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Cycleway opens at school

Two years of planning has culminated in the opening of a 420m long cycle track at Parakai School.

And the \$20,000 track, which wends around the school grounds with bends and turns and berms, is just the first stage of what will eventually include a 'pump' track - a BMX circuit with jumps and humps.

The idea for the track came from deputy principal Sue Caltaux as part of the nation-wide 'Bikes in Schools' initiative. The project was then taken on by the Board of Trustees.

Sue and board chairman Des Ross spent two years researching cycle tracks, looking at other schools around Auckland and investigating funding options.

The school received a grant from Auckland Council which helped to partially fund the track, with the balance coming from school funding. Construction was completed by Des and Mairetahi Contractors.

Parakai principal Nick Neubert says the

track will be used both for students to have fun on, and also for cycle safety and bike skills lessons.

He says benefits from the track will include increased physical activity which results in improved health; raising



• Parakai School students try out their new cycle track

confidence and self-esteem; delivering health and well-being outcomes for students and staff; providing an opportunity to self-manage risks in a safe environment; and making the school a more attractive and healthy place to learn.

Students are required to wear helmets when riding on the track.

Nick stresses the fact that the local community are "very welcome" to use the track.

"This is really important as we want our school to be the hub of our community. We have already noticed families from outside our school coming down on the weekend and after school to use the track," he says.

Community use means more families linked to the school, and more community members taking part in physical activity together, he adds.

1000s visit rail museum

Almost 2800 people, a large percentage from overseas, have visited the new Helensville Railway Museum over the past year.

Looking through the visitors' book is like reading a list of the United Nations - as well as kiwis there have been visitors from, among other places, Austria, Scotland, England, the USA, Slovakia, Australia, Switzerland and Holland.

A visitor from Wales donated a large Welsh flag to the museum, on the condition it be flown on St David's Day, March 1. And a delegation of 26 tourist information people from Vietnam called in recently.

Visitors spend on average about an hour at the museum, where Helensville Railway Station Trust volunteers give them some background history and a hands-on demonstration on the working 'tablet' rail communication system.

Children get to stand on a miniature raised platform (dubbed 'Platform 9¾' after the Harry Potter books) and direct model trains on the working model railway using red and green flags.

Trust chairman Alan Hargreaves is thrilled with the visitor numbers, and says the museum is now fully paid for. The next project will be an advertising campaign to bring in even more visitors.

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Book fair drop-off changes

Helensville Lions have changed the drop-off point for small lots of books for their upcoming May book fair. Previously small quantities of books could be left at the Helensville Information Centre; now, they should be left at Helensville Copy & Print in Commercial Road. Larger quantities can be collected by phoning Chris Clark on 420 8527 or Yvonne Hilton on 420 8122. The next fair will be held on the weekend of May 30-31.

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editorial

I know, I'm always going on about it - but really, there are some fabulously interesting people in our area. Many of you will have been to the Art Stop Cafe - but did you know owner Phil Exeter is a gold medal-winning kayaker? Read about him opposite on page 3.

This issue you can also read about the new manager of Te Whare Oranga ō Parakai, Imelda King, who is tasked with getting up and running what will be a great asset to the South Kaipara. That's on page 10.

I had a really interesting visit to the Parakai airfield a couple of weeks ago. I had no idea there was so much happening there. You may have noticed a few more planes than usual buzzing around, but sky diving is only a part of it - see page 6 for all the details.

As I mentioned last month, this issue is out late so we can bring you photos from the 113th Helensville A&P Show (pages 8 and 9). What a great show it was too - I'm sure many of you went along and had a fabulous time. It really is a show with something for everyone - livestock, machinery, sideshows, live music, horses, trade stands, baking, photography and more. And then of course there are special features each year, such as the fighting gladiators which amused large crowds this year, and pirate Captain Festus McBoyle, who with his sidekicks entertained the smaller children.

Thanks to the show committee, and the dozens of volunteers for putting on another wonderful show.

- Dave Addison, Editor

Bench carving project moves home



The Helensville community woodcarving project has moved to the Art Centre in Karaka St to make it easier for locals to see the progress and have an opportunity to become involved.

"Because it is now outside again, we will need to finish it before winter," says project leader Denise Marshall, "giving us a specific timetable and idea of how much commitment is involved for the volunteers who want to learn to carve, or who already can carve and want to be involved."

The pieces being carved will become the uprights for three public benches. One will be sited near the boat ramp at the end of Springs Rd in Parakai, another at the Riverside Reserve next to the museum, and one on the reserve by Awaroa Stream.

"A core group of volunteers have come a long way with the carving and the design concept," says Denise, "but in order for the pieces to truly be 'part of the community' we need the community's feedback on ideas of what to include, what's working and what isn't, and to keep us fuelled with fresh ideas and motivation!"

• Pru the Airedale is one of the carvings underway

The carvers aim to be at the Art Centre from 10am to 2pm or later every Saturday until the end of April, and weekday sessions could also be initiated if people are available to carve.

Denise invites anyone who would like to get involved, learn to carve, or are already a carver that is interested in helping, to call in at those times. Tools and materials are provided, and sessions on chisel sharpening. All the workshops are free thanks to Rodney Local Board funding.

For more information text or phone Denise on 021 205 7172.

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3 gold medals for local kayaker

Achieving at the top levels in sport requires years of hard work and training - just ask Helensville's Phil Exeter.

