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## Kothar to represent NZ at world Waka Ama champs

Parakai university student Kothar Esau has been selected to represent New Zealand in Waka Ama racing at the 2012 IVF Va'a World Sprint Championships in Calgary, Canada next month.

And she has her sights set even further - on the 2016 Olympic Games in Brazil, where she hopes to compete in Rugby Sevens.

Kothar will be paddling an outrigger canoe as part of an all-women team of six representing Auckland division, which will travel to Canada with the five other New Zealand under-19 teams for the biannual Va'a World Sprint Championships

The competition will take place over a week of racing from August 11 to 15 and bring together teams from around the world to compete at Waka Ama, or outrigger canoe racing.

The waka used in the event are being made on site to ensure they are the same size and weight. Teams will have just one week before the competition to practice racing the new canoes, which Kothar says will take some adjusting to.

Racing will be over 500m and 1000m sprint courses. The 1000m race has three particularly difficult turns to negotiate, and as number-two paddler a lot of pressure will fall on Kothar to angle the waka correctly. The goal, she says, is to turn close to the flag to get around fast, but not to touch it, which would incur a 10 second time penalty.

The opportunity to race in Canada has meant sacrifices for Kothar. She has had to put her many other sports on hold to avoid injuring herself in the lead up to the

championships.

And her rigorous training schedule makes it hard to maintain a social life. She trains all weekend and twice a week, at both Auckland and Manukau.

Her team is coached by Kaipara College teacher Israel Foreman, who also trained Kothar as part of the now-defunct college dragon boat team.

It was her early interest in dragon boating that lead Kothar to Waka Ama. Both sports require a unique style of paddling, but Kothar prefers Waka Ama as there is more variety in team size and race types.

As well as her world championship team, Kothar paddles for the local Tu Tangi Ora Waka Ama Club, also coached by Israel.

Sport is central to Kothar's life. She played a range of sports at Kaipara College, from netball and touch rugby to water polo and dragon boating.

She is currently in her first year studying anthropology at Massey University, but is considering swapping to

study sport and recreation. That would enable her to become a PE teacher in future, a desire partly inspired by the fun her former Kaipara College PE teachers seemed to have in the classroom.

The Va'a World Championships are not the first time Kothar has been overseas for sport, and may not be the last. While at college she played netball in Australia and she has also been to Fiji for Waka Ama.

And her ultimate aim is to reach the 2016 Olympics in Brazil as part of a the Rugby



• Kothar in action racing Waka Ama

Sevens team. She has been selected for the NZ Rugby Union's 'Go for Gold' campaign, a four year training regime to prepare prospective athletes for the Olympics.

She laughs when talking about her selection, saying she had only played touch socially before being chosen. Although she's been unable to attend the rugby training sessions in the lead up to the Va'a World Sprint Championships, she plans to jump right in when she returns.

To help her get to the Va'a World Sprint Championships in Canada, Kothar is running a \$10 sponsorship appeal. Locals able to help with her costs can phone her on 420 6077 or 021 040 5098, or alternately deposit \$10 directly into her special World Championship bank account: 03-0749-0123109-005.

- Courtney Addison



• Kothar Esau

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# editorial

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Last month's editorial asked the question, 'is Helensville dying?' and pointed out the large number of vacant retail and commercial premises in Commercial and Mill Roads.

I got a variety of responses (see Letters, page 4 for one in-depth view).

One resident of more than 20 years (who preferred to remain anonymous) recently travelled through many rural towns in the lower North Island.

"Some are suffering from the downturn but others don't appear to. Te Kuiti – yes; probably due to them having a Warehouse. Taumarānui, no -no Warehouse that I could see."

He then cited the town of Shannon, about 30 minutes from Palmerston North, low decile and roughly the same size as Helensville, as an example of what can be achieved when people put their minds to it.

The town's former shabby shopping centre now boasts a number of upmarket stores selling clothing, jewellery, giftware, gourmet food and more; hanging baskets line the street front. The catalyst for the town's change was one person, Suzie Johnson, who opened an art gallery and then presented the Horowhenua District Council with her vision for a five-year makeover of the town. A public meeting saw 70 people get behind the scheme and over those five years the town has been transformed to the stage where shop owners who a few years ago struggled to rent their buildings are now turning people away - help by the council upgrading amenities such as parks.

