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Hot pools getting facelift, saunas

The Parakai Springs hot pools complex is to get a face lift costing up to \$150,000 along with new features such as saunas.

General Manager Gary Dunn and Operations Manager Dion Tilson say the new projects follow on from other recent upgrade work, including new lockers for the indoor pool, and \$45,000 spent on quality new toilets and showers in the changing rooms.

"Doing the new toilets and showers was the best thing we ever did," says Gary.

First on the agenda are two infrared, Canadian hemlock timber saunas, which are in the process of being set up beside the existing spa pools, adjacent to Parakai Springs' private pool area. The two-person saunas are expected to be open in time for Christmas at the latest, at a cost of up to \$20,000. They are currently waiting on finishing touches and landscaping with bamboo and clivias.

A new toilet block will be built nearby, meaning users of the private pool area (recently used for filming 'pick-up' shots for



• An architect's drawing of how the new entryway will look

the upcoming movie 'Mr Pip'), spas and saunas will be completely self-contained.

"We're not hurrying it, we want to get it right," explains Gary. He says the saunas will probably be available for use on their own, or in combination with the spa pools.

More major is a total redevelopment of the front entrance to the pool complex, with work expected to start in February or March next year after the summer rush, taking about eight weeks to complete.

The present "dark little entry" will be replaced with a tall, glassed in entryway with double automatic sliding doors beneath a protruding canopy, and cashiers desks on either side inside. Designed by architectural designer Keith Youngman, the project will also see a revamp and extension of the pools' office area.

The entry has been designed in such a way that it can be divided down the middle. That fits in with a possible future development which would see the pools complex effectively split in two, with the large

outdoor pool and hydroslide open to the general public as at present, and the indoor pool, spas, sauna and private area developed into a more upmarket, private health spa scenario.

If that happens, says Gary, it will be "well down the track". But he says with the current redevelopment work and future plans, "for the first time in many years we can see a path to the future."

Meanwhile, Gary is keen to remind locals of the various community initiatives at the pools.

Aqua Babies teaches water confidence to youngsters aged six months to four years, with one session a week for eight weeks

• To page 2



• Gary Dunn with one of the nearly completed saunas

Inside...

- The Parlour opens in Helensville ... Pg 3
- New farm supply store ... Pg 4
- Summer hunt on the way ... Pg 6
- Election candidates have say ... Pg 8
- Heritage Day photos ... Pg 12

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editorial

Well, I was wrong.
Last month, I said the extended Helensville Community & Heritage Day could give the town's other major events a run for their money in terms of the participation of locals.

Certainly, parts of the daytime events were well attended. Around the middle of the day there were good-sized crowds browsing the numerous market stalls in Commercial Road and watching the addressing of the haggis, kapa haka and other activities. Reasonable numbers turned up at the museum through the day, but reports are it was very quiet down at the railway station.

There's an article and photos on page 12.
The big disappointment was the afternoon and evening, with free live music and live screenings of two Rugby World Cup quarter final matches behind the hall. At its best, there wouldn't have been more than 200 people there - and a third of those were volunteers and police. Most people left after the first match, so things were very quiet later on.

That's a far cry from the thousands that turn up each year at the A&P Show and Christmas Parade. Those that were there had a great time, but it's a shame more didn't make the effort to tag along to Helensville's own version of a 'fan zone'. Especially for free.

Why the poor turnout? It wasn't just us - Auckland Council's Senior Events Facilitator North/West, Hellen Hyndman, reports that "all festival sites regionally were very low in attendance."

Some of the blame must surely lie with the IRB and government, who pretty effectively tied our hands when it came to publicising the event - despite being the ones to call on communities to organise World Cup-related events in the first place! I'm also sure the prevalence of large-screen televisions in Kiwi homes had a part to play, with many not wanting to sit out in the cold when they can watch in comfort at home.

A fair bit of work by a small band of locals - plus a lot of resources from Auckland Council - went into putting on our own 'fan zone'; it's a pity more locals didn't take part.

- Dave Addison, Editor

Trains to Auckland Christmas parade

Auckland Transport has confirmed that Veolia will be operating a train service from Helensville to the Auckland Christmas parade on Sunday, November 27.

The proposed timetable - yet to be confirmed - is similar to last year's, with departures from Helensville currently planned for 9.55am and 11.25am. Return trips are currently planned to leave from Britomart at 4.05pm and 5.50pm.

The trains will be a great way for locals to see the Santa Parade and also to take a look at the new Wynyard Quarter developments and the historic tram which is now operating there. It's about a 10 minute walk from Britomart across the Te Wero bridge at Viaduct Harbor to the Wynyard Quarter; there is also a free Link bus.

