a combination of perspective, light and mood beautifully captured". Tom's photograph of morning mist covered valley with Gibbs Farm in the background also illustrated a "well seen" photo especially coming from a 12 year old! Both received Certificates, \$50.00 Westfield Vouchers and an A3 print of their winning entries.

The Peoples' award was judged during the Sunday Morning Kaukapakapa Market. It proved to be a difficult choice for more than 100 people who were at the market – but the clear winner was 13 year old Luka Richards for his photo of a Kingfisher. He also received a \$50.00 Westfield Voucher and an A3 print of his entry.

Judges, Megan Paterson, (competition organiser), Sarah Legg, (Kaukapakapa Sunday market organiser) and photographer Colin Lunt were unanimous in their choice of winners.

Certificates of Merit were also presented to:
JUNIOR: Landscape by Rebecca Kenny, The Frog by Macey
SENIOR: Two flood pics by Ann Jones, Jo James' B&W pic of the girls on the fence and 14 year old Luka's photo of the running dog.



Lottie Matteucci - Village Centre in mist



Tom Matteucci - Gibbs Farm at Dawn

For more information – please contact Colin Lunt.
colinlunt@xtra.co.nz 0273 704188

All the entries can be seen at <http://www.clc-photographic.com/a-week-in-the-life-of-kaukapakapa.html>

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HIPPY Mid-Year Celebration

Last month HIPPY South Kaipara families met together at the Parakai School hall to share a morning of fun activities. The parents and children made lolly necklaces, paper hats, did beading and sewing pictures together, made butterfly mobiles, rainbow mobiles and hanging cats from paper plates. All of the activities were simple and designed for young children to enjoy with the help of their parents. The HIPPY children were then presented with a book each and certificates for working hard on their HIPPY. The new entrant class at Parakai School also joined in the fun with senior students giving them a helping hand. The morning ended with a shared morning tea.

HIPPY or the 'Home Interaction Programme for Parents and Youngsters' encourages parents to be their child's first teacher by working on the HIPPY programme for 15 minutes a day, five days each week for two years. The benefits of parents spending regular quality time with their young children are known to last a lifetime. HIPPY children love doing the HIPPY activities with their parents. Having a strong, secure relationship with at least one parent is essential for the healthy development of children and lays the foundation for their learning and self-confidence in later life.

On Thursday 16th August 2018 HIPPY South Kaipara will be facilitating a two hour seminar: *The Early Years Last Forever*. This will be presented by the Brainwave Trust, which delivers information to parents on the importance of brain development in the early years. Brainwave's vision is that all children in Aotearoa New Zealand are valued and nurtured so they can reach their full potential. The seminar is free and open to the community. It will be held in the Parakai School hall, 10 Fordyce Road, Parakai from 10am to 12pm. To RSVP or if you would like to know more about the HIPPY programme phone coordinator Bernie Malizia on 021 0220 6017.



Cousins Riwia and Hoani Tapurau both aged four.



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Woodhill Sands Equestrian Centre

by Helen Martin

When Chris and Shelley Ross bought a 15-acre strip of land by James Mackie Road on State Highway 16 in 2005 they intended to develop it as a lifestyle block and sell it. Their plans changed when a digger starting to clear it found a base of sand, and further test digs established the scope of the sand was massive. This led Shelley, a local horsewoman whose sporting prowess included being long listed for the Olympics, to the idea of establishing a much-needed local equestrian centre, and she and Chris set to, purchasing more land and turning the plan into a reality. Once Woodhill Sands Equestrian Centre was established it became affiliated to the national federation, Equestrian Sports NZ, and for over 10 years many national and international shows and local pony club events were successfully held there.

Wanting to move onto other projects the couple sold the business in 2017 to Woodhill Sands Trust, a community-owned, not-for-profit organisation established for the purpose, which fund-raised through local area groups. Venue manager Angelo Nobilo, who looks after the property and runs events, explains, "There's pressure out here for land to be used for other things so it was a monumental feat, the result of a lot of hard work from some very motivated people involved in equestrian sport."



Flying high! Star of TVNZ's 'Keeping up with the Kaimanawa's' Amanda Wilson jumping in the 2016 Continental Cars Audi World Cup Final at Woodhill Sands. Credit to Cheleken Photography.

She describes it as a great community asset and a top-quality venue, where the grass arena has a very good jumping surface and the sand arenas have a firm surface and are quick draining. Assisting Angela is a solid team, including the Trust members, a grounds man, a part time book keeper, café staff employed when shows are on, course designers and willing volunteers who give their time to maintain the gear and help set up for shows.

