

4700 copies delivered monthly to Helensville, Parakai, Kaukapakapa, Waitoki, Wainui, Woodhill, South Head and Shelly Beach

## Parakai hospital & dementia facility to open soon

Work is nearing completion on the new hospital and dementia wings at Craigweil House in Parakai, with the building expected to be open by Thursday, April 5.

An open day is expected to be held soon after the opening.

The development, which is costing "in the millions" according to Craigweil operations manager Richard Parker, will also see further refurbishment work on the original heritage-listed 1908 house, adding seven more beds to the existing rest home in a concurrent project costing more than \$100,000.

The new 20-bed hospital will be joined directly to the existing building, while the 20-bed dementia wing is a separate building, joined to the hospital by a covered deck.

Richard says staff numbers at Craigweil will increase from the current 23 to up to 53, and it is hoped the new wings will be half full within three to four months of opening.

He says there is no shortage of applicants for the positions on offer.

Auckland architectural firm Eclipse Architecture has created a design in keeping with the existing weatherboard appearance of the original home.

The new hospital will feature large rooms with low-silled windows so bed-ridden patients can see outside easily. Each room



• Craigweil operations manager Richard Parker on the construction site, with the new hospital behind

will have its own television, and ensuite bathrooms will be shared by two rooms.

There will be a nurses' station, a large new laundry to service the entire complex, and a day room for patients with huge ranch sliders onto decking overlooking a grassed and landscaped area. A conservatory may be added at a later date.

Rooms in the fully-fenced dementia building will be slightly smaller without the need to cater for lots of bulky medical equipment, and also to encourage the dementia patients to take part in the various therapeutic activities such as music and dance that will be on offer.

It will feature a special colour scheme designed for dementia patients, and lots of scented plants such as lavender will be used in the surrounding plantings.

As well as large windows, skylights will

let in as much natural light as possible.

In the original home, as well as the additional rooms, other major work will be carried out. The kitchen will be greatly expanded, as will the dining room, and the whole property will be repainted and recarpeted.

There will be a new 1920s-style picket fence out front, and the aim is to restore all the original stained glass windows if applications for heritage grants are successful.

Craigweil's natural thermal bathhouse, which dates from the 1930s, will also be renovated as funds are available.

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• An architect's drawing of the finished complex, with the dementia wing at left and hospital at the rear

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# editorial

I hope you have all enjoyed a great festive season and managed to enjoy some quality time with friends and family. The weather hasn't been too kind to us for much of the time, that's for sure - but it's going to be great on Saturday, February 25th.

Have I become a weather forecaster? No - I'm just getting in a positive frame of mind for the annual Helensville A&P Show. It's the biggest event on our town's annual calendar, and when the sun is shining it's hard to beat for a good old-fashioned family day out.

Both my father-in-law Hec Aitkenhead and my wife Shona have had the dubious 'honour' of being show presidents in years when the weather gods didn't oblige, and it's such a shame when you see how much hard work by the band of dedicated volunteers goes in to getting the show ready.

The show will go on regardless - whether it's rainy or, as I predict (!), beautiful weather - and you can read all about what will be happening on pages 8 and 9, complete with a map of the grounds so you can easily find your way around.

Also coming up - this weekend in fact - is another event which has become an annual fixture, the Lions Club's Running of the Roses fundraiser. Read about it on page 5, along with a story on the Family Fun Run being held in conjunction with it.

On page 3 we bring you the sad but also uplifting story of a Waitoki family's hotrod, built as a tribute to a teenage son lost to depression, while on page 4 we meet a local building who has taken on a major home renovation franchise.

So don't forget - it'll be fine on the 25th, so no excuses not to go to the A&P Show.

- Dave Addison, Editor

# letters

On Friday last I spent all day on our farm at Wilson Road, South Head, looking for the vivid yellow flower heads of ragwort. I dug every one out, buried the stalks and disposed of the seed heads properly.

Every year I do the same, and there are now almost no residual plants whatsoever on our farm. However, some seeds continue to blow in on windy days and every year stragglers must be destroyed before they can seed.

One day a year is not bad considering the alternative of letting them go and causing misery to my neighbours. When we see how thick agapanthus has become on the South Head and other roads we must be grateful that ragwort has been mostly eliminated by careful farmers, as both these plants are inedible and prolific at spreading. Ragwort is poisonous to most stock.

- Ernest J. Smith

## Hospital & dementia facility open soon

• From page 1

Unfortunately the extensive tiling won't be able to be repaired as replacements are unavailable, but the restored bathhouse will feature a hoist for less mobile residents.

Manager Deborah Presland, who has worked at the home since 1988, is delighted the bathhouse is to be refurbished in its original 1930s style.


Many other features are being retained to protect the art deco and neo-classical

style of the building, says Richard.

Work already completed includes the restoration of the kauri mantle piece in the main house and stripping joinery back to its original native timber. Much of the exterior painting is also complete.