The 52-year-old owner of the Art Stop Cafe in Commercial Road paddled his first K1 kayak at just five years of age, and has been kayaking now for 45 years.

All those years of effort have paid off, with Phil winning three gold medals in his age group at the New Zealand Masters Games in Wanganui last month, taking out the K1 events for 100m, 1000m and 10km.



• Phil Exeter with his recent medal haul

He followed that up the next weekend by taking bronze in the 1000m K4 event at the national championships, and finishing fourth in the 200m K4 event.

Phil has competed at the World Masters Championships twice, in Melbourne and Perth, and the World Championships in

France in 2007, where his best result was sixth in his age category.

In his late teens Phil was keen to try for the Olympics, but had the misfortune of being in the same era as Ian Ferguson and Paul MacDonald, who went on to be selected and win multiple gold medals.

A regular competitor in local events such as the Rodney Coast Challenge and the new South Head Challenge, he is now aiming to compete at the World Masters championships which will be held at Lake Pupuke in Auckland in 2017.

At that event he plans to compete in the 200m and 1000m sprint events as well as the marathon, which will be between 24km and 30km in length, with 'portage' sections where competitors have to run overland for up to 100m while carrying their kayaks.

Explaining preparation for the different disciplines of the explosive sprint races versus the longer endurance races, Phil says: "You train for the marathon, but that gives you enough strength to go through and do the sprints."

Training is a big part of Phil's life.

A member of the Waitemata Canoe & Multisport Club for almost 20 years, he trains in kayaks five or six days a week, either on the Kaipara River, at Te Atatu Peninsula, or sometimes Lake Otatua at South Head.

When he's not on the water - often with regular K2 partner, Helensville's Bruce Stuart - he does land-based training on a kayak ergometer - similar to the rowing machines seen at most gyms.

South Auckland born, Phil moved to Helensville from Te Atatu 10 years ago with his long-time partner Susan, a primary school teacher. They have two Newfoundland dogs and are members of the NorWest Dog Club.

Phil has been a chef for 35 years, and has owned the Art Stop for six years.

In the last couple of months he has started a new landscaping venture, called The Groundsmen, in association with the Love Flowers shop beside the Art Stop. He is working alongside another landscaper, working predominantly locally.

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Preschoolers in 5+ A Day challenge

A special dinner and overnight camp was held at Helensville's Gumboots Early Learning Centre last month as the centre's entry in the 2015 5+ A Day Early Childhood Challenge.

Around 100 people attended the dinner on Friday, February 13, with a dozen families camping overnight in the Gumboots playground and enjoying a special Valentine's Day breakfast next morning.

"Having a 'camp-out' in the playground has been on my to-do list for many years," says Gumboots centre director Genelle Bailey. "Combining the 5+ A Day EC Challenge with a camp out was a brilliant idea. We were thrilled with the turnout."

The challenge was organised by the 5+ A Day Charitable Trust, which aims to encourage healthy eating by New Zealanders, specifically by eating five or more servings of fruit and vegetables each day. Open to all early childhood centres, the main prize in the challenge is \$5000 worth of Bosch kitchen appliances.

"The 5+ A Day EC Challenge was about creating or combining an event with a focus on 5+ A Day," explains Genelle. "Given our philosophy [at Gumboots] revolves around balance, and our rural environment is edged with herbs and veges and our orchard is part of everyday activities, this 'challenge' was made for us, and really no 'challenge' at all."

"Of course the reward might be the \$5000 Bosch appliance package, which would be gorgeous in our well-used but much loved kitchen!"

Preparation for the dinner started with a visit to the Gumboots orchard where children gathered plums and peaches for dessert. The children also de-husked sweetcorn to be barbecued, and washed and diced skin-on potatoes. Another group of children helped teachers bake eight loaves of fresh bread,

peel and slice carrots, prepare salads and cut up fruit for platters.

There was a lamb on a spit, umu-steamed chicken, pumpkin stuffed with mince, barbeque corn and mushrooms, carrots, potatoes and salad.

Cold fresh water and platters of fruit were offered for starters, with plum crumble, fruit kebabs, watermelon and ice-creams and fruit for dessert.

"You know a message is getting through when we observed a child-initiated discovery [that] if you dip your ice-cream in small fruits they stick and taste delicious," says Genelle.

Unfortunately the summer fire ban meant a campfire wasn't possible, but Genelle says the children had a "brilliant time entertaining themselves" and the parents relished the chance to relax in a



• Gumboots 'Big Boots' children prepare sweetcorn

camp style environment without having to constantly check their children were safe.

In the morning the adults prepared a special Valentine's Day breakfast of pancakes and fruit, scrambled eggs, bacon and bubble and squeak.

"What impressed me the most was how resilient and unfazed our children were during a very busy time with lots of people and things going on," says Genelle. "But a bigger 'high 5' goes to the fact that this *wasn't* a challenge - they already know and love their 5+ A Day!"

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MGs compete at local farm

A dozen drivers from the MG Car Club competed with their sports cars in a grass 'motorkhana' on a paddock at a Parakai farm late last month.

A motorkhana, also called a gymkhana or autotest, is a series of timed manoeuvrability tests which can be held either on grass or a sealed surface. Cars run one at a time, and are given time penalties for

driver errors such as knocking over navigation markers or failing to stop correctly between the finish posts.