There's always something happening at Woodhill Sands, with a show every weekend. Local groups like pony clubs make good use of it and it's the first Equestrian Centre in the country to start Spring shows in the national calendar, with people competing from Kaitia to Taupo. A round of the World Cup is the biggest show. In the last three world cups the final, with up to 600 horses competing, has been run there by Waitemata Show Jumping in January.

Angela used to ride competitively, but says now she's a 'happy hacker', riding just for pleasure. "I enjoy organising. I love giving out ribbons to the kids. It's great that Woodhill Sands guarantees equestrian sport will have a home in the community, where kids coming up through pony clubs have somewhere to go to keep riding."



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Comfort Zones



Kim McNamara

Often we become creatures of habit and tend to do the same things over and over. Some of us go on through life repeating patterns and cycles.

Sometimes we look at others and wonder how they can be so brave and try new things, sometimes we are the person being brave and trying new things.

There is lots of talk about comfort zones, some of us have bigger comfort zones than others. So what is a comfort zone? It is that safe place we sit in where things remain the same and we feel comfortable, we know everything around us, it is predictable and we mostly know what it coming.

So why bother moving out of your comfort zone? The most learning you do will be out of your comfort zone. To do the same thing daily will probably mean you use the same strategies and patterns you have always used to do your day. Sometimes sitting in your comfort zone, maybe after having a hard time over something is a good thing while you get yourself back to your normal self. Sitting in your comfort zone for too long can get a bit boring.

We all know what it feels like to not want to go out for the day, and then when we have gone out, we have had such a cool day. We have all done it!!

Maybe you are tired, maybe your self-esteem is riding a bit low, maybe it is just not you to go out and do new things, maybe it has just become a pattern.

Going outside your comfort zone provides learning, just like we encourage children to try different things and expose them to different positive situations and events so they grow in their understanding and enjoyment in the world, we too as adults need to grow.

Any easy way to start if you are feeling a bit stuck, is to make a point of going outside your comfort zone once a day, it doesn't have to be parachuting but it might be having someone over for coffee or going for a walk, enrolling in a group activity that you enjoy, maybe going to visit someone who you haven't seen or a

while. Maybe you might be someone who wants to step it up a bit more, enrol in some learning, finally get your license and visit a different place that you haven't been too or maybe you would like to be a volunteer in a group you are passionate about.

Whatever it is, I encourage you to do one thing small outside of your comfort, our brains are geared to move forward, we learn until the day we die, going outside of our comfort zone puts us in

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I am lucky enough to be working in the community with some amazing people who are passionate about raising awareness and helping children, parents and families that are affected by Fetal Alcohol Disorder Syndrome (FASD). We are aware that their might be many children out there struggling with this disorder and some undiagnosed.

Our aim is to dispell the myth that a mother needs to drink excessively while pregnant for this disorder to happen. A few drinks at a certain stage of pregnancy is enough to cause brain damage. Our group is positive, upbeat and we brainstormed some tips for dealing with some behaviours that FASD will present. These include one instruction at a time, they will be impulsive, and at times lack judgement, if you want an FASD child to calm, then make sure there is not too much stimulus, they will often forget as their short-term memory is not great, this can also make learning difficult, behaviour might be right up there, but try and be calm and talk quietly, let the small stuff go, as there will probably be bigger stuff to deal with it and FASD children will often act first, and process later. Join our facebook group FAZED INN.

Kim McNamara Hypnotherapist/ Life Coach/ NLP Master Practitioner

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Dave Bell, 1941 – 2018

by Helen Martin



Dave at the A and P's Easter Show

South Head resident Dave Bell has died, just one week after being made an Honorary Life Member of the Auckland Agricultural and Pastoral Association.

He grew up as one of six children on a large dairy farm in Broadlands, half way between

Rotorua and Taupo. When he was six the family moved to Henderson, which was still a very small community. At the age of 19 he went share milking in Trigg Road, Whenuapai before going farming on South Head, where he ran a 250-acre dairy farm for 28 years. He was always mad about horses, and after selling the farm he moved to Kumeu, where he and his partner Trish followed their interest in breeding and selling thoroughbreds. The couple eventually moved to South Head, continuing their interest in horses there.

He had a broad interest in all farming matters, giving many voluntary hours to the Auckland A and P in roles including convenor of the livestock committee, goat and sheep steward, Vice President and President. He was an active member up until his illness this year.

Dave is survived by his partner Trish, his three children and several grandchildren.