Craigweil House is owned by the Allenby Group NZ, which took over the property 12 months ago and changed the name from Parakai Home for the Elderly back to its original title.

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# Hotrod a tribute to lost son



• Chuck Moore (left) and Helensville hotrod builder Lance Walsh with 'Ryan's Peace Bucket'

When Ryan Moore was 15, he began his dream project to build a hotrod with his father Chuck.

The hotrod was to be just a regular 'driver' - nothing too flash. But Ryan, who suffered from serious depression, took his own life in April 2009 just two months into the project.

After his death parents Chuck and Sheila, of Waitoki, decided on something much more special - a loving tribute to their talented musician son.

The result, Ryan's Peace Bucket, was one of the highlights of the Kumeu Hotrod Show on February 21 and 22, taking pride of place just inside the doorway of the main indoor exhibit and winning the People's Choice award.

With the number plate 'T4RYAN', the 1923 Model T Ford 'T-Bucket' has been fashioned after Ryan's persona.

"Anyone who knew him would recognise the T-bucket as being a mirror of his life," says the sign which accompanies the car.

Ryan identified with the 1970s, with its values of peace, love and rock and roll, and in particular regularly wearing (and selling) home-made tie-dyed shirts.

To that end, the car has been given a lavish tie-dyed paint job, complete with two airbrushed portraits of Ryan on either side by Steve Levine at Imagin-Airing.

Featuring a 302 Ford V8 engine and unusual pearl white paintwork for the engine, chassis and non-tie-dyed body sections, the hotrod was assembled by Helensville's Lance Walsh. It had originally been purchased from Whangarei as a just-started project.

Originally from northern Washington state in the United States, Chuck and Sheila have lived in New Zealand for 25 years and call themselves kiwis.

"The whole family has been behind this project," says Chuck, who works in IT.

"This car will be in our family for the rest of our lives."



• One of the hotrod's airbrush portraits of Ryan

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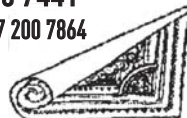


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## Local builder takes on renovation franchise

Helensville couple Bryce and Belinda Coles have just taken on the local franchise for Australasian home renovation company Smith & Sons.

Bryce, son of Jenny Coles of Allsorts in Commercial Road, began his builder's apprenticeship 12 years ago with local builder Malcolm Pickering.

He worked with Malcolm for seven years before becoming self-employed, working mainly in the renovation field both locally and throughout the Auckland area.

Then came the chance to take on the local Smith & Sons franchise, which covers an area from Makarau in the north to Bethells Beach in the south, and from South Head in the west to Coatesville and West Harbour in the east.

"It's a sizeable area," says Bryce, "and one that will continue to grow in population." It's also an area that has many older homes in need of renovation being moved onto lifestyle blocks.

Smith & Sons was set up in Australia in 2008, and there are now around 25 franchise offices in both Australia and New Zealand. The company provides a complete renovation service, from smaller jobs such as adding a deck or updating a bathroom or kitchen through to full-scale home and commercial renovations.

Bryce and Belinda saw the franchise as a good fit for their business ethic.

"We liked what Smith & Sons stood for and what they offer the public and felt that really suited us," says Bryce.

"Far too often builders get a bad rep, and we thought this was a way of creating a positive impression for the renovation market.

"We will continue to provide a friendly,

approachable service."

A major benefit of belonging to the Smith & Sons family is the buying power the company has for building materials, as well as the support they provide for franchisees.

When *Helensville News* caught up with the pair they were just about to travel to Tauranga for three days of franchisee training, in particular in the company's accounting, quoting and construction management software.

Bryce grew up in Helensville, attending Waitoki School and Kaipara College while Belinda comes from Swanson.



• Belinda and Bryce with 19-month-old son Ashton and the playhouse

They have lived in Makiri Street for seven years, renovating their own home for the past two years - an on-going project, quips Belinda, citing the traditional 'builder's home' syndrome.

Belinda works as a research analyst for the advertising department of TVNZ where she has been for four years.

As a way of helping promote their new business, Bryce and Belinda will have trade stands at both the Helensville and Kumeu A&P shows. It will feature a playhouse Bryce has built, which one lucky person will win by visiting their Facebook page at [tinyurl.com/7p8dxwf](http://tinyurl.com/7p8dxwf) and suggesting how it can be renovated.

## Farmlands Helensville: Getting in behind the Helensville A&P Show.

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# 4th Running of the Roses

Helensville Lions Club holds its annual Running of the Roses fundraising event this Saturday, February 11.

First held in 2009, the event will see up to 3000 numbered imitation roses released into the Kaipara River on an outgoing tide at the Kaipara Cruising Club (this year around 3.30pm). The first six roses retrieved from the river when they reach the Kaipara Dairy Factory win the major prizes.

This year's two top prizes are each valued at \$1000 – a Bay of Islands cruise for two including a night's accommodation from Fullers United Travel, and a 43" Samsung television from Magness Benrow.