MG Car Club captain Darryl Bretherton says with plenty of room on a farm paddock to allow for mistakes, it's an ideal way for drivers to learn car control.

Cars competing ranged from a 1958 MGA to a late 1990s MGF, with most dating from the 1960s and 1970s.

Leading the results were father and son Paul and Cameron Walbran, who between them entered three cars. They included Paul's race-built 1963 MGB 'Joseph', in



• Dust pours from the rear of 'Widget' as Paul Walbran flings his MG around one of the courses

which he has competed in two New Zealand international rallies (in 1973 and 1985) plus the 2012 Silver Fern Rally; and his highly modified, supercharged MG Midget which has been built especially for these sorts of events.

Cameron just pipped his father for first place.

Paul and his family are so keen on the sport they have shipped the Midget - called 'Widget' - to England several times, winning the prestige California Cup Autotest at the Silverstone International race meeting in 2007 and 2013.

Cycling fundraisers call into town

Cyclists taking part in a fundraising ride the length of New Zealand called into Kaukapakapa, Helensville and Waimauku on Friday, March 6.

They were part of a 120-strong team of The Warehouse staff, taking part in a 2213km 'Pedal for Plunket' event. Funds raised through the ride will go to Plunket Playgroups.

The relay-style ride kicked off on Wednesday, March 4 at Cape Reinga. Riders are expected to cross Cook Strait this Thursday, before finishing the ride in Bluff on Tuesday, March 17.

The first legs from Cape Reinga to Kaitiaki were ridden by Warehouse CEO Simon Turner, with subsequent legs ridden either by

individual cyclists or small groups of up to 10.

"The funds will go towards Plunket's Community Playgroups which will mean we can keep current groups going, and look to launch more," says Plunket CEO Jenny Prince.

Plunket is also encouraging people to support the ride by adding a dollar to their purchases at Warehouse stores or making an online donation at pedalforplunket.org.nz.

In addition to the cyclists, Warehouse staff in stores, distribution centres and the support office in Auckland are aiming to cycle over 120,000km on cycling machines to raise even more for Plunket. If achieved, the total distance cycled by team members will equal three times around the world.

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Big changes at Parakai airfield

Around 50,000 people a year go to West Auckland Airport at Parakai says airport manager Simon Lockie.

Many of those are spectators, watching friends or family members participating in the growing number of flight-related activities at the airfield.

There are now five commercial flying organisations based at the airport covering skydiving, flight training in both microlights and autogyros, and aerobatics.

The most recent addition is Gyrate Auckland, which started offering trial flights and flight training in autogyros in mid-December.

Owner Steve Pegg is a former Seaking helicopter pilot with the Fleet Air Arm of the Royal Navy in the United Kingdom.

Autogyros are powered by a rear-mounted engine and propellor which pushes the plane forward, and a non-powered rotor on top which provides lift like an aeroplane wing. They are considered the safest sort of aircraft, and Steve even sells them, with "very capable" two-seat machines capable of cruising at 140 km/h around \$85,000.

Gyrate joined another recent arrival at the airfield, XFlight, a company which moved here from Ardmore just a couple of weeks before Gyrate started up. It offers both aerobatic and scenic flights, and owner Wayne Ormond says he will be starting an aerobatic flight training school on April 1.

With four planes, the XFlight Aerobatic Team competes in top level aerobatic competitions throughout New Zealand and regularly performs at air shows.

Two sky diving companies now fly out of the Parakai airfield, Skydive Auckland and tandem skydiving business BlueSkies Skydiving. Previously operating directly

from the airfield, both are now based on the other side of Green Road. That means skydivers can land in large paddocks well away from the airstrip, which can now stay open to flights throughout.

Skydive Auckland includes the New Zealand Skydiving School, the only organisation to offer the NZQA-approved Diploma in Commercial Skydiving.



• Simon Lockie with the Parakai airstrip behind him

Finally, FlyWest Microlight Academy is the long-established flight training school based at the airport. Formerly run by the Lockie family, it has been run by Richard Seymour-Wright since late last year.

Simon Lockie says his family is now concentrating on running the airport, and actively developing new markets for the aviation software they developed in-house. Called Automated Intelligent Movement Monitoring (AIMM) it is already used by airports around New Zealand and Australia and they are hoping to expand initially into the UK, Canada and possibly around the Pacific.

He says they also have "some pretty serious intentions" to establish a cafe at the airport. Recreational pilots want destinations with amenities like cafes, and the large crowds brought in by the other activities at the airport all need servicing as well.



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10-year milestone for HIPPY

Many of the 600 local families who have been enrolled in the South Kaipara HIPPY programme over the past decade attended a special event to celebrate the 10 year milestone at the Helensville War Memorial Hall on Saturday, March 7.

They were able to view a photographic exhibition covering the past 10 years of HIPPY in the South Kaipara, images which included mid-year celebrations, end-of-year graduations and Christmas parades. Those attending were invited to sign a memory book, and to record their HIPPY stories on video.

The police Blue Light team supported the event with a sausage sizzle.

Many of the original HIPPY children are now at Kaipara College, and both parents and children were keen to share their stories about the how the HIPPY programme gave them a great start to their education and life.