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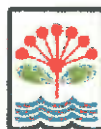


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Helensville Library happenings – July 2018

First of all, thank you for your patience while we were closed for refurbishment.

In the public area, you may not have noticed much change. We had the equivalent of a layer of new foundation and a splash of lippy put on. That is, new paint, and some carpet tiles replaced.

It is in the main staff area that the changes are most apparent – it's a whole facelift out there. The space is our kitchen / tea room / store room / work room / locker room, and was designed for three staff. We now have seven staff, with up to six at work at a time – and it is the kitchen for Council's Helensville Service Centre staff, too. So it can be quite crowded.

We are enjoying being able to open the freezer without having to move the rubbish and recycling bins. And our coffee cups are in a cupboard, rather than a drawer. Not to mention, more than one person can have lunch at the lunch table at a time. It's definitely making our lives easier!

July means Matariki and school holidays.

We will be celebrating Matariki with Matariki-themed kids time sessions from Tuesday 3 July until Thursday 19 July. Kids time runs on Tuesdays, Wednesdays and Thursdays from 10.30am. Each session is about 30 minutes, and is aimed at under-6s, but all ages are welcome, particularly during the school holidays.

The theme for Matariki 2018 at Auckland Libraries is: Te Kawerau a Maki :Ngākōrero hauāuru (Stories of the West). This, and the sub-themes of kaitiakitanga (guardianship) and rāhui (conservation) will be the focus of our sessions.



Soft Toy Sleepover

The school holidays will start with our annual Soft Toy Sleepover on Friday 6 July. Children bring along a soft toy (not a special toy that has to be home at bedtime) between 4pm and 5pm. Toys will be registered and photos taken for ID purposes.

Between 5pm and 6pm (yes, after hours and in the dark!) there will be storytime, milo and marshmallows (or similar).

Toys are left in the library overnight, under supervision, for a sleepover. They will be fed dinner and breakfast, so we will need to know of any dietary requirements.

Children pick their toys up while the library is open on Saturday 7 July (between 9.30am and 4pm).

During the school holidays there will be special events between 3pm and 4pm each day the library is open. Details are available on Auckland Libraries' website (www.aucklandlibraries.govt.nz) and on the Helensville Library Facebook page (facebook.com/HelensvilleLibrary). Flyers are also available from the library.

We are looking forward to seeing you and your family during these events.

When the weather's cold and horrible, you are welcome to enjoy the warmth and dry of the library.

Anne, Senior Librarian – Children and Youth Helensville Library



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Physio Talks

Parental Love Does not Depend on Income

My years as a pediatric PT brought me into contact with every sort of family situation including income status. I also had the privilege of working in many settings while assisting children and their families with the children's developmental problems. I used that experience to make a point to the physio classes I taught that seems to have stuck with them over time, the fact that how much a parent loves a child has nothing to do with how much money the parent makes.

This fact was brought home to me by the attitudes of the staff at an outpatient clinic at the Medical College of Georgia Hospitals where I consulted to their clinic for disabled children. I frequently saw the staff speaking to the parents of disabled children as if they were either expected to be disinterested parents or just stupid. These parents were all of lower income status, which is why they used this clinic; i.e. it was free and used by the University for training new professionals. Some training! The body language and often the verbalizations coming from the professionals or trainees said quite clearly that the assumptions were 1. The parents were not likely to attend subsequent scheduled visits, 2. That the parents were not likely to carry out the recommendations of the clinic, 3. The parents could not understand the basics of the children's problems therefore the interventions were likely to be useless.

I realized these conclusions because I was usually the one to follow up the interview with the parents, some of whom I knew, and my first question was usually "Do you have any questions about the results of the visit?" They almost always did, asked penetrating questions (in their own vernacular) and made comments about the difficulties of using public transportation with a handicapped child, that they had difficulty getting off work to attend the clinic – usually lasting most of the day- and that the words used by the professionals were not familiar to them. They were often desperate to find ways to make their children better, but with minimal resources and time available they felt overwhelmed much of the time.

