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## \$1.2m school buildings almost ready

By the time you read this, staff and pupils at Waitoki School will be close to moving into their spectacular new \$1.2 million building.

After months of construction disruption, workers for contractor Canam Interiors were putting the finishing touches to the building as the *Helensville News* went to press.

The new building, which principal Ian Skipper says is well over half the school in terms of area, includes a new main entrance, reception and administration office and sick bay.

There is a new principal's office, a teachers' work room, staff room, resource storage, a photocopier bay, a music room, sports storage, toilets and a large, multi-purpose hall.

Outdoors there is extensive decking, including one enormous, partially-roofed area of around 200 sq.m. which will be used as an outdoor performance stage.

A new library is joined to the main block by the roofed-in decking.

The windows along the roadside of the entire building are double glazed to keep traffic noise to a minimum.

The multi-purpose hall is particularly impressive. It features a sprung hardwood floor, a permanent stage at one end complete with an electric lift for wheelchairs, and a full kitchen with an outside servery. The room can be divided in two with large,



• Builders finishing off the new reception and administration end of the building

moveable panels which lock into position; one panel has a door to allow access between the two halves of the room.

Money for the building came from a range of sources, including Education Ministry funds for building replacement and 5-yearly improvements, and local fund raising.

Mr Skipper says once the buildings are able to be occupied, there will still be plenty to do in terms of external work such as concreting and landscaping.

Eventually the classrooms will be painted to match the new building, and Mr Skipper hopes they will be joined to the new block with covered walkways.

Meanwhile, plans are under way to remove the school's old 'Sunshine Block', built in 1939 as the first classroom and more recently used as a library.

It will be moved to the Helensville Museum site in Mill Road as soon as possible and adapted for displays. The Historical Society is awaiting council permission and the removal will go ahead as soon as this is given. The Society still needs at least \$15,000 to pay for this move,

and any donations will be gratefully received.

### Former Kaipara College principal dies

Russell Jackson, principal of Kaipara College from 1968 to 1974, passed away last month.

During his tenure as principal he oversaw the fundraising for and construction of the original school gymnasium.

He also presided over the introduction of a new, more modern school uniform, doing away with caps for boys and physical education rompers for girls.

A professional accountant by trade, Mr Jackson wrote a senior accounting text book which was used in school throughout the country for many years.

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# editorial

We take so much for granted - our health, our families, our environment. We are lucky to live in a lovely, friendly little town, surrounded by bucolic countryside. Commercial Road, for all its faults, has some wonderful historic buildings - and the 'suburbs' of Helensville some beautiful classic Kiwi villas.

Now, imagine it all taken away.

The latest, horrifying earthquake in Christchurch shows just how suddenly that can happen, and our hearts go out to the people of that city and surrounding area. The loss of life is, of course, the over-riding tragedy. But the loss of many of the city's historic buildings will impact on the soul of Christchurch for a long time to come.

Imagine if something like that happened here.

Buildings can be replaced, but replacing the aura and the sense of history and permanence that character historic buildings give a town is a different matter. Helensville is known as the historic heart of Rodney; let us pray the heart is never torn out of our beloved town.

While on the subject of buildings, this issue features major projects at both Waitoki School (front page) and Parakai School (pg 4). We also report on the ever-closer likelihood of tidal power in the Kaipara Harbour (pg 3) and farewell a long-time resident of Helensville who passed away last month (pg 6). For those with an artistic bent, our article on carver Denise Marshall (pg 10) and the Art Centre competition (pg 15) will be of interest.

- Dave Addison

## Judge gets snapshot of photo entries



Woodhill-based professional photographer Graham Meadows (left) casts an eye over the more than 600 photography entries for the Helensville A&P Show prior to judging. Mr Meadows, who is also the official photographer for Auckland Zoo, went on to award prizes in 26 photography classes. Parakai's Roy Brooks won Champion Local Photograph with a sporting image of riders racing quad bikes, while the Overall Champion photo went to an abstract image by Ngairere Gray of Blockhouse Bay.

## Christchurch appeal

Anyone with items such as blankets, clothes or sleeping bags they would like to donate to the people of Christchurch can drop them in a bin set up inside Computer Solutions at 48 Commercial Road (the old Mike Ross store).

# Tidal power moves closer

The Kaipara Harbour looks set to become New Zealand's next big electricity generator, with Conservation Minister Kate Wilkinson expected to this month approve consent for 200 tidal turbines in the harbour entrance.

Crest Energy has already received resource consent from the Northland Regional Council for 35 years.

And early last month the project received a green-light decision by the Environment Court following an appeal against that decision by Environs Holdings, part of the north Kaipara iwi-based Te Uri o Hau Settlement Trust.

The Environment Court has recommended the Environment Ministry give final approval to the project.

Given the go-ahead, Crest will initially install just three turbines and monitor them for two years. Assuming the Northland Regional Council is then satisfied there is a "less than minor" impact, 17 more will be installed.