Facelift for hot pools (cont)

• From page 1

costing \$70. Aqua Fitness is held on Tuesday and Thursday evenings for 45 minutes from 7pm at \$8 per class. Also, anyone living in Rodney Ward can apply for a Rodney VIP card which gets discounted entry to the hot pools and private spas.

Also growing in popularity are the

naturist days held two days each month, with up to 20 people attending each session.

Parakai Springs will also be holding more Comedy on the Rocks events featuring some of New Zealand's leading comedians as seen on shows such as TV3's 7 Days. Held in the Private Venue, these nights have been growing in popularity since first showcasing Brendon Lovegrove in June.

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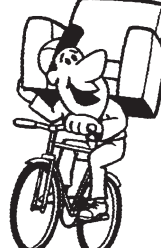
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Welcome to my parlour...

Stepping into The Parlour at 81 Commercial Road, with its chandelier-lit broad pastel-striped walls, pink velvet lounge suite and petite coffee table is a bit like walking into someone's living room.

And that's the idea, says owner Matthew McGerty, who has partly called on his Irish ancestry to recreate the feeling of the front room – or 'parlour' - in an Irish home where guests gather to be greeted with warm hospitality and hot beverages.

This is teamed with their experience in "minimalist city style and food", beautifully presented in the front window to tempt passersby.

Located in one of Helensville's oldest retail buildings, the inviting look and feel complements the heritage and style of that end of town and adjacent shops like Tilly and Lace.

"We wanted The Parlour to be in one of the town's older, heritage buildings," says Matt.

Matt and wife Cherie opened The Parlour about six weeks ago, and since then have been impressing locals with the delicacies on offer –

cakes and treats, filled baguettes, fresh salads, home-made gourmet pies with 'high tea' in the lounge – along with great espresso coffee brewed by Caffé L'affaire and poured by trained baristas.

They offered that coffee for free on opening day and several hundred people turned up.

"It was a great opportunity for people to meet us and try our take on food," says Matt. "We're doing something very different to what people have become used to in town."

Many locals may know Matt and Cherie from the Macnuts Café at South Head, which they have run for more than a year.

Cherie's family is from the Kaipara Harbour area – her grandparents met at the

Grand Hotel. She trained as a fine dining chef, doing her apprenticeship at Sails Restaurant in Auckland.

Matt is from Sydney, Australia, and the couple met in Australia.

"On June 21st, 2007. It was love at first sight," says Matt. Cherie explains further, how they were trapped at her home for four days during a cyclone, with no power, while she used her expertise to cook up gourmet meals from the thawing fridge on a gas burner.

"The way to a man's heart is through his stomach," she says with a smile.

Now, they are thrilled how The Parlour is going. They set the whole place up in just



• Matt and Cherie McGerty relax in The Parlour

over a week, doing all the decorating themselves, right down to building the counter.

The Parlour is open seven days from early morning until sunset.

"It's one of the few places open in the late afternoon where you can get a coffee."

"We've had lots of great comments," adds Cherie.

"It's great for people to have somewhere nice to meet and treat themselves to nice home baked food."

"We want to thank the people of Helensville for their interest and confidence. Considering the economic climate, having a business profitable in the first month is pretty impressive," says Matt.



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New farm supply store not just for farmers

"Started by farmers, for the farmer," is how Ross Good describes Helensville's newest business - although he's quick to point out his store will appeal to plenty of non-farming locals too.

Ross is manager of the new branch of rural supply company Farmlands in Helensville, which opened its large new store at 97 Mill Road on October 10.

Ross has been in retail and trade for 35 years with a background in water and irrigation. He started with Farmlands in May this year, learning the company's systems and setting up the local store from scratch. He lives in Wainui on a four acre block with wife Debbie, where he keeps a few sheep and pigs.

Farmlands Helensville employs three other full-time locals besides Ross, and another local part-timer.

"It's a very knowledgeable staff," says Ross. "We are very customer and community focused."

While Farmlands Helensville carries the usual range of merchandise in terms of rural supplies - the likes of animal health and management, stock feed, fencing, fertiliser, dairy and farm wear - there is also a wide range of products for the general consumer, covering areas such as gardening, pet supplies, automotive, hardware, homewares and even some food items.

The company was set up in 1962, and there are now 45 stores throughout the North Island with an annual turnover of over \$650 million. It operates on a co-operative model, with locals becoming shareholders in the business through an initial \$550 investment in share capital which then

entitles them to Farmlands' wide range of products and services at discounted rates.