Other major prizes include a hot air balloon ride for two valued at \$780, a \$740

## Young Farmers will compete at A&P Show

A Junior Farmer competition will again be a highlight of this year's Helensville A&P Show.

The contest features one year five to eight representative from each of the local primary schools, who must demonstrate skills in farming, domestic and general knowledge categories.

Contestants have four minutes to complete activities such as hammering nails, sawing wood, milking a 'cow', ironing a shirt, whipping eggs, and completing a wheelbarrow obstacle course.

Competition organisers Lyn Catchpole and Julie Croft say the greatest challenge for the contestants is a speech each child must give on the Show's main stage.

Points are awarded for each activity completed, with extra points earned for those who dress as a farmer in the RD1-sponsored event, now in its fifth year.

In addition to the children's tasks, parents and other school students are encouraged to come along on the day to support their Junior Farmer competitor. The crowds are judged for overall enthusiasm and a Supporters Trophy is awarded to the winning school.

Starting at 1pm, the competition was inspired by the adult Young Farmer Competition held each year in New Zealand.

mobile phone account voucher, a night for two at the Sky City Grand Hotel in Auckland and a trip for two to Dargaville aboard local cruise boat the Kewpie Too (with return by bus).

There will also be spot prizes during the afternoon at the Riverside Reserve in Mill Road, where the festivities begin at 1pm. Children's entertainment will include a bouncy castle, fish game and pony rides.

Waka Ama races start on the Kaipara River at 2pm, with around 30 entries expected.

A twilight market with local crafts, produce, plants, collectables, a Lions sausage sizzle, food and drinks, and doggie treats will run from 2pm to 6pm. Stall holder enquiries phone Sarah 0274 831 542.

Entry to the Running of the Roses is by purchase of a \$5 ticket, for which the buyer gets two roses – one to keep, and one which goes into the river.

Proceeds from the fundraising event always go to local charities and community organisations; this year's recipient will be the Helensville District Health Trust, which will receive \$5000 toward its upgraded ambulance ramp.

## Fun run leads into Running of Roses

A Family Fun Run is being held this Saturday, February 11 as a lead-in to the annual Running of the Roses event.

Organised by the Helensville Lions Club in conjunction with Tu Tangi Ora Kaipara Collective, the 4.2km run starts at 2pm from Springs Rd in Parakai and finishes at the River Reserve in Mill Rd, Helensville.

Registrations will open from midday at Springs Rd. Transport will be provided for those needing to get back to the start to collect their vehicles.

There will be spot prizes, and certificates for those who complete the course.

Entry is \$10 per person, \$30 for a family (two adults and up to two children) and \$30 for teams of four. Tickets are available at Aquatic Park Parakai Springs, Helensville Copy & Print or at [www.eventfinder.co.nz](http://www.eventfinder.co.nz).

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## Free bowel cancer screening programme

250 randomly selected eligible Kaipara Medical Centre patients have begun a free, four-year bowel screening pilot programme being run by the Waitemata District Health Board.

Local earthmoving contractor Dave Swale was the first person enrolled in the new programme. Dave had had two uncles and a friend die from cancer, so when the opportunity came to take part in the pilot scheme he was quick to sign up.

The programme will be rolled out to more people to a total of 137,000 Waitemata

residents aged 50-74 years over the next two years.

It provides a simple screening process for people with no obvious symptoms to check for early signs of bowel cancer. It's different to other screening programmes, as participants don't need to enrol or even see a doctor or visit a medical centre.

Eligible participants receive an invitation letter and a test kit from WDHB with detailed instructions on how to take a sample and send it to the laboratory.

Invitations to participate are generated from a population register - the first time an invitation-based population screening programme has been piloted in New Zealand.

"The programme is the first of its kind in New Zealand, and the test is free and very simple to take," says Kaipara Medical Centre's practice manager John Issott.

"We're very excited that some of our medical centre's patients are the first to take part."

Bowel cancer is the second most common cancer in New Zealand; each year about 100 residents from the Waitemata area die from it. The bowel screening programme will help detect cancer at an early stage. If caught in time, there is a 90 percent chance of successful treatment and long-term survival.

For more information visit [www.bowelscreeningwaitemata.co.nz](http://www.bowelscreeningwaitemata.co.nz). People within the eligible age range should also contact the BowelScreening Coordination Centre on 0800 924 432 to ensure their details on the register are correct.



• Helensville's Dave Swale was the first local to sign up for the pilot programme

## KDC property sold

The old Kaipara Dairy Company premises at the south entrance to Helensville sold at auction late last year for \$425,000 - considerably below Government valuation of more than \$2 million.

Helensville News has to date been unable to contact the new owners, but we understand they are a film production company.

We'll bring you more information as it comes to hand.