The number of turbines would then be increased in stages until all 200 are operational, generating sufficient power for 250,000 homes, or an area from

## Museum lecture series on again

Helensville Museum's popular winter lecture series starts again in May.

They are not really lectures, but rather interesting talks by interesting people.

The first lecture on Sunday, May 15 will hopefully be given by Alan Scott and will be on 'Helensville 1940's and 1950's through a camera lens'.

The second is on Sunday, June 19 and will be presented by Wayne Ryburn, author of the book 'Tall Spars, Steamers & Gum' and is entitled 'The Fathers of Auckland Built the City on Kaipara's wealth'.

The third is by Grev Walker on Sunday, July 17 and is entitled 'Ups and Downs, a look at Helensville Businesses'.

Albany to Cape Reinga.

Tidal turbines work on similar principles to wind turbines, except that it is possible to forecast tides and therefore both the level of generation and the time of day for power production.

A major difference between tidal and wind power generation is that sea water is 830 times denser than air, meaning the same flow generates several hundred times more power in water than in air. Being submerged, tidal turbines are invisible and silent.

The total funding requirement over ten years will be about \$600 million, with \$40 million needed for the initial stage.

Crest has been at pains to alleviate concerns from recreational fishermen about the impact the turbines will have on their sport.

A pair of cables will run 7km from the turbines in the harbour mouth to Pouto Point on north Kaipara head. They will be buried over one metre below the harbour floor, and leisure craft will be able to anchor over the cables. The turbines will be 7m below low water level, allowing leisure craft to pass freely over the them at all times.

The Kaipara Harbour has a number of factors which Crest say make it suitable to marine turbines, including the immense volume of water passes through a relatively narrow channel, the depth of the harbour mouth channel, where the turbines will be located, and the sandbar which will protect turbines from oceanic waves.

## Meditation Centre open day

The Vipassana Meditation Centre at Makarau will hold an open day on Sunday, March 27.

Visitors can look around the centre and find out about courses. Afternoon tea will be provided, and there are pleasant bush walks.

The centre is at 153 Burnside Road, Makarau. Turn right into Makarau Rd approx 9km north of Kaukapakapa from SH16; Burnside Rd is 2.5km on the left.



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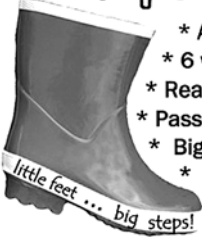
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## First stages of work at Parakai school nearing completion



• The almost finished new library and resource building

Work is coming to a finish on the first two stages of a major construction project at Parakai School.

Principal Sean Valvoi says he expects the school's new library and resource building, and the new Kaipara Support Unit building to be open for business by the start of Term Two.

The government-funded project has cost almost \$500,000.

The new Kaipara Support Unit, which will house the Resource Teachers Learning and Behaviour staff which serve six schools in the area, is both larger and better layed out than the building it replaces. It will feature separate offices for each teacher and a separate reception area.

Prime Minister John Key will be invited to offically open the buildings.

Once they are operational, the next two phases of the project will swing into action.

First, the original Kaipara Support

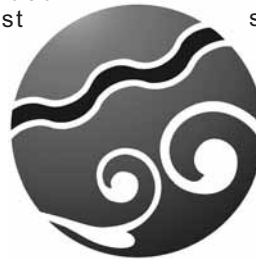
Unit building will be joined by a passageway to the main administration block. It will then be used primarily as a meeting area for the Board of Trustees, teacher meetings and meetings with parents.

Mr Valvoi's office will be modified as part of that construction work.

The next stage of the work will see the school's old library - currently housed in a modified classroom - converted to a custom-built special needs room where students with special needs can work with their teacher aides.

Finally, a special needs facility including toilet and changing area will be added to the end of Room 8.

Work on the special needs facilities will cost around \$140,000 and will come from a special government fund to provide amenities for children with high special needs.



**PARAKAI SCHOOL**

• The new school logo

• To Page 5

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# Running of the Roses another success

The Lions Club of Helensville's third annual Running of the Roses event late in February raised around \$8000.

While crowd numbers at the Riverside Reserve in Mill Road were down on previous events, food stalls were still kept busy, and the children present enjoyed entertainment provided by the Kaipara College Young Leos.

Music was provided by the Kumeu Brass Band, accordion players The Corsairs, guitarist Kevin Kench (a member of the Lions), and Foster Watkinson with his saxophone. The Lions Club team were busy with the barbeque and selling final tickets to the main event and dealing with spot prize draws.



• Kaipara College Young Leos get ready to shepherd the roses to the Kaipara River finish line

Shortly after 2.30pm, Tony Walles took the Kaipara Cat upstream into the middle of the Kaipara River and released the roses. The tide did its job and after Young Leos in kayaks collected the strays, five winning roses crossed the finish line by the dairy factory.