Looking around the shelves in the sparkling new Helensville store, it only takes a glance to see shareholders receive discounts of up to 20 per cent off retail pricing



• The Farmlands team, from left: Stephen Kerr-Taylor, Haley Heathwaite, Ross Good, Dylan Howard and Tim Mills

- a saving which means most shareholders recoup their investment within the first year.

And if the company makes an annual profit, the almost 30,000 shareholders also get a 'loyalty rebate' payout should the Board of Directors decide - this year that will total \$5.3 million paid as a 'loyalty rebate'.

• To page 5

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Mayor lunches with local business people

Around 70 Helensville and west Rodney business people listened to Auckland Mayor Len Brown describe his vision for Auckland at a lunch in Helensville recently.

Rodney councillor Penny Webster and members of the Kumeu Local Board then joined Mr Brown on stage to answer questions relating to local issues.

Discussing transport, Mr Brown said he supported the resumption of passenger rail to Helensville.

"I'll be looking at a Helensville rail link. I want it up and running again," he said.

He also mentioned the possibility of a passenger ferry service to Hobsonville and a busway to the northwest, although he pointed out that was constrained by the motorway.

One contentious issue raised was the state of Helensville's sewerage system, which is at capacity and holding back development in the area.

Councillor Webster said the issue was "at the front of my mind" and she was waiting on reports outlining the timeframe for the system's upgrade, which she expected would be two to five years at most.

"I will be following up on this," she assured the gathering. "It's a serious concern."



• Auckland Mayor Len Brown addresses local business people

Mayor Brown agreed, saying he would be meeting with the CEO of Watercare for urgent feedback.

The event was hosted by Auckland Tourism, Events and Economic Development and held at the Christian Life Centre in Commercial Road.

"The lunch was a great opportunity to hear local views and to see firsthand the successes, issues and concerns of local businesses," says Mayor Brown.

"West Rodney businesses play an important role in the region, and there is a great product here. It was important to us to speak directly to as many companies as possible at this forum."

New farm supply store (cont)

• From page 4

Locals wandering around Helensville recently will have noticed a number of businesses sporting 'use your Farmlands Card here' signs. That's the other side of the Farmlands coin – a special charge card which lets Shareholders purchase goods from participating suppliers, usually at a discounted rate, and charge them to their Farmlands Account.

There are already 15 participating businesses: Premier Mechanical, Helensville Auto Electrical, Oikoumene, Art Stop Café, Black Pete's, Porcini Bistro, Helensville Engineering, Bikesport, Super

Liquor, Parakai Four Square, Helensville Meat Centre, Allsorts, Malolo House, Helensville Plumbers and Parakai Springs.

Ross says more are to come: "We're looking to sign up more local businesses. It's a very new concept for the town so it will take a while."

On top of that, the card can be used at Farmlands major partners nationwide, companies such as Hertz, Firestone, Repco, Placemakers, Bunnings, Harvey Norman, Flight Centre, FMG, Noel Leeming, Whitcoulls, BP, Caltex, and G.A.S. More than 3000 retailers accept the Farmlands Card.

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Summer hunt to make up for winter cancellations

The Waitemata Hunt has its first summer hunt this month as part of a weekend trek on November 26 and 27 at the Peak Adventure Park in Kaukapakapa.

The wet winter meant a number of hunts in the main season from March to July were cancelled, so several local farmers have offered their properties for summer hunting as well as treks and rides.

Waitemata Hunt Club kicked off its main summer programme with a horseback orienteering day over farmland with spectacular scenery between Te Henga and Muriwai.

The Kaukapakapa event will incorporate treks, a hunt and a party. It's being held on farmland already used for orienteering.

The Saturday evening is billed as 'Midsummer Night's Scream'. Music and meals are included as part of the festivities with trek participants and their horses staying overnight.

The hunt club, founded in 1949, is one of the longest running equestrian organisations in Helensville and the surrounding areas.

It has members from young children (who must be accompanied by an adult) to people in their 70s. As an incorporated society it relies mainly on the generosity of landowners and members volunteering their services.

Farms from Waimauku to South Head, inland to Tauhoa and as far north as Glorit

are used for the drag hunting of Waitemata during the main hunt season.

There are no foxes in New Zealand nor hares in the Waitemata district so, unlike the more traditional fox hunt, an artificial drag scent is laid during the hunt to give the thrill of a chase with hounds often in full cry. There is no kill at the end of the hunt.

To celebrate local farmers' generosity, the club puts on a special 'Farmers' Night' each year. This year's includes a dinner extravaganza at Alison and Lars Fellman-Hamilton's property in South Head on November 13.