## Call for locals to check phone listings

The Lions Club of Helensville is preparing its next telephone directory, and locals are being asked to check the information already held online by White Pages on behalf of Telecom and correct any errors, as the club is obliged to print the information as supplied by White Pages.

Businesses wanting to advertise in the directory should phone Lyn Curran on 420 9349 or email: [lyn.curran@clear.net.nz](mailto:lyn.curran@clear.net.nz).



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Here's five-year-old Cash Tamatahi-Davies of Parakai with the snapper he caught at the Kaipara Sports and Recreational Cruising Club's children's fishing competition last month.

After terrible weather over the New Year period, the Kaipara Harbour calmed enough to allow boats of all sizes to take their young anglers for a day of fun fishing.

A few sharks hanging around added to the day's excitement, with some of the young fishermen having to reel in their catch really fast to avoid having their fish, line and tackle being taken.

For many of the children it was their first fishing experience, and they learned how to bait their own hooks, reel in their fish, measure them and take them off the hook.

Parents and helpers were impressed with the youngsters' fortitude and ability to cope with such a long day.

The boats and their young passengers returned to the Kaipara Cruising Club for a weigh in, and lined up to see if they were lucky enough to have caught the biggest snapper, kahawai, gurnard, trevalli or kingfish.

All of the children either won prizes or spot prizes, and are now looking forward to next year's competition.

## Call out for more volunteers for local CAB

The Citizens Advice Bureau in Helensville needs more volunteers.

"There is a mass of information at our fingertips [but] even with Google there are still people who need our help," says the CAB committee member Anne Adams.

"Sometimes it's just being able to ask the right questions."

The CAB offers full training for its volunteers, giving them important information to help themselves, members of their own families and their local community.

"For those seeking employment, training as a CAB volunteer is held in high regard by employers and is a very useful addition to a CV," says Anne.

"For those with some time on their hands, the training often opens their eyes to what is available in their own community."

Anne cites the case of Leanne, a volunteer who joined the local CAB to gain experience, learn new things and to help get back into the workforce with confidence and experience after her children reached school age.

She describes her as someone who is able to listen, is open-minded, interested in helping, and is able to problem solve. She is also keen to learn about her community, has basic computer skills, and is able to make a small regular time commitment.

Anne would like any other locals with some of the skills Leanne has to phone the CAB Helensville on 420 7162.



• Helensville's CAB office in Commercial Rd

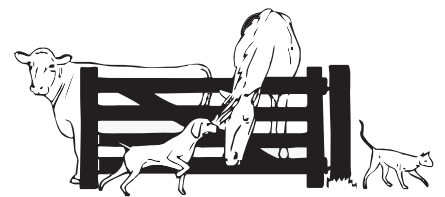
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# A&P Show turns 110 this month

The Helensville A&P Show turns 110 on Saturday, February 25, and should once again be the largest event on the town's calendar.

New attractions for the kids this year include bumper boats, a Boot Camp obstacle course, mini jeeps and hotrods, and hopefully the Zipline Flying Fox.

They are just some of the new amusements in the Cookie Bear's Roadshow, which has been updated with new features including three large slides.

The show's layout will be mostly the same as last year, although the Junior Farmer competition and dog agility and pet dogs have been moved to the trade area, and the military vehicle display, previously around the racetrack, has a new spot beside the trade displays, bordering Railway Street.

One of last year's biggest crowd-pleasers, the Grand Sheeplechase sheep racing, is back again. Also returning from last year are the popular 'Water Walkers' Zorbs which this year will be joined by Neverland Castle and an Air Cannon.

When parents need to put their feet up for a spell, the main stage will have local band Retro Vibe playing, plus for the kids Cherry the Clown, who will be wandering the Show grounds on stilts during the day.

There will be Clydesdale cart rides around the grounds, and pony rides for the children.

Also returning is the popular Carmel's face painting, highland dancing competitions, and for a true taste of farming activity, the sheepdog trials.

Woodchopping is one of the biggest crowd draws each year, and the Puhoi Woodchoppers will be back in action on the 25th.

At 1pm Oikoumene Forest and Harcourts will be running a no-reserve auction on their adjoining trade sites for a sleepout from Oikoumene worth \$12,000. Proceeds from the fundraiser will go to Helensville Primary. See page 43 in the Schedule.

Relish the Taste, the 'mini expo' of locally produced food and wine which is always popular, is back again too.

A regular feature at the show in recent years have been beautifully coloured and decorated cardboard-cutout works of art by local school children; this year look out for some colourful calves.

Of course the Show would not be what it is without the animals, this year including cattle, sheep, miniature donkeys, horses, and working dogs - plus the equestrian competition.

Add to those regular features like the Historical Society butter making, River Valley Amateur Winemakers & Brewers Guild, Brightside Spinners, Old



• The Grand Sheeplechase is back again!

McDonald's Travelling Farmyard, and it will be a full-on, fun-filled day for local families - and the many 'townies' who make a special trip to our town for what is the largest one-day A&P Show in the Northern District.