A big thankyou goes to both Sunny Days Early Childhood Education Centre and Helensville Primary School for their assistance in the sale of the tickets; both will be recipients of this year's Running of the Roses fundraising.

The major prize winners were:

- Fay Brown, Helensville, ticket 1599 - overnight cruise in the Bay of Islands
- Bruce Drysdale, Ranui, ticket 1640 - Balloon Expeditions Ride
- Paula Clarke, Helensville, ticket 0318 - one night's accommodation at Vineyard Cottages
- Michelle Nio-Aporo, Helensville, ticket 1670 - one night's accommodation at Sky City
- Janette Sharp, Kaukapakapa, ticket 0170 - local shopping vouchers.

# Parakai School building cont...

• From Page 4

Building projects aren't the only changes at the school.

This year has also seen a rebranding exercise. The school's old palm tree logo has been replaced with a circular motif which features a stylised Kaipara River representing the journey of learning, and two white koru which represent hope for the future.

In conjunction with the new logo is a

new uniform for the entire school, rather than just the two senior classes as was the previous case. The uniform is being phased in and should be school-wide by 2012. One bonus for parents is that the boys shorts and PE shorts are the same as those at Kaipara College, leading to potential savings when the children move to secondary school.

Mr Valvoi said feedback from parents was 89 percent in favour of introducing a school-wide uniform.

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- Samuel Butler

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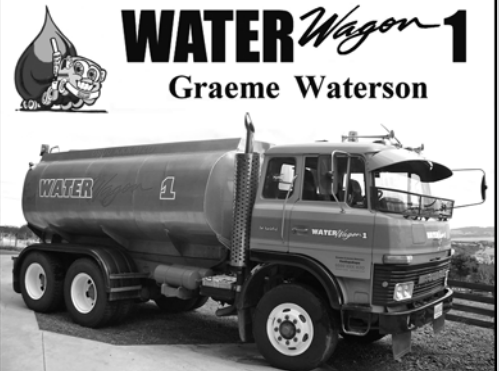
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# Farewell to Marj Hall

**Marjory Rose Hall**  
November 1939 - February 2011

Marjory Hall was born at number 8 Westend Rd, Herne Bay on November 10, 1939, the second of five children to Mac and Ruth Granville.

She started school at Waitoki Primary in 1945 while the family were living in nearby Rapson's Road.

When the family moved to a new farm management job in 1948 at Parkhurst, Marjory attended St Dominic's Convent in Helensville. She remained there during some of her happiest years with the Dominican nuns, before beginning boarding school at St Dominic's in Onewa Road, Northcote.

Marjory was only there for just over two years, as she left school immediately prior to sitting school certificate having been offered the then prized job of working at the Helensville Post Office. She worked there from 1956 until 1961 as a typist.

It was during her time at the Post Office that she started dating her husband to be, Ron Hall.

Marjory and Ron (aka Norman) were married at St Joseph's Church, Helensville, on April 22, 1961, with the wedding breakfast held at the Oddfellows Hall at the northern end of town.

After a brief period working as a shop assistant at Coles Chemist in Helensville, Marjory became pregnant with their first child, Maryrose, who was born on January 27, 1963. Kevin followed in 1965, then Michael in 1968.

After years of dedicated

motherhood, Marjory re-entered the workforce in 1973 managing the Ricardo's restaurant and pool complex in Parakai.

She remained there for five years, until she and Ronnie bought their own food business at the Parakai Domain takeaway bar, later to become Aquatic Park.

After several boom years of business which saw Marjory become famous for her 'Domain Special' hamburger, they switched focus to the Eldorado Dairy in Helensville township in 1983.

They had this business for just a couple of years until Marjory swapped the counter for a car wheel, taking over the rural mail delivery for the Woodhill, Parakai and Wishart Road areas.

She remained doing this until 1987.

A couple of years later Marjory began perhaps her finest working role of being nanny to Dr Adrian

and MaryAnne Gane's baby boys, Matthew and Ronnie (or 'little Ronnie' as he was affectionately known in the Hall household).

Marjory continued this labour of love from 1989 until 2002 when the boys were into their teenage years.

The common thread through all these years though was Marjory's dedication and service to St Joseph's Catholic parish. What she didn't organise, she assisted with. Her faith was her passion and something for which she was to be richly rewarded.

In October 2002, however, Marjory's life changed forever, when she suffered a significant brain haemorrhage. She



• Marjory Hall

• To page 7



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# Kaipara Fishing Competition

The Annual Kaipara Fishing Competition will be held on the Saturday, March 26.

There are five species categories - gurnard, snapper, kahawai, trevally and kingfish, with prizes in each category for first to fourth places sponsored by Shimano and Hunting & Fishing Westgate.

There will be a major draw prize for a day charter for 10 people on the DreamRider, sponsored by Ray & Jan Scott, plus many spot prizes donated by local businesses.

The competition starts at 6am and the weigh-in closes at the Kaipara Cruising Club's clubrooms at 5pm.