It's also a chance for farmers in the district to get together and socialise in a large group.

People who have not tried hunting are encouraged to join in the club's summer activities.

They can pay a capping fee for their first few hunts or apply to be a member. Riders not wanting to follow the hounds over fences can ride at a more leisurely pace using gates to follow the hunt.

Etiquette ensures safety as well as tradition and conviviality in hunt fields with the hunt breakfast providing plenty of opportunity to relax and socialise after riding. Similar gatherings with barbeques or shared meals are included at just about every event the hunt club organises.

Visit www.waitematahunt.co.nz for more information.



• Waitemata Hunt riders in action on a local farm



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Quilt exhibition popular with locals

Several hundred people visited the Helensville Patchwork Group's recent two-day exhibition in the War Memorial Hall.

It's hoped to hold another show in three years.

The queen-sized raffle quilt was won by Catharine Yakich from Dargaville, with second prize going to Carla from Waitakere Road.

Janice Hirst won the Viewers Choice Quilt with her quilt 'Latte'.

"The Quilt Show was very successful," says Anne Adams. "People were amazed it was put together by such a small group (10 in all).

"The trading table was very well



• Visitors check on the offerings at the quilt exhibition

patronised, the kitchen was also well attended, and everyone seemed to enjoy our country hospitality."

Fashion show and travel evening

A Spring/Summer Fashion and Travel evening is being held at the Paua Room at 6 Commercial Road on Thursday, November 17 from 7pm.

Run in conjunction with Helensville United Travel, the evening will feature a fashion show and presentations by Trafalgar Tours and Uniworld Boutique River Cruises.

Tickets to the evening cost \$20, with \$5 from every ticket sold going towards the new Helensville Medical Centre ambulance ramp. Refreshments will be provided on arrival.

Tickets are available from Helensville United Travel, 60 Commercial Road, phone 420 8860 and the Paua Room, phone 420 9898. There will be no door sales. The event had originally been planned for last month.

Pink Ribbon Day fundraising goes well

Maureen Walker and Colleen Brown (right) were on duty last month raising funds for breast cancer sufferers on Pink Ribbon Day. The pair, along with Michelle Perry and daughter Nikita, Noreen Fanning and Jan Sutherland, dressed up in pink wigs, hats, feather boas, and pink eyelashes to take part in the annual fundraiser, outside Woolworths.

"We meet lots of folk who have been affected, one way or another, through breast cancer," says Breast Cancer Helensville co-ordinator Barbara Cobb.

"Hopefully (we) give them some hope when they tell us about the special person in their life who has been affected by breast cancer, be it woman or man.

"I would like to thank the volunteers for their support, and the retailers who draped their counters with balloons and had donation boxes, with special thanks to Jenny at Allsorts, who takes in all the boxes that Breast Cancer NZ send us and does a fantastic pink shop window."



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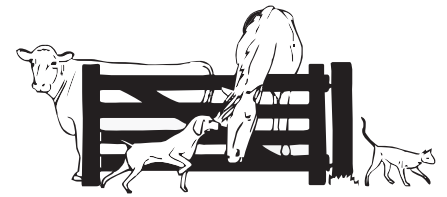
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General Election candidates

Helensville News asked the three candidates contesting the Helensville Electorate in the General Election on Saturday, November 26 to write a few words.

■ Jeanette ELLEY Green Party Candidate

The unfolding Rena catastrophe in the Bay of Plenty is a wake up call for all of us who care deeply about the treasure that is our beautiful environment here in New Zealand.

In Helensville, we are so fortunate to be nestled beside the sparkling Kaipara Harbour and surrounded by forests and green rolling hills.

From the rugged west coast beaches, through Waimauku, Parakai and South Head, over to Kaukapakapa and Waitoki, as I travel the area I am continually stunned by the spectacular landscapes as well as the warmth of the people.

In this part of the country, we understand our reliance upon the natural environment for our wellbeing and our livelihoods. But these vital ecosystems which underpin everything that we do are constantly under threat by actions that we collectively or individually take.

Sometimes, what is called "progress" may actually be short term gain for long term pain. The kind of pain that is being felt in Tauranga right now.

The Green Party believes it is important to open our eyes and take a precautionary

approach to protecting our natural assets, for the wellbeing of all. If we do this we will enjoy clean water, plenty of green jobs, more of our children lifted out of poverty, and much more besides.

■ Jeremy GREENBROOK-HELD Labour Party Candidate

I know Helensville is a great place to live because I grew up here. I attended Kaukapakapa School and Kaipara College.