There will be free tractor rides from the public carpark, accessed through Stewart Street, and an EFTPOS cash out facility will be available at the show office. Entry to the show is by cash only - EFTPOS will not be available at the gate. Entry: adults \$10, school children \$5, pre-schoolers free, family pass (two adults and up to four children) \$25.

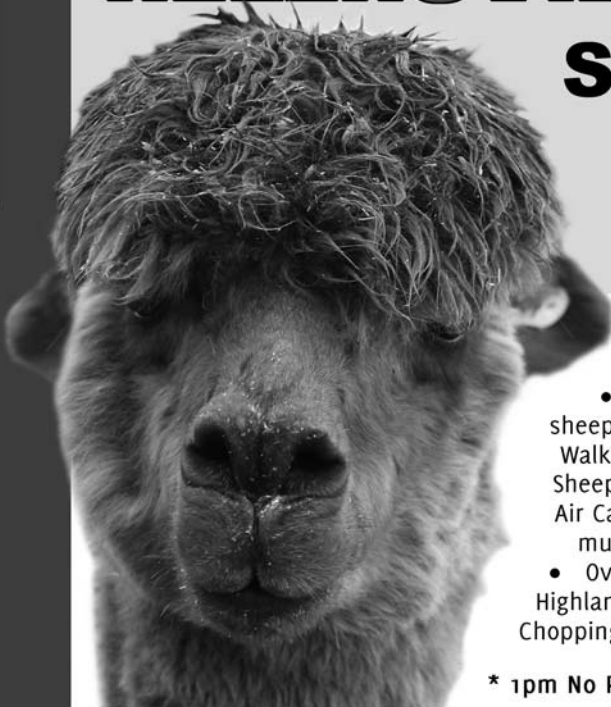
Show manager Marion Stutz would like to thank all the show's sponsors and supporters for helping make it happen.

## HELENSVILLE A&P SHOW

**Saturday, Feb 25**  
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'Relish the Taste' - food & wine from our area • The Cookie Bear Roadshow • new Neverland Castle • Horses, cattle, sheep, miniature donkeys, pet dogs • Water Walker Zorbs • Dog Agility • Sheeplechase Sheep racing • Junior Farmer Competition • Air Cannon • Carmel's Face Painting • Live music with 'Retro Vibe' • Cherry the Clown • Over 150 Trade Stalls • Sheep-shearing • Highland Dancing • Farm World • Wood Chopping • Sheep Dog Trials • Military Vehicles

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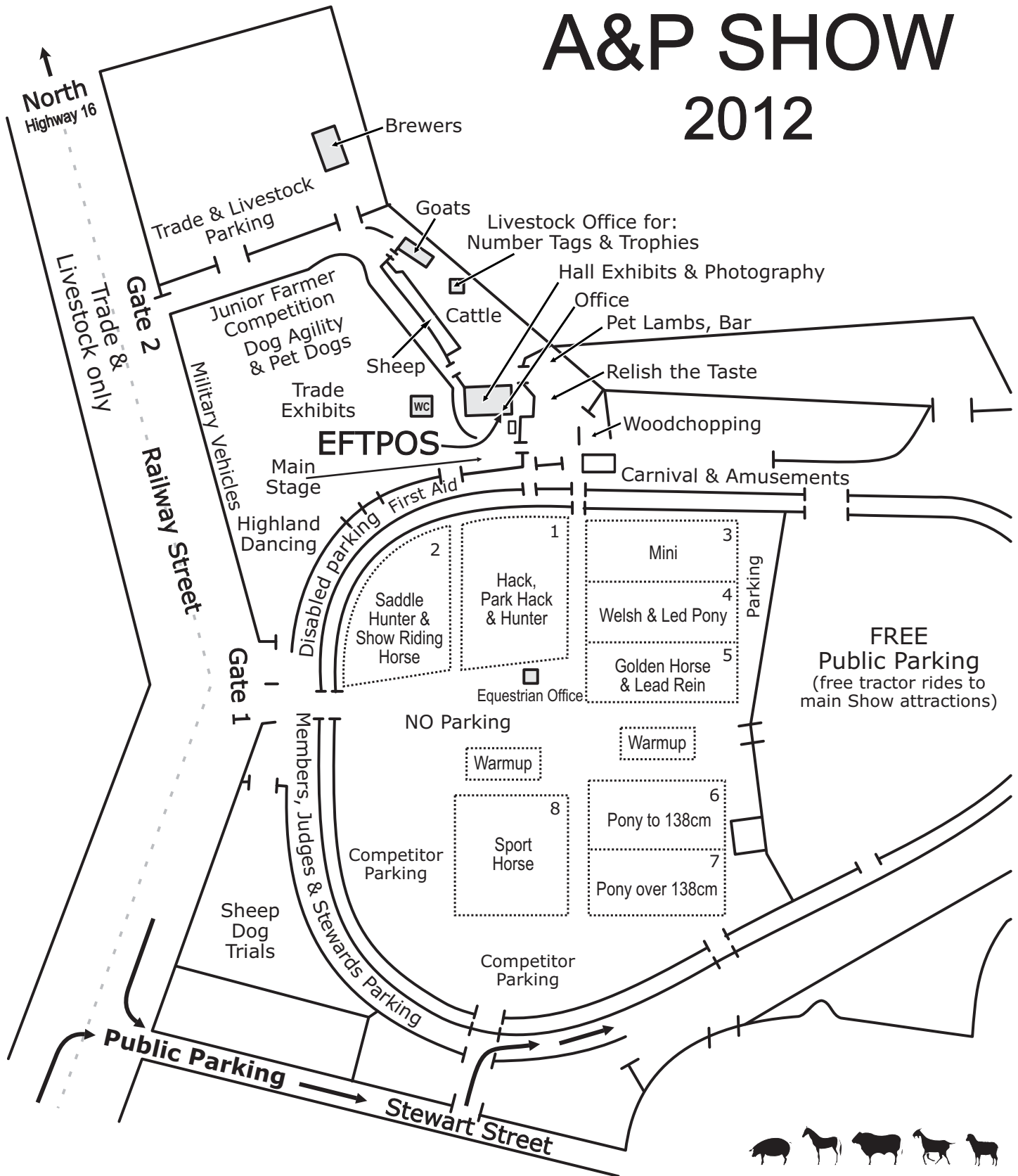
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\* 1pm No Reserve auction for \$12,000 Sleepout - see Shedule pg 43 \*