Tickets are available from the Cruising Club in Mill Rd (phone 420 8052), Gotcha in Springs Rd (phone 027 478 3674) and Mitre10 in Mill Rd. Entry is \$35 per angler.

For more information phone Julie or Tony on 09 420 7391 or 021 0292 9089 or email [webmaster@kcsc.co.nz](mailto:webmaster@kcsc.co.nz). Anglers using the club slip are asked to park their vehicles well clear from the slip so as not to block it.

# Farewell to Marj Hall cont...

• From page 6

spent 10 days in Auckland Hospital's intensive care unit with only a very small chance of survival.

However after completing a difficult six-month rehabilitation she was able to return to her beloved Helensville home and garden.

It was there, though, that Marjory was soon diagnosed with early on-set dementia and eventually she had to transfer to the private Fairview Hospital in Albany for the last five years of her life.

For all the trials of her final years, she had a wonderful life, mainly spent in the service of others. Whether for her family in the early years, for the elderly as a long standing Meals on Wheels volunteer, or for the sick, after being specially selected to administer the Sacrament of Communion among the wider Catholic community.

Marjory was carrying out that very service only a couple of days before she passed away. A huge crowd turned out to farewell her at St Peters & St Pauls Catholic

Church in Puhoi on February 9.

Says son Michael: "At least now she is fully healed, at peace, able to watch over her beloved five grandchildren and, above all, enjoying her richest of rewards. Rest in God's hands, Marjory."



• Marjory and Ron Hall on their wedding day in 1961

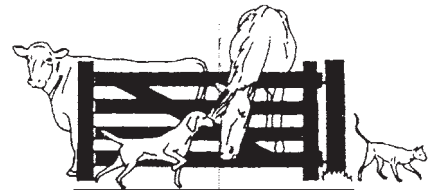
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## A&P Show draws crowds

Around 7000 people enjoyed a successful and sunny Helensville A&P Show on February 26.

As well as all the regular attractions and activities, the crowd enjoyed watching the regional finals of the National Bank Young Farmer competition, as well as its junior off-shoot competitions, AgKids and TeenAg.

Sheep racing proved a popular diversion, while entertainer Richard Handley had the crowd at the main stage laughing as he pranced around in a pink tutu.

• Right - a young visitor to the show hand feeds a calf

• Below: The Grand Sheeplechase sheep racing was a popular crowd draw



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## Takeaway Menu

### ■ GOURMET PIZZA (Medium 16.50 Large 23.50) Gluten Free (Med only) + 2.00

<b>Pepperoni</b>	pepperoni, mushroom, capsicum, onion & feta
<b>Margherita</b>	fresh tomato, bocconcini and basil
<b>Quattro Stagioni</b>	<b>(Four Seasons)</b> ham, mushroom, capsicum, olives, artichokes, shrimps & anchovies (optional)
<b>Pescatora</b>	<b>(Seafood)</b> Medley of seafood with tomato and capers.
<b>Ranch</b>	meat, meat and more meat with capsicum and mushrooms.
<b>Country</b>	bacon, rosemary potatoes, caramelised onion, sour cream and chives.
<b>Bombay</b>	tandoori chicken, red onion, cashew nuts, banana, mango chutney and yoghurt.
<b>Gamekeepers</b>	hunters sausage, choritzo, garlic, mushrooms, capsicum, onions, chilli, pumpkin and chutney.
<b>Fields &amp; meadows</b>	<b>(Vegetarian)</b> capsicum, olives, mushrooms, roasted pumpkin, sundried tomato, garlic and feta.
<b>Moroccan</b>	spiced lamb, spring onions, garlic, capsicum, and Moroccan chutney.
<b>Hawaiian</b>	ham and pineapple. <b>(Med 13.00 Large 18.50)</b>
<b>Porcini special</b>	smoked chicken, bacon, brie and cranberry. <b>(large only 25.00)</b>

*All pizza are thin based with Tomato Sauce and Mozzarella*

### ■ PASTA

<b>Fresh fettuccine</b>	- with chicken, bacon, mushrooms, cream and parmesan.	21.90
	- with scallops, prawns, mushrooms, capsicum and cream.	23.90
<b>Ravioli</b>	- Hand made filled with Porcini mushroom baked in cream or tomato sauce, bacon, mushrooms, garlic & fresh spinach.	20.50
<b>Salad</b>	- smoked chicken, avocado, crispy noodles, red onion, chilli mango splash.	19.50
<b>Sides</b>	Salad 5.00 Seasoned vegetables 5.00 French fries 3.50 Kumara Fries 5.00	

### ■ PIZZA BREADS

Garlic salt and herb	5.00
Sweet onion and mozzarella	7.50
Basil pesto and parmesan	7.50

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a la carte menu entrees and mains may be prepared for takeaway upon request

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# Wood carving skills brought from England to Helensville

Helensville's Denise Marshall has been woodcarving for 17 years.