I want to be your local MP because there is more to be done, it's just not good enough to just muddle through. I am asking you to give two ticks to Labour on November 26.

Electing a Labour-led government is the only way we can stop New Zealand's precious state assets being sold to the highest foreign bidder. Selling state assets for a small, short term financial gain is like selling your ladder when you're stuck down a hole - makes no financial sense, and will turn us into tenants in our own country.

Labour has a plan to improve our economy. Labour will give every hardworking New Zealander their first \$5000 annual earnings tax-free and will increase the minimum wage to \$15. Only by

• To page 9



Jeanette Elley

Candidate for Helensville Electorate

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Jeremy GREENBROOK-HELD Labour candidate for Helensville

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E jeremy@greenbrook-held.org.nz

Authorised by Jeremy Greenbrook-Held,
851 Old North Rd, Waimauku



have their say

• From page 8

increasing everyone's take-home income will we increase economic productivity, and help stop the mass migration of young kiwis to Australia.

If elected your local MP I will work hard to improve public transport services and broadband infrastructure to the north-west. I support a dedicated bus lane on the Northwestern Motorway, and sustainable passenger rail services to Helensville. I will also actively support Helensville's bid for heritage status, and oppose the Kaukapakapa gas powered station.

This election is the most important in a generation; how you vote makes a real difference, so on November 26, vote to own your future. Vote Greenbrook-Held for Helensville, Party Vote Labour.

■ John KEY

National Party Candidate, incumbent MP & Prime Minister

It's a great privilege to be the MP for the Helensville electorate.

We've made great progress in the past few years. We've overseen the early completion of the Hobsonville bypass on the Western Ring Route, linking the North Shore and West Auckland.

We've invested \$6.9 million to upgrade and modernise 16 local schools.

We're rolling out fibre for faster

broadband to many homes throughout Auckland, and bringing faster broadband to Helensville's rural communities. This will benefit eight rural schools including Coatesville, Parakai, Waitoki, Kaipara and Woodhill.

There's been a 7.7 per cent drop in recorded crime per person in the Waitemata District, which includes Helensville, in the past year.

Waitakere Hospital is now providing 24-hour emergency care, and we've got about 140 extra nurses and 70 extra doctors working in the Waitemata public health service.

I'm asking for your support this election so we can keep building a brighter future for our communities in the Helensville electorate.

Authorised by John Key, Executive Wing, Parliament Buildings, Wellington.

\$500 gardening win

Alan Davidson and Trish Beaven of Parakai won a \$500 gardening voucher recently in a 'Go Gardening' magazine gift card competition.

Go Gardening magazine is complimentary for Mitre 10 customers, and Trish entered under Alan's name.

The paid have already used some of the money buying a new water blaster from the Helensville store.

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Authorised by John Key, Executive Wing, Parliament, Molesworth Street, Wellington.

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Funding for arts and culture projects

Auckland Council invites applications for funding to support significant projects taking place in the Rodney and Hibiscus and Bays (Hibiscus Subdivision) Local Board areas

If you, your community group or organisation, are keen to deliver projects that will help make Auckland the world's most liveable city, then contact us today.

Expressions of interest for the Auckland Regional Services Trust (ARST) fund close 25 November 2011.

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or visit www.aucklandcouncil.govt.nz/funding

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Pioneering women book expanded and relaunched

An expanded, new edition of the popular local book 'Pioneering Women of South Kaipara' is now available.

The Helensville & District Historical Society officially launched the new edition at the museum during the Community & Heritage Day celebrations on October 8. Local identity Flora Thirkettle, the Kaipara Harbour's pioneer fisherwoman, launched the book and was presented with a copy and a spray of lavender.

A special feature of the new edition is a comprehensive, 14-page 'people' index, which will be a great help to historians and genealogists.

Society members were pleased to see the families of some of the 16 new entries of pioneer women attending the launch.

A slide presentation introduced the new entries, which include Helensville's first business woman, the first postmistress at

Waimauku, the first woman member of the Auckland Referee's Association and New Zealand's first registered woman veterinarian.

Copies of the book are available at several local outlets including the Museum and Helensville Take Note, for \$40.

Alternatively the book can be ordered by phoning Sue Hadwin at the museum on 420 7881 (afternoons), by post to PO Box 133, Helensville 0840, or by email to helensvillemuseum@xtra.co.nz. Postage and packing is \$6 extra.

Wheelbarrow full of goodies won

Birgit Whitehead is pictured with children Daniel and Maya and the wheelbarrow of goodies she won at the recent annual Helensville Mitre 10 Garden Party.