[www.helensvilleshowgrounds.co.nz](http://www.helensvilleshowgrounds.co.nz)



# THE 110<sup>TH</sup> HELENSVILLE A&P SHOW 2012



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## Visit to Te Hana Māori Pa complex

Students from Te Kura Tuatahi O Te Awaroa, the Māori Medium class at Helensville Primary, have visited the new Māori Pa tourist complex at Te Hana.

The tamariki have now been immersed in a special Māori Medium learning setting for two years and focus on learning about the South Kaipara environment, its history and Te Ao Māori (the Māori world-view).

The visit to Te Hana included a powhiri in which the tamariki took part, demonstrating their knowledge of Tikanga Māori.

The children then joined with tourists from all over the world to tour of the replica Pa site. They learned what it was like to live in New Zealand three hundred years ago, the customs and practises of the Māori people, and finished by hearing the legend of the Māori maiden Te Hana.

The boys were particularly impressed by the part of the village which trained boys as young as themselves in the art of warfare.

The visit gave the students and whanau a sense of belonging and connection to the



• Te Kura Tuatahi O Te Awaroa students at the Te Hana Maori village

people of Te Hana. They were able to join in with all of the waiata and were familiar with the Ngati Whatua tikanga or customs.

Over the last few years there has been a resurgence of interest in te reo, waiata and the tikanga of Ngati Whatua in the South Kaipara, with groups from Helensville and Wellsford meeting regularly to kōrero (speak) Māori, learn their stories and practise waiata. These people believe te reo Māori and the culture of Ngati Whatua in the South Kaipara has all but been lost and share the vision of bringing it back.

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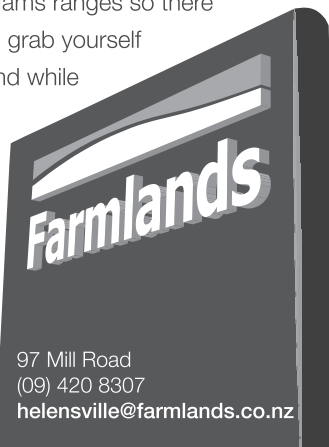
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HELENSVILLE NEWS

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## Hunt schools aim to encourage young riders



The Waitemata Hunt is holding two 'hunt schools' at Woodhill as an introduction for riders wanting to learn more about the sport in a safe environment.

They are on Waitangi Day, February 6, and Sunday, February 19, at 10am, at 1248 SH16, Woodhill. Bookings essential. Riders will get to try a variety of jumps and different exercises to gain experience for hunting.

The aim is to encourage in particular young riders to become familiar with the sport and to take part in hunt meetings; the opening hunt for the 2012 season is on March 24.

There are about 30 hunt meetings held in the Rodney area each season from March through to July on local farmers' land at Muriwai, Woodhill, South Head, Glorit and Tauhoa. They give the participants the chance to ride over land often not otherwise accessible for riding.

Email harlottep@thepaultergroup.co.nz, visit: www.waitematahunt.com, or phone 09 292 9131 for more information.

## A&P Show on television

Locals who subscribe to the Country TV channel should watch out this month for a series of advertisements featuring 'Topp Twin' Jools Topp promoting the Helensville A&P Show. The show won a \$10,000 advertising package with the channel.