The afternoon ended with a cake cutting ceremony, while HIPPY grandparent Nan Thompson had made special individual cupcakes for those children who couldn't stay for the cake cutting ceremony. All of the children attending were given a small gift as a token to remember the event.

In the evening, former HIPPY tutors,



• Some of the very first HIPPY graduates, from 2006

trustees, principals, community supporters and friends attended a buffet dinner.

Georgia Logan spoke of her journey from being one of the first South Kaipara HIPPY kids to where she is now - a successful student at Kaipara College, both academically and in her chosen sports. Georgia acknowledged the strong bond created between her mum Sharon and herself through doing the HIPPY activities together five days a week, 30 weeks a year for two years.

Coordinator Bernie Malizia thanked the community for their support of the HIPPY programme in South Kaipara and says she is looking forward to the next 10 years.

medical centre notes

Heartburn is a common problem. It describes the sensation of burning discomfort in your chest and can go to your throat, and is sometimes associated with a metallic taste in the mouth. Factors that can bring it on are particular foods - spicy food, pastry, rich foods, etc - or drink such as alcohol, coffee, or carbonated drinks. Other triggers are eating too fast, lying down after eating, stress, obesity, pregnancy and some drugs such as anti-inflammatories.

It is caused by the reflux of the acid contents back up the oesophagus, due to the valve at the top of the stomach not closing fully. Unlike the stomach the oesophagus does not have the lining to tolerate acid, and so it causes burning pain.

It is important to avoid the triggers and if it is recurring then we consider regular medication to reduce the acid in the stomach - common ones are Omeprazole or Ranitidine. If there are concerns, such as not responding to treatment, or food feels it is getting stuck or weight loss etc, then a hospital-based endoscopy test is done where a fiberoptic camera is passed down to look at the stomach and oesophagus.

- Dr Phillip Barter, Clinical Director



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A&P Show a scorcher

A hot, sunny day drew thousands to the 113th Helensville A&P Show on the last day of February. Visitors to the show were treated to the usual selection of animals, sideshows and trade stalls, with the added bonus of a number of new features - gladiator demonstrations, a popular harvest market, pirate Captain Festus, and the cruisy sound of Sal Valentine and the Babyshakes on the main stage. Here is a selection of photos taken on the day. (all images copyright 2015, Helensville News 2011 Ltd)



- Alpacas (left) were popular, as was animal feeding (above)
- Water spills in one of the Junior Farmer challenges (right)
- Dog trials (below) are a regular show activity



- Judging baking in the indoor section (below)



short story winner

This is the winning children's entry in the *Helensville News*-sponsored Original Writing section of the Helensville A&P Show, by 12-year-old Ashton Savannah. Stories had to include the phrase 'see you at the show'. Next month if space allows we will print the winning adult entry.

The Never Ending Hunt

Bright glowing beams of light shot through the trees near an ancient village ruins; they have been left abandoned and alone. Muddy tracks flow through the jungle like vine-like veins. Fresh berries weigh down the finger-like branches.

A jeep rolled over the bumpy grass-covered road. A soulless man hops out of the large vehicle to meet a tribal leader in his path.

"There is no point hunting here as the monkeys are immortal!" the man muttered.

"Get out of my way," the man snarled, and shoved him away.

Blue dust filled the air as the strange elder cast a spell on him. Coughing, the man stumbled away in the dark, gloomy, never ending jungle.

Silently the heartless hunter jumped, crawled and crept around the endless bush and vines, tracking down the golden monkey.

A morning breeze toured the land and slapped him in the face. Bright green and yellow lizards sunbathed in the gaps of sunlight piercing through the trees; small birds perched on their nests on the high branches, watching his every move.

He then stepped into a sun drenched clearing. Animals scattered, but perched on a high branch, nibbling on berries, sat a cheerful monkey. Bang! The monkey fell, looking surprised; it landed face first onto the ground.

The soulless man sprinted over toward the monkey but it was not there! This evil-spirited man felt strange and started shaking; he thought he could hear distant voices. Hallucinating he began to see dozens of monkeys all running at him, yelling "why did you shoot our friend?"

Before he knew what to do a burnt golden fur began to slowly cover his skin. Instead of

standing on two legs he realised he was crawling. His eyes grew larger and black fur began to circle them and extend down his cheeks. He was becoming a monkey!

He started screaming. But someone was calling his name.

"Laurance, Laurance, wake up." He jolted awake. His wife was standing over him.

"I have to go, the ponies are loaded up. I will see you at the show; remember the sunblock and feed the dogs won't you?"

It took a few minutes for his heart to return to normal, and he rubbed his hand over his smooth face, still not quite believing it had only been a dream. He breathed a huge sigh of relief when he glanced and saw his reflection in the mirror and saw himself.

He wondered if he should reschedule his possum hunt for tonight; it just didn't feel right anymore.

- Ashton Savannah



• Calf Club is the grass roots of the A&P Show (above)



• The equestrian section put on an exciting display (above)



• The Butch Pet Dog Show (above) is a crowd favourite with canines of every size and colour



• Imperium Romana gladiators thrilled the crowds with their mock battles (left) and their detailed costumes (below)



• Sal Valentine and the Babyshakes (right) entertained locals with their jazz and rhythm and blues sounds

• An overview of the A&P Show (below)



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New manager for community hub

New Te Whare Oranga ō Parakai manager Imelda King says the biggest challenge of her new role will be "developing an innovative and exciting facility that supports learning new skills so everyone is keen to engage, independent of age."