And it does not just occur in developed countries. When I was using my Public Health credentials in Africa I was involved in training sessions at outlying clinics for children under five. I trained staff and helped to organize immunizations, nutrition assistance and other activities associated with helping well child clinics across the country. At one visit I accompanied my boss, who was the paediatrician in charge of Maternal and Child Health for Malawi, and her first assistant who was a Malawian medical officer. During the training session for the local workers, someone came to the paediatrician and mentioned that there were parents outside who had a sick child, about 5 or 6 years old. The paediatrician completed the training session and we began to leave for the vehicle and the trip back to town when the medical officer came up and said he thought the paediatrician should take a look at the child, who had been forgotten in the rush of activities. The child was obviously very ill with laboured breathing, and the paediatrician hurriedly loaded us all in the land rover for the trip to the hospital. Along the way the medical officer, in the rear with the family and child, said we should pull over, and he confirmed the child had died. The father was holding the child, and he knew already

the child had passed away. He was sitting quietly, holding the child, with tears streaming down his face, and the mother, when the medical officer confirmed the death, began wailing. I will never forget that scene, as long as I live, quiet crying father and keening mother. To this family, the people attending the clinic at the hospital were like kings and queens in income comparison, but that was still no barrier to how much they loved their child who had just died. Love is not income dependent.

Dave Rohe is a recently retired physio having practiced in New Zealand since 2004. He originally qualified in the USA, subsequently practicing in Malawi, Egypt and Cambodia prior to emigrating to New Zealand in 2003. He has enjoyed management positions in pediatric and adult outpatient



facilities as well as taught physiotherapy for 15 years at the University of Georgia. He is currently living in Parakai with his wife, Sharon Robinson, a local midwife, near his adult children who are working, and one of whom is studying to qualify as a physio through the programme at the University of Otago. His articles previously appeared in local newspapers in Taranaki and on the blog site sponsored by NZSPT.

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July			
1 Sun	0011 4.0 1228	0735	1715
2 Mon	0045 3.9 1304	0735	1715
3 Tue	0121 3.8 1341	0734	1716
4 Wed	0159 3.8 1423	0734	1716
5 Thu	0242 3.7 1509	0734	1717
6 Fri	0331 3.6 1601	0734	1717
7 Sat	0425 3.6 1659	0734	1718
8 Sun	0524 3.6 1801	0734	1718
9 Mon	0626 3.7 1907	1733	1719
10 Tue	0731 3.8 2013	0733	1720
11 Wed	0836 3.9 2114	0733	1720
12 Thu	0937 4.0 2210	0732	1721
13 Fri	1034 4.1 2302	0732	1721
14 Sat	1126 4.2 2352	0732	1722
15 Sun	- 4.3 1217	0731	1723
16 Mon	0040 4.4 1306	0731	1723
17 Tue	0128 4.3 1354	0730	1724
18 Wed	0216 4.1 1444	0730	1725
19 Thu	0306 3.9 1535	0729	1726
20 Fri	0359 3.8 1630	0729	1726
21 Sat	0455 3.6 1728	0728	1727
22 Sun	0554 3.6 1830	0727	1728
23 Mon	0655 3.5 1932	0727	1728
24 Tue	0755 3.5 2029	0726	1729
25 Wed	0850 3.6 2119	0725	1730
26 Thu	0938 3.7 2202	0725	1731
27 Fri	1021 3.8 2241	0724	1731
28 Sat	1059 3.8 2316	0723	1732
29 Sun	1135 3.9 2350	0722	1733
30 Mon	- 3.9 1209	0721	1734
31 Tue	0023 4.0 1243	0721	1735
August			
1 Wed	0057 4.0 1319	0720	1735
2 Thu	0134 3.9 1357	0719	1736
3 Fri	0214 3.8 1439	0718	1737
4 Sat	0259 3.7 1527	0717	1738
5 Sun	0350 3.7 1623	0716	1739