Shannon does have one big advantage over Helensville, however - it's on the main road between Palmerston North and Wellington, and as such around 18,000 vehicles pass through it on weekdays and more at weekends, bringing with them a huge potential clientele.

Helensville, on the other hand, misses most of the north-flowing traffic, which means to bring visitors here we need to become a destination in ourselves.

I only received one specific suggestion - but a good one - relating to the large empty Commercial Rd store until recently occupied by Computer Solutions. That was to turn it into something along the lines of Craft World at Westgate - a co-operative of artists and crafts people, each with their own alcove showcasing their products, or perhaps even as live artist's workplaces.

That's the sort of attraction our town needs; we have a pretty active arts scene here already, but it tends to be scattered and for visitors, that doesn't make a 'destination'. Bringing them all together under one roof would be a strong draw-card for Helensville.

- Dave Addison, Editor

## Fire brigade has call out for more volunteers

The Helensville Volunteer Fire Brigade is looking for locals to fill vacancies for both fire fighters and non-operational support staff.

The brigade is short of fire fighters able to respond to calls during the working day. Call-outs range from fires to medical assistance and car crashes. The role is suitable for both men and women, but a level of fitness and general good health is required.

The Helensville brigade attends around 200 calls a year.

To help with increasing record keeping and data management requirements, a non-operational support person is also sought. The job mainly revolves around data entry onto the Fire Service internet computer system, which means some work could be done from home.

This person will not be required to respond to calls so there are no age or fitness restrictions. However, they will need to attend Monday night training at the fire station in Rata Street.

The position is uniformed and the holder will be a full member of the brigade, and will free up the fire fighting officers who are currently doing this work.

Joining the volunteer brigade brings you into a close knit community that can involve the whole family, says Helensville Chief Fire Officer Ian Osborne.

Locals interested in taking on either of the roles should phone Ian on 420 8149 or call into the fire station in Rata Street on a Monday evening after 7.30pm.

# Hospital, dementia unit open at Parakai

By the time you read this, the first residents should have moved into the new hospital and dementia wing at Craigweil House in Parakai.

At the time of writing, the new buildings were carpeted and furnished; there were even plates and cutlery in the drawers awaiting the new patients.

Gardens had been planted - in the case of the dementia wing with highly-scented flowering plants - and grass was starting to poke through the soil in the new lawns.

Operations manager Richard Parker was just waiting for the Waitemata District Health Board to sign off that all systems were in place, and sign the operating contract, before opening the doors to the people waiting to move in.

New staff were on standby for the opening; the facility will eventually employ 35 extra staff - many of whom Richard hopes to source locally.

The dementia and hospital wings each have 20 rooms, while the adjoining rest home has been extended to add another seven beds.

A great deal of thought has been put into the design of the new building.

In the hospital wing, all the windows are lower than normal so bed-ridden patients can see out. Each room has a 32" flat panel LCD television with Freeview, it's own vanity

unit, and a shower and toilet shared with just one other room.

Two bathrooms are oversized to allow bed-ridden patients to be showered.

A high-tech heating system hidden in the ceiling has been installed, and all windows are double glazed to keep warmth in and noise out.

Special impervious solution-dyed nylon carpet imported from Australia has been laid throughout.

In the dementia wing extra care has been taken with the colour scheme to provide a palette that is soothing for the residents. There is a large lounge area with comfortable armchairs, a huge flat panel television, and a small kitchen alcove.

Rooms in the dementia wing have been kept down in size on purpose, says Richard, to encourage the residents to socialise and take part in activities.

A pager system has been set up so staff in the hospital, dementia and rest homes wings can keep in touch with each other.

Craigweil has also just purchased a special disability van, which has a large hydraulic platform to enable three wheelchairs on board plus five extra passengers.

Next on the agenda at Craigweil will be a total revamp of the kitchen and dining area in the main rest home building.



• Operations manager Richard Parker in the spacious lounge of the new dementia wing

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# Our winner ...