"Unfortunately some people do not have pleasant memories of 'learning' and I am excited by the opportunity to provide new experiences of learning at Te Whare Oranga," she adds.

She says it is important for people to realise that while the new community facility is based at Parakai, it is not 'for' Parakai, but rather is there for the benefit of the whole South Kaipara community.

So part of her job will be to ensure the facility is developed in such a way that its programmes and amenities are used not just by immediate locals, but by people from all over the South Kaipara area.

"My challenge is how do I work with all the sectors of the community so it's collaborative at that level," she says. "It has to be inclusive."

Imelda took on the new position for the Helensville District Health Trust, which owns Te Whare Oranga, in mid-February, initially for 20 hours per week. She is tasked with working with the various South Kaipara community groups and organisations to make sure the offerings at Te Whare Oranga don't duplicate programmes available elsewhere, while at the same time ensuring the facility becomes self-sustaining over the next few years.

She will work closely with the Trust's community economic development co-ordinator, Ian Leader, and South Kaipara Food Revolution project manager Jake Morgan, to find out from South Kaipara businesses what is needed in the area in terms of training and education.

"We need to make sure any training is relevant," says Imelda. "It's about looking ahead

and being future-trending."

She says training options will have to be skill-based, so people taking part come away with a skill they can actually use. Possible examples could include barista and wait staff training, which would also tie in with the Food Revolution.

Spaces at Te Whare Oranga ō Parakai will be available for hire, and Imelda is hoping to develop training contracts with the likes of Unitec, Northtec and Healthlink North.

She sees the facility as "offering the tools to enhance [people's] potential."

"I think it's really exciting there are so many

innovative and creative people in this area and who are looking for a purpose or focus." She believes Te Whare Oranga will be able to help some of those people achieve their aims.

Imelda says her first order of business in her new job is to ensure Te Whare Oranga ō Parakai is ready for the by-invitation official opening on Saturday, March 28.

She says the task of converting the former Parakai Tavern into the community hub won't be totally finished by the opening, with some things such as the final landscaping still to be phased in. In fact draft plans for landscaping will be on hand at the opening and Harvest Market on the following day so people can make comments or suggestions.

Once the opening and the first Harvest Market have taken place, her next job will be to ensure the booking system for the centre's amenities and spaces is up and running.

"It needs to be really functional and responsive to community needs."

Originally a social worker, Imelda's career has seen her move from community work into more managerial roles. She comes to the Parakai position after eight years with the Waitemata District Health Board as its community engagement co-ordinator - a job which has seen her spend a lot of time in the Helensville area.

Easter Egg Hunt coming up

Kaipara Coast Plant Centre will hold its annual Easter Sunday egg hunt on Sunday, April 5, from 9am to 3pm at 1481 Kaipara Coast Highway, Kaukapakapa. Cost is: adult \$10, child (5 to 13) \$5, child under 5 free, and family (two adults and three children) \$25.

Last year 12 Easter bunnies and an Easter chicken hid 40kg of eggs that they had ready for hungry hunters. Eggs are hidden through the day to ensure later arrivals won't miss out.

• Imelda King



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Patchwork group makes donations



Members of the Helensville Patchwork & Quilting Group have presented cheques for \$500 each to representatives of the Helensville Coastguard and Helensville Volunteer Fire Brigade - money raised at the group's quilt show in the Helensville War Memorial Hall last October. Spokesperson Anne Adams says the group was delighted to be able to donate to the two organisations which support our local community.

Local second in Fittest Mum contest

Local Heena King came second in her class in the inaugural NZ's Fittest Mum competition held in Helensville last month.

She competed against 33 other mothers from around New Zealand in the 'Scaled' class, which was won by Tara Cameron, wife of boxer Shane Cameron.

The premier 'RX' class, and the NZ's Fittest Mum title, went to Jen James from Palmerston North.

In total 51 athletes took part in the Valentines Day competition, held at Crossfit Infinite Helensville in Mill Rd.



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An invitation to our opening weekend

We're thrilled to announce that Te Whare Oranga ō Parakai opens to the public at the end of this month! Everyone is invited on Sunday 29 March 2015 from 10am–2pm to come along to our inaugural South Kaipara Food Revolution Harvest Market. Aside from the gastronomic delights of our true foodies market, there will be guided tours of the new building and its spaces for learning, business and health and wellbeing. Bring the family along and enjoy delicious hot food, barista coffee and live music on the day.

Positive Birthing at the Helensville Birth Centre

When I found out Helensville had a birthing centre I knew straight away that I wanted to have my first baby there. What a fantastic facility we



have, beautiful large birthing room with a birthing pool, queen sized bed and lovely aftercare rooms all with ensuites.

I had requested in my birth plan a dark quiet room and when I arrived it was just that – welcoming, warm & dark. It was 9.00pm

and I couldn't wait to get into the birthing pool that was being filled. The feeling of warmth and weightlessness was amazing and I'd highly recommend it to all mothers to be. At 11.34pm and completely drug free, I lifted my baby girl, Indiana out of the water, she was the best Father's Day gift I could ever give to my partner, Trent.