The shiny new barrow contained seeds, seed raising mix, tools, plants, gloves and other gardening products.

Another winner on the day was Waioneke School, which also won a wheelbarrow full of gardening products in the schools' scarecrow competition. Other winners included River Valley Kindergarten and individual winner Jessica Anderson.

This year's garden party was themed as a market day, with locals selling crafts and wares and Mitre 10 suppliers holding demonstrations and giving away samples.

Entertainment came from Kaipara College musicians; Mitre 10 owners Fred and Anne Day made a donation to the college for their help on the day.

Helensville Lions held a fundraising sausage sizzle, and locals also sampled complimentary wine, cheese and fruit juice.



Spring/Summer Fashion and Travel Evening

Thursday 17th November, 7pm

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In the lead up to Christmas, the Health Trust team are very busy with three major projects which will keep us well occupied over the next year and more. These projects all link together in assisting

us to meet our vision to make Helensville 'the healthiest rural community in New Zealand'. There are some great things happening around us. Thank you all for your ongoing support and enthusiasm.

– Dianne Kidd

Ambulance Ramp

Shortly, we will be commencing the building of the new St John ambulance ramp which we hope to complete by the New Year. The fundraising for this important development has commenced, and every effort is needed to help us meet the cost of this project. The estimated cost is \$58,000 with fundraising targeted at \$25,000.

We are gathering support locally and are delighted to be the proposed recipients of the Freemason's fundraising auction this year. These auctions are always a fun event with refreshments and great company. Please join us on **Wednesday 23 November at 7.30pm** at the Masonic Lodge in Kowhai Street. If you can donate anything for auction please let us know.

Jeff Thomson has our unique screen designs underway and these will be an exciting part of the ramp. Remember that donations are tax deductible so please call us if you would like a receipt.



Community Health and Well-being

Phase one of the proposed community gardens, being facilitated through a partnership between the Helensville



District Health Trust and Peacemakers Trust is scheduled to commence on **Friday 18 November**. Our invited guest speaker and expert is **Chris Ennis**. He will be presenting

an introductory seminar at the Council rooms (War Memorial Hall) in Commercial Road, Helensville. He will introduce us to the concept of community gardens and farms based on his 30 years of experience in this field. Check out his website www.ceres.org.au.

This will be followed up by weekend workshops to be held at the Peacemakers Fordyce House in Fordyce Road. A number of people have registered their interest and enthusiasm for this project. The purpose of this seminar and the weekend workshops is to inform and help to understand the health and wellbeing benefits of social enterprises of this kind. We are also seeking to determine what sort of model would work in our community. There is no blueprint yet, but an opportunity to develop one for our community. Please join us if you are interested for any part, or all of our weekend programme.

Details of the seminar are available from June King – phone 420 7878 or email: jkings@helensvillehealth.co.nz.



Claire Payn

Baby Friendly Community Initiative

Claire Payn our lactation consultant at the Birthing Centre is leading this initiative and has been working hard to reach the stage when she can start running workshops with the groups involved. We are delighted to have signed up eight groups of professionals working in our community who will undertake a series of workshops to help them promote breastfeeding locally.

There is sound and growing evidence

internationally, that breastfeeding contributes positively to infant and maternal health and the social wellbeing of the mother, family and community. In the short term breast-feeding reduces the risk of infectious diseases and sudden infant death and lowers the risk of hospitalisation in the first year of life. Long term benefits include reduction in the risk of chronic diseases such as obesity, type 2 diabetes and cardiovascular disease.

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Mixed response to Heritage Day

The Helensville Community and Heritage Day last month was a mixed affair with good numbers of locals at some venues while others were quiet.

The day's events were officially kicked off by local corrugated-iron sculptor Jeff Thomson and a performance by Kahurangi Ki Kaipara Kapa Haka at the Helensville museum. The museum site drew a steady stream of visitors through the day, including many family groups.

Activities there included butter making, rug and quilt making, spinning, embroidery, flax weaving and woodcarving, while old fashioned games like stilt walking, hopscotch and marbles were provided for the children along with more modern entertainment such as a bouncy castle and a fishing pool.

Musical entertainment ranging from ukuleles and accordions to a local quartet on keyboard, flute and guitar was popular with the visitors, while the courthouse building



Two-year-old Sara Flowers gets face paint to match her name at the Museum, watched by mum Arwen

was used as a theatre for several sessions of an historic photo presentation and the launch of the new edition of the book 'Pioneering Women of South Kaipara'.

Commercial Road was buzzing around the middle of the day, with numerous stalls lining the western side of the road.