She started in England on a community piece with a group of novice volunteers and has never looked back. That project was in a local farmer's barn, working on a 1m diameter, 4m long log which over five weekends the group turned it into a detailed 'wild-life'. There were three experienced woodcarvers to lead the group at different times, and Denise and the other volunteers learned by working alongside them.

From that experience Denise was hooked, and carried on with her carving 'apprenticeship', creating pieces for herself as well as leading other community woodcarving projects with groups of novice carvers to produce pieces of sculpture for their locality.

More recently Denise has taken private commissions.

Denise, her husband and son left England and moved to Helensville four years ago. She then had to learn how to work with our native timbers and is now keen to establish a carving group locally.

Denise says: "working in a group allows the participants to inspire and encourage each other along their journey of learning the art of finding a form in a piece of wood."

Those currently working alongside Denise have found

the experience more intuitive than technical, and enjoy the process of going where the wood leads them.

Denise would like other experienced carvers to share their enthusiasm with the group so they can see different styles and perspectives. Denise would ultimately like to lead a local sculpture project created for and by the local community.

For locals who would like to give woodcarving a go, basic tuition can be arranged and tools provided for a nominal fee. They can bring your own materials or wood can be supplied. Denise and her group can be found most Saturday mornings from 9am to midday at the Art Centre on Karaka Street in Helensville. Phone Denise on 420 8800 or 021 205 7172.



• The carved wildlife bench in Nocton, Lincolnshire, now part of a county-wide trail of carvings

## Holistic Health Expo

A holistic health expo will be held at Pinetree Retreat & Farmstay on Sunday, April 10 from 9.30am to 4pm.

Pinetree Retreat is the South Head home of Murray and Marie Narbey at 74 Higham Road.

The holistic health expo will feature eloheim, seichem, shaman and reiki healings, plants, herbal remedies, readings, footspa D-Tox, aura photos, crystals, jewellery, new age books, reflexology, soaps, candles, avocados, musical instruments, miniature horses and cart rides, crafts, gifts and refreshments.

For more information on the expo or Pinetree Retreat & Farmstay phone Marie on 420 2096 or 027 303 4877.

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# Naturopath returns to physio centre

Donna Kerridge from Ora NZ has returned to operate her clinic at the Helensville Physical Therapy and Rehabilitation Centre in Commercial Road.

Donna is back at the clinic after completing her medical herbalist studies, and is now taking bookings for naturopathic consultations as well as massage therapy. She also has some herbal remedies for sale at the clinic.

The last six months have been extremely busy for Donna, with teaching Rongoa Maori courses in the Tauranga and Waikato regions and presenting four television programs showcasing her Rongoa Maori remedies.

She has also been nominated for the NZ Association of Medical Herbalists Graduate of the Year award. The winner will be announced at the association's national conference in May.

Helensville Physical Therapy and Rehabilitation Centre principals Kathryn Long and Sue Narbey have welcomed Donnas' return.

"It will be a great asset to have

Donna's expertise in the Centre again, particularly as she is now a qualified naturopath," says Sue.

"We utilise manipulation, mobilisation, acupuncture and exercise prescription in our physiotherapy practice, and the skills and knowledge Donna has complement these well," explains Sue.

"When appropriate we refer our patients to Donna for either massage therapy or a naturopathy consultation," she adds.

Ora NZ and Helensville Physical Therapy are jointly hosting free community seminars throughout the year. The first of these seminars is on Monday, March 28 at 7pm and will include information about

simple strengthening exercises and home remedies for new mums and babies to assist with minor health issues.

People interested in the seminars should register their interest at the clinic or email: [info@physicaltherapy.co.nz](mailto:info@physicaltherapy.co.nz). Only 12 places are available, and a donation to Parent Aid would be appreciated.



• Donna Kerridge

## Children's Day Out

The Helensville Women & Family Centre hosted its fourth annual Children's Day Out last week. The event promotes the messages of giving time, praise and encouragement; listening and talking; love and affection; and new experiences. This year's key theme was 'Love and Affection'.

Family members had the chance to experience fun and play with their 0-12 year old children, while having the opportunity to learn about local community organisations, kindergartens and preschools. Other attractions included Zumba, a Tu Tangi Ora activity course, Mainly Music, bouncy castles and food stalls.



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Irene Hogan	027 4715 295 (09) 420 7007
Kerry Aldworth	021 882 215 (09) 420 6105
Margaret Falconer	027 4991 609 (09) 420 5321
Michelle Nasey	021 889 794 (09) 420 4295



## Helensville Birthing Centre

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Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest and establish breastfeeding.

You are welcome to call in and have a look around, or browse our facilities online.

53 – 65 Commercial Road, Helensville  
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## Kaipara Cat ready to haul in fish

A casual comment by a Kaipara Cruising Club member sowed the seed for Tony Walles and his partner Julie to investigate charter boats.