## New logo, bigger numbers for Kindy

River Valley Kindergarten in Parakai has a new logo (top right) - and an extended licence.

The kindy held a competition to come up with the new logo, which is based on the winning design (bottom right) by 12-year-old Lateasha McMurdo, who attended the kindergarten as a pre-schooler.

Lateasha won an OKI digital printer, with four runner-up entries each receiving a stationary pack, all donated by OfficeMax.

The new sign, proudly displayed on the kindy's colourful Fordyce Road building, also incorporates some elements the judges liked from the other entries in the design competition.

Meanwhile, River Valley Kindergarten's licence has been boosted to increase the number of children attending morning sessions from 30 to 40, Monday to Friday. The change took effect on January 30.

Parents wanting to enrol their child or placing them on the waiting list should drop into the kindergarten at 8 Fordyce Road or phone 420 8737.



## Goldair 6 Burner Hooded BBQ Summer Special Price - was \$699.00

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## Ambulance Ramp Project

Thank you to the Helensville Community for your support. We are a small community and a generous one. You will see that our builder Barry Wilson completed the ramp before Christmas and we are now working on the screen designs by Jeff Thomson. All donors will feature on our very special screens and the community will have the opportunity to participate with ideas. Watch this space! We hope to have all this in place for an official opening later in March.

Donations now total \$18,400 which is approaching our \$25,000 target. I would like to acknowledge the following donors:

- Helensville United Travel
- The Free Masons – Helensville
- The Helensville Lions Club
- The Lion Foundation
- The Paua Room

For those of you who would still like to contribute towards this important local facility – we would still love to hear from you as our coffers are not yet full! As we are a registered Charitable Trust – donations can be receipted and are tax deductible.



Dianne receiving funds raised at the Travel and Fashion Show from Linsey (The Paua Room) and Karen (Helensville United Travel).



Dianne Kidd receiving a cheque from David Bott of The Free Masons.

## Farewell to Maryanne and Adrian Gane

In early December the Health Trust hosted a community afternoon tea to recognise and thank Drs Adrian and Maryanne Gane. There was a very large turnout at the War Memorial Hall and tributes for their years of dedicated and excellent professional health services to our South Kaipara community were made by St John Ambulance, The Helensville Volunteer Fire Brigade and the Health Trust. All have worked closely with the Ganes and the Kaipara Medical Centre for many years. The good news is that Adrian and Maryanne will continue to reside in our community whilst they take time now for family and pursuit of their many interests including some travel. We wish them very well for this change in life-style.

## Garden Project

Finally, The Health Trust co-hosted Chris Ennis from Ceres in Melbourne over a weekend of workshops held at Peacemakers Trust in Fordyce Road in late November. Chris made a real impact and enthused those who attended to work towards sustainable community gardens that can provide local organic produce and learning opportunities for all ages. The weekend was very well supported and a

steering group has been formed to work on several of the ideas that were put forward. The Health Trust will continue to be involved as a member of this community supporting initiatives that contribute to our Vision of being the healthiest rural community in New Zealand.

## News from the Birthing Centre

Helensville Birthing Centre continues to be a popular choice for mothers both to give birth and/or enjoy a post-natal stay after delivery, usually in either Waitakere or Northshore Hospitals. The last six months have seen a 20 percent increase in the number of families using the centre. Consumer feedback indicates families are attracted by our reputation for excellent care and accommodation. The majority of our mothers leave the centre breastfeeding, and benefit from the expertise of our well informed and caring staff.

In December another member of our team qualified as a lactation consultant. Debbie Tetlow now joins Claire Payne to provide extra advice and expertise when needed.

Helensville women and their families are given priority, but it is still important to book so that we can plan in advance for your arrival.

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## HIPPYs graduate after two years



Hats go in the air as HIPPY South Kaipara graduates celebrate the completion of their two year programme at their graduation ceremony.

Friends and family filled Helensville War Memorial Hall to watch the children, decked out in formal graduation robes, receive their diplomas and gifts.

By working on the HIPPY (Home Interaction Programme for Parents and Youngsters) programme for 15 minutes each day, five days a week, 30 weeks a year for two years, these young children already have the expectation that they will enjoy a

life-time of learning.

The children work with their parents who are guided by HIPPY tutors and given all the necessary resources. For more information about the programme phone coordinator Bernie Malizia on 420 7434.

### Obituary - Don Smith

Former Helensville butcher, noted sportsman and borough councillor Don Smith passed away recently in Australia. We will bring you a full obituary in the March issue of *Helensville News*.

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## Helensville Birthing Centre

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Ph (09) 420 8747 Email [birthtrustc@xtra.co.nz](mailto:birthtrustc@xtra.co.nz)

[www.birthcentre.co.nz](http://www.birthcentre.co.nz)

## Raw fish salad

Something I get to do over my summer break is to go fishing with my mates. This year my week off coincided with days of rain and mucky winds that meant the chance of a fish was missed.