The planned wearable trash parade wasn't held due to a lack of entrants, but the crowds gathered outside the War Memorial Hall to watch a performance by the Hibiscus Ukulele Club,

Scottish dancing, the addressing of the haggis and a second kapa haka performance.

Late afternoon musical entertainment and screenings of two Rugby World Cup at a special council-run venue behind the hall was poorly attended, with only around 200 people at the most watching local bands and the rugby.



Clowning around in Commercial Road

HELENSVILLE NEWS

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• Kahurangi Ki Kaipara Kapa Haka performers entertain the crowds



• Laurence McLeod, a descendant of the original Helensville McLeod clan, addressing the Haggis



• The pipe band on the march



• Locals gather in front of the big screen to watch Wales defeat Ireland in the first quarter final match

Foreign farms seek work experience

Local farmers looking for some extra help around the farm are being encouraged to contact Agriventure New Zealand, the Kaukapakapa-based arm of the international rural placement programme.

There is increasing interest from young overseas farmers seeking work experience on Kiwi farms.

Agriventure has a dairy/sheep trainee available for five months, a pig/sheep farm trainee with one year's experience who will be here for six months, and a trainee looking for a placement on a sheep or fruit farm, also here for six months.

These are the first of a growing number of young farmers, typically aged between 18 and 30, looking for work experience in New Zealand's farming environment.

Agriventure NZ is run by husband and wife team Mark and Pauline Norrish along with officer manager Mandy Mare. Farmers looking for help should phone Agriventure on 420 5212, text 021 961 972 or email pauline@agriventure.com.

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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
Ph (09) 420 8747 Email birthtrustc@xtra.co.nz

www.birthcentre.co.nz

Free composting course in Kaukapakapa

Kaukapakapa residents will be able to attend a free composting course on Saturday, December 3.

At the three-hour 'Create Your Own Eden' course, facilitated by Kaipatiki Project on behalf of Auckland Council, they will learn how to turn food and garden waste into fertiliser or soil conditioner by using one of three methods - conventional composting bins, bokashi fermentation and worm farms.

The course includes learning how to make compost, what to put in and what not to, and compost trouble shooting.

After completing the course participants qualify for one \$23 subsidy per household on any composting system purchased through the Kaipatiki Project.

Attendance is restricted to two participants per household and bookings for the course are essential.

The course is one of 100 being held around Auckland in 2011 and 2012, aimed at getting Aucklanders to put their food and garden waste to work rather than sending it to landfills.

Auckland Council Waste Minimisation Advisor Sue Martin says about 50 percent of what Auckland households put out for rubbish collection could be recycled via composting bins, bokashi fermentation and/or worm farms.

For more information or to book email admin@kaipatiki.org.nz or phone 09 482 1172.

Karate locals learn in Oz



• L-R: Tim Herlihy, Kevin Plaisted, master Nagamine, John Carlyle, Reece Cummings and Fleur Hindt

Helensville karate instructor Tim Herlihy along with club member Fleur Hindt and New Zealand chief instructor Kevin Plaisted trained in Taree, Australia recently with Okinawan karate master, Soke Takayoshi Nagamine 10th dan.

They were invited by Sensei John Carlyle of Matsubayashi Ryu Australia, which was hosting master Nagamine. The training sessions, including private lessons with the master, was an invaluable experience says Tim.

"Normally it would cost us thousands of dollars to travel to Japan for this type of training, so having the opportunity to jump across the ditch was appreciated and cost effective."

KKK School holding golf tournament

The third annual Kaukapakapa School Golf Tournament will be held at Helensville Golf Course on Wednesday, November 30 with a shotgun start at 9.30am.

The previous tournaments were big successes for the school, which is looking forward to a sell-out this year. Money raised from the day will be used to continue the landscaping upgrade at Kaukapakapa School.

Playing packages start at \$360 per team of four players. For businesses, hole sponsorship is \$200 and there will be a number of fun events held on the course to give exposure to this type of sponsorship.

There will be a complimentary barbeque in front of the clubhouse and two refreshment carts out on the course. A prize giving will be held, and finger food served, in clubhouse afterwards.

For more information on the playing or sponsorship packages, contact Tracy Bronlund on 420 4581, email tracyb@bpl.co.nz, or phone Sandy Marshall on 420 4534.

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Lemons, lemons, lemons

I don't know about your trees but our citrus have been fantastic this year. Judging by the number of people who kindly drop their excess crop into the restaurant, there is an abundance of lemons in the district.

Before the best of them have gone, save some as cordial. This easy and 'old school' preparation is both healthier than shop-bought cordial and less expensive.