Shortly thereafter, I was transferred to my lovely spacious home away from home room. Our visitors commented on how wonderful it was. The staff were so helpful, the food was excellent and it was amazing having the support of the lactation consultants there. – Cherlene Brown

PEOPLE'S CORNER

Imelda King is the new Project Manager for Te Whare Oranga ō Parakai, coming from a role



in Community Engagement at Waitemata DHB. With a background in health and management, Imelda found she looked forward to opportunities to come to South Kaipara in her previous role and so is delighted to find employment in the area and close to her home in Huapai. You can contact Imelda at imelda@thrivekaipara.org.nz



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Museum history cruise

Locals have the chance to learn more of the history of the Kaipara Harbour and its Māori and European settlement during a three-hour cruise organised by the Helensville District Historical Society on Friday, March 20.

The cruise of the Kaipara River, into the harbour, then along Kaukapakapa River and back to Helensville will be accompanied by historical commentaries from Margaret Kawharu, Wynne HaySmith and Terry Somers.

The cruise departs from the Parakai wharf at 9.30am. Tea and coffee will be provided and lunch can be ordered in advance if required, or take your own.

Tickets cost \$25 per person or \$18 for school-age children, and can be booked

through Lynn Millar at the museum office, phone 420 7881 or by emailing: helensvillemuseum@xtra.co.nz.

Local publishes book

Helensville author Richie Clare has released a book aimed at helping people bring about peace and well-being in their day-to-day lives.

It's called 'The Whisper: a Spiritual Guide to Inner Peace', and in it Richie "gives readers the tools to reach deep inside themselves to the level where they can realise their own inner peace".

The book is available in paperback and kindle format from Amazon.com or by order through New Zealand bookstores.

from the frontline

Neighbourhood Support New Zealand was established with the purpose to make all our homes, streets, neighbourhoods and communities safer. They work closely with the Police and many other organisations within the community to reduce crime and improve safety.

Being a part of a Neighbourhood Support Group is one step we can all take in an effort to minimise the occurrence of crime and to make the South Kaipara community a place we can all be proud to be a part of. And one great thing is that it doesn't take up much time. Its main aim is to encourage communication between neighbours and the local Police.

A successful Neighbourhood Support Group will:

- Encourage neighbours to talk to each other
- Share information that will help reduce the risk and fear of crime
- Help foster a sense of community spirit, where everyone is respected and valued
- Educate and empower neighbours to take responsibility for their own safety
- Identify the needs of neighbours and ways to assist each other
- Identify the strengths and skills of neighbours to contribute to solving local problems
- Minimise burglaries and car crime in the local area
- Reduce graffiti, vandalism, violence and disorder
- Support victims of crime
- Enhance the safety features and appearance of the neighbourhood
- Decide on ways to handle any civil emergencies that may occur
- Know when and how to contact Police, other emergency services or support agencies

• Liaise and co-operate with other community groups.

For more information on how to start a Neighbourhood Support Group in your street or road, contact the Helensville Police Station 09 420 8967 or Rodney Neighbourhood Support, email coordinator@skns.org.nz, or free phone 0800 9 420 111.

- Mandi Bell, Community Constable



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Farewell to three long-standing locals

- by Wynne HaySmith

■ JEAN ROBINSON

Jean Robinson, daughter of the late Harold and Jean McLeod, of Parkhurst, Helensville, died on November 28, 2014, aged 103. She was one of Helensville's longest-living pioneer women and a direct descendant of the founding Isaac McLeod family.

Jean was the second child in a family of seven, and lived in the McLeod homestead in Evans Road. Parkhurst was an important part of Jean's life. She grew up there and attended the Parkhurst School, along with her brothers and sisters.



• Jean Robinson

Her memories, along with others recorded in 'Do You Remember', the 1977 centennial book of local schools, point to the Parkhurst School being a hub of local activity. It housed the Post Office, was a depot for parcels and deliveries, and the surrounding land was the local sport ground, where Jean remembered girls and boys joining to play football.

Activities at the school were also shared, and Jean remembered that the pupils cleaned the school, with the payment used to buy library books.

After her primary school days Jean attended Helensville District High School.

When she married John (Bob) Robinson, they farmed at Mairatahi. Jean was widowed in 1962. When she left the farm she moved into a house in Rata Street. She lived for her last 20 years in a unit in Gerald Stokes Avenue.

Jean was a life member of the Women's Division of Federated Farmers (now 'Rural Women'), belonging to the South Head branch and later Te Pua-Helensville.

■ ROY YOUNG

Roy John Robert Young, a Helensville district resident for nearly 60 years, died in December 2014, aged 94.

Roy and his son Murray moved from South Auckland to a farm on South Head Road in 1956, and lived there ever since.

Roy had worked on farms in the South Auckland area before World War 2. He joined the RNZAF, trained in Canada in the 1940s, and went on to England to fly with the RAF as a bomb aimer on Lancaster bombers.

When he married after the war, he bought a dairy farm in South Auckland before moving to the Helensville district.

Roy was prominent in several local community organisations, particularly St John Ambulance Association and the Historical Society. In earlier days he was active in athletics and as a rugby referee.

He helped at the A&P Show, was involved with Federated Farmers, and was a long-term committee member of the Maeretahi Ratepayers Association.

It was his involvement with the St John Association that put him most in the public eye. As well as being on duty at many sports and other public events, Roy took on the cadet unit, and over the years trained many young people in first aid and community affairs. He was always proud to lead his cadets in the annual ANZAC parades.