Their son-in-law, a "boating nut", was soon on the phone pointing them in the direction of various craft advertised on the internet.

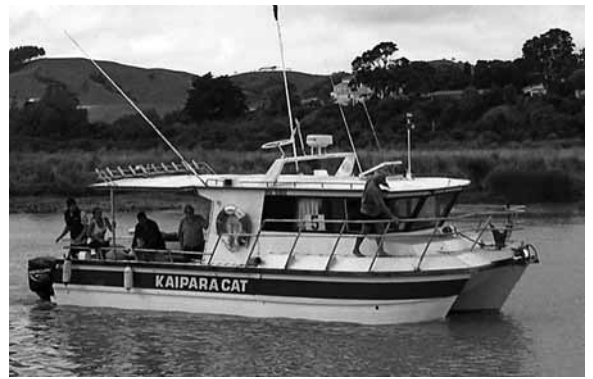
Just before Christmas the pair took the plunge, purchasing a 450hp alloy catamaran which can cruise at 22 knots (44km per hour). Being a catamaran and over 3.5m wide it is a stable boat with plenty of fishing space.

With a lot of advice and input from local businesses, including Mike Stanton on the outboard motors and Helensville Engineering on light repairs, the boat is nearly ready to roll.

The Kaipara Cat started life in 1987 and was one of five boats built by Max Monkley. The boat's original name was Spacecat and it has done many varied jobs for previous owners. She has been a dive charter boat, and at one stage had a shark cage tourist operation for Kelly Tarlton in Auckland harbour.

When purchased she was called Merc Cat and had done time in Whitianga doing dive charters and working with the local coastguard.

Tony and Julie purchased the boat from a charter company at Tutukaka and had her trucked down to Helensville.



• The Kaipara Cat

At the time of writing there were a few checks still to be completed before her final survey, and they planned to have the Kaipara Cat working by the time this issue of *Helensville News* was published.

Charter boats need to be in survey, which is like a warrant of fitness check carried out and reported to Maritime NZ. It is mainly safety and sea-worthiness that is checked.

The Kaipara Cat is surveyed for 16 people and two crew, but to give more spacious fishing 12 people is ideal. Fishing rods and bait can be supplied at an extra charge but anglers can bring their own too. Tea and coffee is complimentary, and there is a toilet on-board with its own holding tank for waste - and even a shower.

Kaipara Cat Fishing Charters offers a number of different charter options including day hire, casual bookings, and corporate trips for team building exercises.

For more information phone 420 7391 or 021 0292 9089, or visit: [www.kaiparafishingcharters.co.nz](http://www.kaiparafishingcharters.co.nz).

## New home for fitness centre

The place where you go to move has moved - after four years in its previous building, the Helensville Fitness Centre has moved two doors up the road to brand new premises at 79 Mill Rd.

Owner Janice Bristow started early on Saturday, February 19 and finished late Sunday night in time to re-open on Monday morning. She was humbled by the very generous, unasked for help that centre members provided, some for a few hours, others for the entire two days.

"They were absolutely wonderful," she says, "as it was physically demanding, with a tractor required to move the fitness equipment into its new home."

Janice is delighted with the new space, with a big thanks to builder Dave Naismith.

He asked Janice what she wanted, then proceeded to fit it out just the way she had requested it, with some clever suggestions of his own to optimise the new space.

"The layout is better, it's brighter, lighter and wonderful to use, with room for future expansion as the membership grows."

Janice is launching a membership drive with opening specials from now until the end of March.

For memberships of six months or more there is no joining fee, and the first two weeks are free.

The gym is open 24/7, with fitness instructor Mark Allan there from 8am-11am and fitness trainers Kym Miller and Janice from 3.30pm till 8pm. Phone 420 6303.

- Liz Thrush



## From the Chairman



Our health centre is a very busy place. Even car parking is a challenge. When we extended our facilities with the Kaipara Medical Centre we ensured we complied with Council parking

requirements on site providing for 35 car parks. A number of these are designated for patients and Doctors of Kaipara Medical Centre and Waitemata Health staff. In the not too distant future we will need to designate some further car parks for midwives and expectant mothers by the Birthing Centre entrance and ramp which are an obvious priority. Please check the signs before you park and if you are able to use street side parking or parking behind the War Memorial Hall accessed from Porter Crescent please do. There is no short term solution for car parks on site or indeed in Helensville!

The Health Trust facilities on our strategic health site in Commercial Road are at capacity. We have been fully tenanted almost since our expansion in 2006. The Kaipara Medical Centre now employs six doctors and nine nurses and is the only medical practice in the Helensville rural district. Waitemata Health includes the Public and District Health Nurses, social workers, mental health and Maori health located in Te Puna O Te Ora. In addition, there are visiting clinicians – with regular clinics for Diabetes and Community Alcohol & Drugs (CADS) and appointments for paediatricians. LabTests also creates a lot of foot traffic ensuring we can have timely and convenient access for blood tests.