I make it for the staff and myself at the restaurant from lemons donated by a staff member; we have made a few batches now and feel we have it about right. We all enjoy the ginger after-taste, but it works perfectly well without any ginger at all.

The original recipe came from farming family, a good starting point but I use about 40 percent less sugar than that recipe calls for. The citric and tartaric acid are added to increase the tartness without making it bitter and also act as preservatives to extend the shelf life of the cordial. These products are available in the supermarket - they are not expensive and a little goes a long way.

I store the cordial in a couple of cleaned wine bottles with screw tops. If you store the cordial in a dark green bottle it will last longer and will sit happily in the back of the pantry unopened for many months. Once open consume it within a week unless you are storing the opened bottle in the fridge, in which case it seems to last a long time.

I intend to try a rhubarb cordial in the summer I'm told it's delicious with a dash of vodka and soda, I'll let you know.

You will need about eight ripe lemons picked from the tree. These tend to be full of juice as opposed to the average shop-bought lemon.



■ Lemon Cordial

- 250ml lemon juice
- Skins of 4 lemons
- 600g sugar, raw or white.
- 40g thumb of fresh ginger, roughly chopped (optional)
- 2 litres of water
- ½ teaspoon citric acid
- ½ teaspoon tartaric acid

Place everything together in a pot and set to boil, turn down to a gentle simmer and allow to reduce to about 1 ½ litres. This will take about an hour.

Thoroughly wash a couple of wine bottles, fill them with boiling water and allow to stand for a couple of minutes to ensure they are sterile. Put the wine caps in a cup and also cover these with boiling water. Drain, and while still hot strain the cordial into the bottles, fit the cap and allow to cool.

To use the cordial simply pour a measure into a glass and top with cold water, soda or lemonade.



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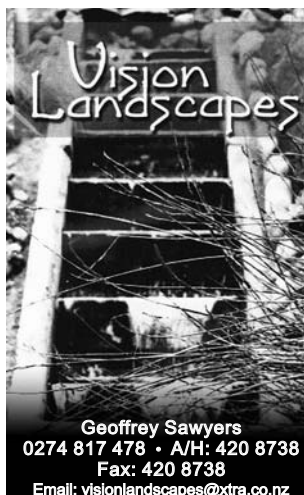
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■ ONE DAY TOUCH TOURNAMENT

A one-day touch rugby tournament is being held this Saturday, November 5, at Rautawhiri Park. There will be open mixed competitive and social grades. Entry is \$150 per team (maximum 12 players). Registration forms are on the website www.tutangiora.co.nz. For more information phone Heena King on 021 203 9664 or email heentto@gmail.com.

■ BOOKART CLASS

Waimauku book artist Andrea Graham plans to hold classes on book binding and creating your own works of art using the book as the canvas. Classes will cost \$40 per three-hour class or \$80 per full day. Dates will be set once numbers are confirmed. Email Andrea at andrea@andregraham.co.nz.

■ VOLUNTEER WANTED

The volunteer stroke scheme needs someone to become a communication partner for a local man who has suffered a stroke. It will involve only one hour a week and full training is provided. Anyone interested in helping out should phone Lesley King at the Waitemata District Health Board on 09 441 8959.

■ ALPACA OPEN DAY

Waitakere Alpacas has two free open days coming up, the first on Sunday, November 13 and the second on Sunday, December 11 at 107 Monk Road, South Head. Phone Hans Roecoert on 420 2185 for more information.

■ ARTHRITIS SUPPORT GROUP

The Helensville Arthritis Support Group will meet at 10am on Thursday, November 17 at the Pool Room at Aquatic Park in Parakai. There will be a guest speaker. Contact Merle, phone 420 8774 or Judy, phone 420 6058.

■ SAVE THE CHILDREN XMAS CARDS

Save the Children Christmas cards will be available at the Helensville library and the Information Centre in time for overseas posting. At \$9.90 for eight cards they are good value; bargain packs of 20 mixed cards from previous stock are also available. Revenue from the sale of the cards goes to the Save the Children Fund, some of which is used to help Kiwi children, with special attention this year to Christchurch victims. There will be no annual appeal this year. A catalogue of Christmas gifts is also available from Gay Hildreth, phone 420 7022.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa Village Market on Sunday, November 20 is combined with a Kaukapakapa Playcentre family photo deal fundraiser, in which for \$10 locals get a sitting with a professional photographer at Kaukapakapa Hall. Sittings must be booked with Amisha, phone 420 4282. A monster raffle will also be drawn on the day, with tickets \$2 each or three for \$5.

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