Roy's friendship with Hec Nicholls, a co-worker in the ratepayers association, carried on into the Historical Society, where Hec, Roy and Eric Perrett were founding members of the team that did maintenance work at the museum – known as 'The Last of the Summer Wine Team'.

They spearheaded many projects, including building the archway next to the RSA, a 'monster auction', the first trivial pursuits night, the mounting of the Kaipara Harbour shipping maps in the museum, and the conversion of the War Memorial Hall basement into storage units. They gained the help of the Helensville Lions Club, and Ian Amooore and Fred Hendon joined the team.

Team members also served on the Society's committee, and all were involved with the museum's move from Porter Crescent to the present Mill Road site.

After the move Roy was made a patron of the Society. He kept up regular visits to the museum, meetings and outings as long as he was able. The district lost one of its most active and dedicated workers with Roy's death.

■ INA STEVENS

Ina Stevens (1929-2014) was the second daughter of Tom and Florence (Florrie) Stevens, of Waitoki. She lived all her life at Verona Farm, Waitoki. She was a keen farmer and supported her parents with their farming, including bio-dynamic routines.

Through her mother's McLean family she was a Presbyterian and worshipped at St

Cuthbert's Church at Kaukapakapa, and also supported her father's Methodist traditions at the church at Peak Road, and later through the Community Church at Waitoki.

Ina was a serious historian and collected material on many aspects of Waitoki and Kaukapakapa – the schools, churches, local bodies, family histories and local clubs and activities – developing an archive which is a valuable resource.

She was a keen member of the Helensville & District Historical Society. Ina and Wynne HaySmith wrote a booklet on the centenary of the South Kaipara Presbyterian Churches in 1984.



• Ina Stevens

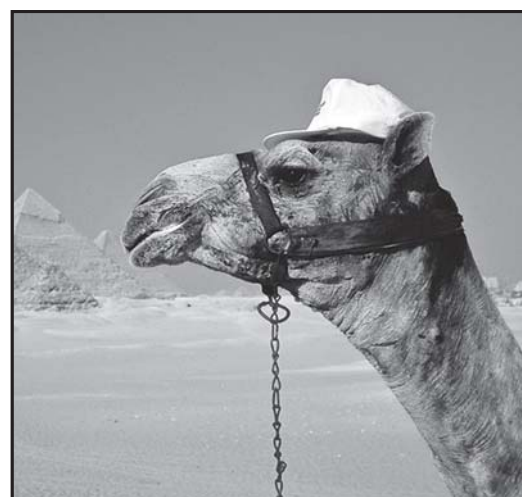
Ina's mother was an enthusiastic hockey player, instrumental in forming a Waitoki team in the 1940s which included both her daughters, Daphne and Ina. The sport gained popularity and with Kaukapakapa, Helensville and Silverdale teams formed the Kaipara Ladies Hockey Association.

When Daphne and Ina took on the care and upbringing of their five young cousins, the McLean children, Ina being 'home mother' had a special role to play.

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06.45 Service at Soldiers Cemetery Helensville
Soldiers Cemetery. Breakfast at the RSA \$5.
10.50 Fall In Main Parade down Commercial Road followed
by a Commemorative service at the Memorial
Hall. Fall-in at Super Liquor car park.

Lunch and refreshments will be available to purchase at the RSA rooms following the hall service.

If your group would like to march in the main parade, or lay a wreath, please contact the Secretary/Manager by April 20th. Wreaths may be purchased through the RSA for \$45 each and must be ordered by April 20th. Wreaths may be picked up from the RSA on the 25th if desired.

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Champion Show photo



This is the Champion Adult Photo at the 2015 Helensville A&P Show.

The moody shot of two fishermen on a tiny boat was taken in the Coromandel by Helensville's Matt Abraham and entered in the Landscape/Seascape section of the photography competition.

A first time entrant in the show's photography section, Matt's win showed that expensive camera gear isn't needed to create winning photography - the photo was taken on his iPhone.

Gitanjali Bhatt of Silverdale won the children's section champion photo with a photograph of sun rays pouring through trees in a forest - also a landscape image.

Almost 500 photographs were entered in the indoor section at this year's Helensville A&P Show, and photography judge Helen Bankers says the standard of entries is improving.

"I think the standard is higher this year," she says. "The subject matter and composition is much better."

Helen, a professional freelance commercial photographer for the past 15 years, judged the photography entries for last year's show as well.



• Helen examines a photo during judging

Annual Waioneke School golf tournament on again

Waioneke School holds its annual golf tournament on Friday, March 27 at the South Head Golf Course.

Challenges on the day, which will begin with a shotgun start at 10.30am, include a putting challenge; longest drive; closest to the pin; and best dressed-up team. There will also be spot prizes during the competition.

The school has developed a reputation over the years of providing great food at the tournament, and this year that will include home made warm savouries on arrival; home baking; an on-course country barbeque; and drinks delivered on course to the teams.

Sponsorship packages start at \$280 for a team of four players or \$350 including a food platter and drink in the clubhouse after the event; \$200 for sponsorship of a hole; and a \$500 business option which combines play for four, the meal and hole sponsorship.