Over 50 midwives bring patients to Helensville Birthing Centre which has a staff of 15 rostered nurses. In addition, six midwives run their antenatal appointments from a specialist room. On average it is only closed two days per month. Staff are on call when there is nobody in the unit.

In the Alison McKenzie Community House our tenants include Mount Tabor Trust, Parent Aid, a Podiatrist and Chiropractor, Bay Audiology along with the Helensville Women & Family Centre. Parakai Health is going well and whilst it still has some capacity it is paying its way. The Health Trust of course has its own administration offices on site – this helps explain why we are so busy and car parking is at a premium.

This is an opportunity for me to acknowledge Eve Issott. You can't help but notice our lovely gardens as you stroll in. Eve has colour in our gardens throughout the year and she even takes the time to deliver lovely bunches of flowers (often scented) onto desks of some of our lucky staff each week. How good is that? On arriving at a Trust meeting this week she was still out there in the cool of the evening watering our gardens. Thank you Eve.

We have begun our next project – to design and build a suitable ramp to safely and comfortably transfer patients from the Kaipara Medical Centre to a waiting ambulance. Although the previous exit was signed off by St John's before construction, our timing coincided with the change of the ambulances and their much lower chassis rendering our original access useless. We hope to have this suitably addressed this year so that patients no longer have to be wheeled out through the waiting room which is not appropriate.



Eve Issott busy in the Birthing Centre garden.

We continue to work closely with many health service providers in our community. Some projects are starting to take shape and form towards building the well-being side of our health equation. For example, our application to be a participant in the Baby Friendly Community Initiative has been accepted. This programme will be funded by Waitemata Health and is an excellent fit with the Birthing Centre.

The localised rural health model we have in Helensville is increasingly being recognised for its success. This is because the bulk of our health funding available to our community is directed at local and convenient service delivery to people who need them. Our strategic health partnership and close working relationship with Waitemata Health has been and continues to be, an important part of our success.

Dianne Kidd



The new bath installed in the Birthing Centre.

## Making a splash

In November during what we hoped would be a quiet month, the Birthing Centre closed down the delivery room for a week to install a new bath for water births.

The new bath is bigger and deeper than our original one and is insulated to ensure that the water remains warm for hours. Our old bath required topping up with extra hot water at regular intervals as it cooled down. Midwives report the water stays at the right temperature for up to two hours now.

The bath is used regularly for patients throughout labour and some choose to give birth in it. Already five babies have been born in the bath. Both midwives and mothers are delighted with this upgrade.

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## Parakai fly-in attracts locals

A large number of locals visited Parakai Airfield late last month to see the annual Fly-in. They were entertained by the sight of around 60 very different types of light aircraft coming and going during the day.

Other entertainment included a skydiving demonstration, large model helicopters doing aerobatics, and powered parachutes. There were also introductory flights on craft ranging from an open 'Bantam' aircraft with fabric wings, to Flight Hauraki in their large commercial scenic planes.

Aircraft importers had their latest light aircraft on display, and between 1pm and 2pm six different types of aircraft did individual flypasts, ranging from the gyrocopters which can land at a walking pace, to a Harmon 'Rocket' with a 9L engine topping out

at 190 knots (about 350 km/h).

The event was organised by the Northland Microlight Club and Parakai Aviation Club.



• Aircraft lined up at the Parakai Fly-in

## A&P Show-goers raise over \$2600 for Christchurch

Many of the children competing at the Helensville A&P Show on February 26 contributed generously to the Christchurch Earthquake Relief fund collection run at the Show by the Helensville Lions Club, giving part or all of their prize winnings to the collection.

Others helped by carrying collection tins around the grounds seeking public

donations.

The collection yielded a remarkable \$2626 towards the fund.

Members of the public gave very generously, summed up by one man who lost his wallet. When it was found and he claimed it, he immediately opened it and made a generous donation to the fund.

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## FREE METAL COLLECTION

A major fundraiser for the Tamaki Sports Academy is the free metal collection service it offers.

We will pick up any old metal - whiteware such as fridges, stoves, dishwashers, washing machines; roofing iron; metal piping; venetian blinds; computers; batteries; car panels; cars; metal shelving; filing cabinets; machinery; lawn mowers; engines; and so on.

Tamaki Sports Academy offers mentoring, coaching and work experience to South Auckland youth who have dropped out of the mainstream school system but who show some sporting talent. Academy members are enrolled in the Correspondence School, and work towards unit standard credits and national qualifications.

**PH (09) 276 0328**



# Art Centre holds competition and knitted graffiti project

The Art Centre is running a competition - complete with prizes - to brighten up it's courtyard.

The theme is 'Helensville' and will involve a series of 24 wooden panels (each 80x120cm) which will be provided.

Details are on the registration form which is available now from the Art Centre, The Book Stop, Copy and Print or email [admins.artcentre@gmail.com](mailto:admins.artcentre@gmail.com).