Trade/Professional & Services List

Accountants	ECE Astute Accounting	420-7835
Accountants	UHY Haines Norton	420-7972
Age Concern Rodney		09-426-0916
Acupuncture		
	Helensville Acupuncture and Herb Clinic	021-1133-665/420-8211
Architects	Schulze Poursoltan Architects	420-8421
Beauty Therapy	Beauty Elixir	021-187-2661/420-9775
Birthing Centre	Commercial Road, Helensville	420-8747
Block & Bricklayers	Gary	027-339-9038/420-8380
Boats & Outboard Mtrs	Mike Stanton	0276-058-225
Budget Service	Francis	420-7740
Builder	Joel Mitchell	021-255-5875
Building Supplies	Placemakers	420-9150
CAB		420-7162
Carpet & Upholstery Cleaning	Curtis	027-200-5456
Celebrant	Theresa Sjoquist	021-577-503
Chiropractor	Kaipara Chiropractic Healthcare	420-6224
Computer Repairs	Michael	021-251-4138/420-9307
Concreters	Brewis Concrete	021-992-590
Diggers	Helensville Diggers	021-454-793/420-7023
Dog Grooming	Christine	420-2706/021-521-303
Dog Grooming	Cost effective - Lorraine Buswell	420-7988
Drainage	Helensville Drainage	021-657-276/420-9091
Driver	I Drive You - Jan Scott	Text 021-0256-3865/420-7283
Early Learning Centre	Gumboots	09-411-9038
Electrical	Koast to Koast Electrical	021-417-992
Engineering	BSC Engineering	027-277-4150
Engineering	Village Engineering	027-203-6870/420-3364
Excavators & Machinery	Complete Cartage Ltd	021-117-1570
Funeral Celebrant	Danielle Smith	021-612-546/420-3341
Gibstopping	Shaun Sainty	0274-731-755
Gift Baskets	Riverside Crafts - Sarah	0800-831-542
Gunsmith	John Hall	420-2837
Gym	Forge Fitness - Open 24/7	420-6303
Horse Arenas	Horse Arenas	420-5524/0274-736-217
Horse Cover Repairs	Cova Girls - Angela	0275-316-959
Hypnotherapy	Janice McMurdo	021-131-7308/420-7858
Ink and Toner	Copy and Print	09-412-8882/420-9307
Insurance	Rodney Direct Insurance	022-363-2377
JP's	Greville Walker	02108-290-768/420-7173

Landscaping	Vision Landscapes	0274-817-478/420-8738
Language tuition	ABC Kanguage	0274-904-321
Laundromat	Helensville Laundromat	420-6050
Lawyer	Blucher Law Limited	021-665-752/09-412-5624
Licence Endorsements	Wheels, Roller, Tracks Paul	0272-477-948
Lions Club of Helensville	Pauline	420-6208, Chris 420-8527
Markets	Kaukapakapa Village Market	0274-831-542
Markets	South Kaipara Harvest Market	www.thrivekaipara.org.nz
Markets	Waitoki Village Market	Gill 420-3301
Mechanical Repairs	Helensville Mechanical Services	420-8177
Mechanical Repairs	McLeod Motors	420-8633
Motorcycle Repairs	Helensville Motorcycle Services	420-7754
Mower Repairs & Sales	Helensville Mowers	420-8569
Mower Repairs & Sales	Lifestyle Mowing Machinery	0274-955-948
MP-Elect	Chris Penk	021-0230-6106
Osteopath	Osteopathic Natural Health	420-7867
Panel Beater	Helensville Automotive	420-6050
Pet Food	Te Pua Garden Place - Avon Aspden	420-8383
Picture Framing	Helensville Copy & Print	420-9307
Plant Centre	Kaipara Coast Plant Centre	420-5655
Plumbers	KPL Ltd	420-9108
Podiatrist	Lynley McDonald	0274-828-683
Real Estate	B&T - Doug & Kerry King	420-6090
Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Restaurant/Takeaways	Curry Leaf Helensville	420-9989
Reiki Healers	The Healing Heart of Helensville	420-9098
Shower Installation		
	Guaranteed Shower Installations Ltd	0800-466-5327/420-8777
Stationery	Paper Plus Select	420-8646
Storage	JS Storage Helensville	420-9991
Takeaways	Kaipara Fresh Fish & Takeaway	420-7190
Takeaways	Parakai Four Square Cafe & Takeaway	420-8186
Takeaways	Shark n Tatties	420-5062
Tuition	South Kaipara Adult Literacy	0274-448-6436/420-9971
Typesetting/Photocopying	Helensville Copy & Print	420-9307
Tyre Specialists	Bridgestone Helensville	420-7385
Venue Hire	Kaipara Memorial RSA	420-8888
Windscreen Repairs	Bullseye Windscreen Repairs	027-605-4630
Your Local Business Book	yourlocalbusinessbook@gmail.com	420-9307

Spanish and French Language classes in Kumeu.

Have you always wanted to learn **French** or **Spanish** but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news is, no matter how old you are, you can discover your love for language at **ABC Language Tuition**.



and 2 daughters, runs the school.

ABC Language Tuition offers after school language classes in several primary schools in the area. Patsy and her language tutors have a passion for language, which they pass on to the students. **ABC Language Tuition** offers **French** and **Spanish** adult classes in Kumeu. Spanish adult class is on Thursday evening from 7.30 to

Patsy Sackx, who moved to NZ in 2000 with her husband



9 pm – New to start in term 3 is a French evening class on Wednesday from 7.30 to 9 pm. On Wednesday ABC Language Tuition also offers a beginners class from 1pm to 2.15 and a more advanced class from 11 am to 12.15 pm.

Enrol now for term 3, email: info@abclanguage.co.nz

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