Gluten free orange and almond cake

Making a sweet treat and baking for a celiac is getting easier all the time. The supermarkets now stock an assortment of wheat-free flours which have been developed to work as bread flours, pastry flours and all purpose flours. They are very good; I use them a lot at home and serve

baked goods to friends regularly who I know cannot tell the difference.

A huge improvement from only 10 years ago when the gluten free bread available seemed to have more in common with gib-board than something you could toast and

spread jam on!

Cafes in Auckland usually have a couple of things on their menu that are celiac friendly - one is often an orange and almond cake that we first tried many years ago and is still on many menus. Some cafes choose to take a short cut and use gluten free flours and almond essence; these are not cafes that we return to.

I have been making this cake for some years from the recipe supplied from a Dutch friend. There is no flour in it, just oranges and ground almonds. Now ground almonds are not cheap, but if you buy in bulk from a wholesaler the price drops considerably. What's more once you get your ground almond meal home, store it in the freezer where it will stay fresh and usable for over a year.

■ Orange and almond cake

- 2 large New Zealand oranges
- 250g ground almonds
- 6 eggs
- 200g sugar
- 1 teaspoon baking powder

Wash the oranges under warm water to remove any wax spray, then place them whole into a pot with a lid and add about 2cm of water. Bring to the boil, turn down to low and simmer for about an hour, until the oranges are very soft. Allow to cool and then cut the oranges into quarters and remove the pith.

Place oranges, zest included, into a food processor and blend to pulp. Whisk together the eggs and sugar, then add the oranges, ground almonds and baking powder and combine. Grease a round 20cm tin and line the bottom with baking paper. Pour in the cake mix and bake at 180° Celsius for about 60 minutes. Check with a skewer, then allow to cool in the tin before turning out.

Serve with whipped cream or plain yoghurt.



Museum archives building

Helensville Museum's new archives building is all go.

The Helensville & District Historical Society recently received a Code of Compliance from Auckland Council for the building, and after two and a half years planning, renovations and hard work the museum's secretary and archivists are finally moving in.

It's the culmination of a 25-year dream by the museum's archivists for a dedicated archival storage and research centre.

John Pyatt instigated the society's archives, and helped by Julia Rewi and Wynne HaySmith built up a storage and

retrieval catalogue for the museum's collection of photographs, books, papers and miscellaneous documents.

But there were concerns the inadequate storage facilities were putting the archive material at risk.

The acquisition of a building suitable for conversion from the former Rodney District Council was the first step, and the first major funding was received from the ASB Community Trust in August 2012. A later grant from the Paeroa Trust allowed the project to be completed.

An official opening and naming ceremony will be held later this year.

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■ MODEL PLANE OPEN DAY

Locals will have the chance to see radio controlled aeroplanes up close and in action when the Hibiscus Coast Radio Fliers Club holds a free open day at the Wainui Pony Club grounds in Wainui Road on Sunday, March 22 from 10am to 3pm. Visitors are asked not to bring dogs. For more information email Sandra Grace at: sandradee@xtra.co.nz.

■ HELENSVILLE AGLOW

Pastor Sue Hodson from the Liberty Christian Church in Avondale will speak on 'Believing Right' at the next meeting of Helensville Aglow. Sue has a strong desire to grow a community of 'believing believers' who walk in freedom, love and victory, who understand their identity and who are empowered to display the Power of God.

The meeting will be at the Helensville War Memorial Hall, 49 Commercial Rd at 7.30pm on Friday, March 27. Entry by donation. Enquiries to Marilyn Gray, phone 420 4346 or 027 290 3605.

■ SOUTH KAIPARA U3A

Guest speaker Dawn Preston-Thomas will talk on 'Restorative Justice' at South Kaipara U3A's April meeting. The second speaker will be local Chrissie Jones of Frech

Orchards Estate at Shelly Beach. The meeting will be on Friday, April 10 at 1pm at the St. John Ambulance Rooms, 7 Rata Street, Helensville. A gold coin entry donation is asked for, and an excellent afternoon tea will be provided. Phone Judy on 09 411 8322 for more information.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa Village market is on Sunday, March 15 from 8.30am to 1pm with live music from duo Darren & Shell 'The Musicians' plus great stalls, food and coffee. For more information or to book a stall phone Sarah on 0274 831 542 or email sarah1@maxnet.co.nz.

In the historic Kaukapakapa library will be 'A Kauri Story' - a display of photos, logging memorabilia and everything to do with kauri, including photos from the Jordan Collection and Tudor Collins. There will be tools, kauri gum, gum scales, gum spades, timber jack, cross cut saws and pit saws on display from 10am to 1pm. For more information contact Sarah as above.

■ FAMILY GALA

River Valley Baptist Church will hold a family gala at its property at 1 Fordyce Road, Parakai on Saturday, March 28 from 10am to 2pm.

Activities, entertainment and food will include magic carpet rides, water balloon slingshot, face painting, cake and second-hand goods stalls, café, bouncy castles, Easter Egg hunt (11.30am), sausage sizzle, Polynesian Curry, Chop Suey and Southern Fried Chicken, and more!

It aims to be a fun, budget-friendly community event, with some activities free and free entry. For more information email: www.rivervalleybaptist.org.

■ JEFF THOMSON EXHIBITION

Internationally recognised corrugated iron artist, Helensville's Jeff Thomson's new exhibition 'Ripples on the Kaipara' is on until March 29 at the Art Centre, Karaka St.

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