This will be a fun project for individuals or group. Registrations are limited to 24 and are on a first come, first served basis.

The Art Centre is also creating a Knitted Graffiti project (otherwise known as yarn-bombing) on its front fence.

Locals are free to weave their own woollen creation, and the Art Centre can even supply the wool.



• The first piece of Knitted Graffiti

## western comment

by Rodney Ward Councillor Penny Webster

The weekend of February 26 was a big one for Helensville - the Annual A&P Show. This is a show I have always enjoyed. So many children, especially those in the city, don't understand that their heritage is actually the country.

One of the last things Rodney District Council did was take over the land that comprises the Helensville Showgrounds and the Helensville Pony Club. This will allow the A&P Association to run the show and the Pony Club to lease the grounds while the Council owns the property.

Also that weekend was the regional final of the Young Farmer of the Year competition. This was held as part of the A&P Show, with Young Farmers being put through the hoops doing many tasks and also going through a vigorous interview process. Having been involved in a few of these I am always amazed at the versatility of the contestants.

Helensville will also feature in the Auckland Plan which the Council is working through.

As one of our historic towns Helensville has a place in the future of Auckland. On March 23 the Mayor is to have a summit where he will launch his Auckland Vision discussion document. Already the Council has been having workshops on this as well as talking to business and rural advisory panels.

There is also a citizen's panel set up through the website for people to have a say. After the discussion document is released there will be a period for more work and discussion before a draft Vision Document comes out for even more consultation around June or July. Of course at the moment the annual Plan is out for consultation and hearings of submissions will be held throughout Auckland in April/May.

As well as the Local Board members, Councillors will be hearing submissions as a way to try to understand better the needs of the wider region. Hopefully there will be many suggestions of how to lower rates rather than lists of wants that put them up!!



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# town talk

community titbits from town and around

## ■ JUNIOR RUGBY

Helensville Junior Rugby has a registration evening on Wednesday, March 6 from 4-6pm at the rugby club rooms in Awaroa Road. The season's first training night is Wednesday, March 16 from 4-5pm. For more information phone Debbie Berry, 420 4010.

## ■ EXHIBIT YOUR ARTWORKS

Locals can this month exhibit any piece of their art - be it sculpture, painting, photos or jewellery - at the Art Centre for just \$3. Phone 021 158 6859 for more information.

## ■ TRIVIAL PURSUITS

The Helensville Museum will hold a Trivial Pursuits evening at the War Memorial Hall on Friday, April 8 at 7.30pm. Teams of eight are required and the cost is \$10 per person. Phone Donna Glasson, 420 8752 to book or if you would like to take part but don't have a team.

## ■ SENIORNET

Helensville SeniorNet is open for 2011. People aged 50+ who want to become computer literate should visit

the club rooms at 1 Rata Street, Helensville, phone 420 8440 or call Jennie Williams on 420 7392 a/h. New members welcome. There are also vacancies for tutors, so anyone who with computer skills will be welcome.

## ■ KAUKAPAKAPA MARKET

The next Kaukapakapa Village Market is on Sunday, March 20. Contact Sarah, phone 420 9175 or Kim, phone 420 5776.

## ■ ANVIL OR PLOUGH SOUGHT

Do you have an anvil or a single farrow plough? These items are being sought by the Helensville museum. Contact the museum, phone 420 7881 or John Smith, phone 420 8428.

## ■ ARTHRITIS SUPPORT

The next meeting of the Helensville Arthritis Support Group is on Thursday, March 17, 10.30am the home of Merle Griffiths, 2358 SH16, Helensville. Gold coin donation appreciated. During the year a variety of guest speakers and one or two bus trips are planned. Contact Ina Stoner, phone 420 7875 or Merle Griffiths, phone 420 8774.

## classifieds

### ■ Work Wanted

Maintenance Carpenter  
Ph: 420 8252

### ■ Independent Le Reve Consultant

Perfume, aroma oils and skincare products.  
Contact Trisya, kaipara.lereve@hotmail.com  
Ph: 420 8296

### ■ Paddock Mowing

Tractor paddock mowing services avail.  
Phone Nick: 420 7676

### ■ Workshop/Storage/Commercial

Units for rent in Helensville  
108 sq.m. - 270 sq.m.  
Ph: 0274 982 716

### ■ Person to Help

A person to help with garden and farm over the holidays. Peak Road area.  
Phone: 420 5239

### ■ Scarlet Runner Pet Minding

Provided by qualified vet nurse (25yrs exp). Feeding, exercising, pampering, security checks, grooming, pet portraits.  
Ph Nicola: 420 8366

### ■ Helensville Wastewater

86 Mill Rd, Helensville  
Ph: 420 9042  
Email: hlvwastewater@xtra.co.nz

### ■ Helensville Glass

24 hour service  
Ph: 420 8210

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**Letters to the Editor:** should be kept to around 250 words and may be edited as space dictates.

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