Since being back at work the weather has improved and my mates have been making the most of it.

A beautiful snapper was dropped off by neighbours on their way home from a long day out last week. As we had people coming over for a meal that night, I decided to make my one fish go a long way.

Raw fish is eaten in many parts of the world. I have eaten a Spanish version made with blood oranges and spiked with dry sherry; in Yugoslavia (when it still existed as a state) I enjoyed a version made with apples, using plum brandy as the curer. The fish was rather lost in this salad but the hangover was spectacular!

In the Pacific, coconut cream and sweet fruits such as melon, mango or pawpaw are added and lime juice is the preferred curer.

My version below is easy to make and can sit in the fridge in the cure juice up until the last minute when it is literally thrown together. We may have missed the early part of the summer but I am picking the latter will be long and warm with plenty of evenings to enjoy some outdoor dining.



### Raw Fish Salad

- 2 cups slivered almonds or South Head macadamia nuts, chopped
- 300g white fish (snapper, tarakihi, ling)
- Lemon juice (approx 100mls)
- 1 x 400g can of coconut cream
- 4 spring onions finely chopped
- ½ cup coriander leaves (cilantro) chopped
- 1 red capsicum, sliced and diced
- ½ cup diced cucumber
- ½ cup sliced red onion
- Chilli flakes or Kaitia Fire chilli sauce (to taste)
- Pinch of salt

Dice the fish into small pieces and wash under cold running water. Place the fish in a bowl and add the lemon juice, the fish should be just covered with the juice. Place in the fridge and leave for at least 2 hours. The fish should appear white and feel firm.

Drain off the lemon juice and add all the other ingredients with the salt added last for taste. Gently mix all together and serve with a glass of cool white wine or rose.

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## ■ ARTHRITIS SUPPORT GROUP

The Helensville Arthritis Support Group next meets in the Helensville War Memorial Hall meeting room at 10 am on Thursday, February 16. As always a gold coin donation would be appreciated. Contact Merle, phone 420 8774 or Judy, phone 420 6058.

## ■ KAUKAPAKAPA VILLAGE MARKET

The next Kaukapakapa village market will be on Sunday, February 19 from 8:30am to 1pm. Phone Sarah on 0274 831 542 or email her at sarah@riversidecrafts.co.nz or phone Kim on 420 5776.

## ■ KAIPARA FISHING COMPETITION

The Kaipara Cruising & Sportsfishing Club holds its annual Kaipara Fishing

Competition on Saturday, March 3. Prizes include Shimano fishing gear, a charter on the Kaipara Cat and spot prizes donated by local businesses. Tickets \$35 from Helensville Mitre10, Shell Helensville, Kaipara Bait & Tackle, Out West Bait & Tackle, Hunting & Fishing Westgate & the Shelly Beach Store. For more information email: webmaster@kcsc.co.nz.

## ■ RUGBY LEAGUE MUSTER

The Kaipara Lancers Rugby League Club is holding an all-ages muster on Sunday, February 19, from 2-4pm at Rautawhiri Park. For more info phone Ian on 021 038 6369.

## ■ HOLISTIC HEALTH EXPO

The 3rd Annual Holistic Health Expo will be held on Sunday, March 18, from 9:30am - 4pm at Marie Narbey's Pine Tree Retreat property at 74 Higham Road, South Head. There will be stalls and exhibits, live music, food, local arts and crafts, clothing, toys, herbs and plants, farm animals, crystals, jewellery, healers, readers, books and gifts galore. Contact Marie on 09 420 2096 or 027 303 4877 or email: mk.narbey@clear.net.nz

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## Still time to enter writing competition

It's not too late to enter the *Helensville News*-sponsored short story competition, part of this month's Helensville A&P Show.

Entries close on Friday, February 17, and must be accompanied by the standard Helensville A&P Show indoor entry form, available on the show's website, [www.helensvilleshowgrounds.co.nz](http://www.helensvilleshowgrounds.co.nz).

The competition is open to locals aged 16 or older, and *Helensville News* is providing \$25 prize money for the winning entry. The winning story may be published in *Helensville News* if space allows.

The story subject matter is open, however each story must contain the words 'cobweb', 'news' and 'black cat', and must fit on a single A4 page, typed in 12pt font (approx 450 words).

## Helensville News - Publication Information

### ■ March 2012 deadline: Friday, 17th February 2012

ISSUE DUE OUT TUESDAY, MARCH 6th

#### Editorial Enquiries, Letters to the Editor and Advertising:

Dave Addison - Ph: 420 7215 • Mobile: 021 178 5568 • Email: [dave@helensvillenews.co.nz](mailto:dave@helensvillenews.co.nz)

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#### 2012 issue dates and deadlines:

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Due out: April 3rd	Copy by: Mar 16th	Due out: June 5th	Copy by: May 18th

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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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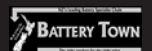
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