# letters



And the winner is ... Rachael Painton of Helensville was the lucky winner of two Donna Hay by Royal Doulton mugs worth \$49.95, courtesy of *Helensville News*.

Rachael's name was drawn from the list of almost 60 people who 'liked' *Helensville News* on Facebook in response to the competition run in last month's issue.

I want to commend you on producing such a reliably professional publication, month after month. [It] continues to do what it should: reflect what's going on in the community.

As a Helensville resident of nearly four years who adores the place, I was interested in your [June] editorial about whether the village retail area is dying.

To me, it seems obvious most of Helensville's residents love living here, and if some have to work in other parts of Auckland that's a necessary evil rather than something most like doing. As a freelance journalist/editor/writer I'm one of the lucky ones, although I'm swapping more lucrative city work for the pleasure of working from home.

It's true we're highly mobile these days and can easily get to the shops at Albany, Silverdale or Westgate. The question becomes: why would we shop in Helensville?

I like the idea of supporting local trade and retail, but so far the experience has been bitter-sweet. Core services like doctors, pharmacy and essential food outlets should always have a place here, but it's clear in some cases there's barely enough population to support the retail initiatives enterprising souls have set up. Look no further than the pet shop that lasted [only] a few months.

While Helensville needs a vet, it doesn't need a pet shop, but what about those service-based stores that people should be returning to over and over?

I contend that it's a bit of a vicious circle. There are quite a few cafes in Helensville, but few do what they do in a way that distinguishes them. I would love to support a local cafe dedicated to making spectacularly good coffee and food, but unfortunately none of them do; and none of them offer professional service, either.

You can see the success stories, and it's easy to see why. A restaurant like Porcini prospers because the food is world class. We have venues like the Riverview (or whatever it's called this week) that never quite establish enough of a reputation to break on through to profit, but could do so given the will and the skill. Actually, the Corridor bar, last time I looked in, had a very personable owner/operator and some pretty good food.

What I find astounding in a rural area like this - which has at least two fully organic farms nearby - is the lack of organic and spray free produce available; the lack of organic meat and health products; and the fact none of the cafes place any stock in providing free-range and/or organic eggs, for instance.

It's as though our business operators are stuck in a mental time-warp. And why would I support the local Countdown, when it stocks so few of the products I like?

Ultimately, Helensville retail will only survive if the businesses here lift their game, and those that will never get the custom they think they deserve should get out while they can.

Helensville is obviously ripe as a near-Auckland tourist destination, and businesses tapping into this market will, I think, do spectacularly well in the long run. I just hope it's not such a long, slow run to get there.

- Gary Steel

## Town info centre moves

The Helensville Information Centre has moved to the Art Stop Café at 5 Commercial Road, located in the centre of the café in The Book Stop as of Monday, July 2.

The centre is now open daily for self-serve information from 7.30am to 4.30pm, while the existing team of volunteers is on duty from 10am to 4pm Monday to Friday and 10am to 1pm on Saturdays.

The phone number, 420 8060, and email address, hvinfo@xtra.co.nz, stay the same.

## Call for festival submissions

Submissions close on Sunday, July 8 for community groups and organisations wanting to be part of Auckland Council's annual Auckland Heritage Festival.

The festival, from September 29 until October 14, showcases the city's heritage and gives Aucklanders the opportunity to discover and experience it.

Those wishing to hold events as part of the heritage festival should visit [www.aucklandcouncil.govt.nz/events](http://www.aucklandcouncil.govt.nz/events).

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# Lions book sale raises \$5800



The Helensville Lions Club's annual book sale raised \$5800 - up around \$300 on last year's event.

All the funds raised go into the Lion's charitable account to be used locally.

About one third of the books that were on sale in the War Memorial Hall sold during the two-day book fair. The poorer quality remainders went to the Helensville Recycling Centre, while the slightly better condition ones went to the Helensville Transfer Station shop in Mill Road.

All the remaining good quality books have been retained for re-sorting, further culling if necessary, and storage until next year's sale.

Lions Club member Chris Clark, who is in charge of sorting and storage, says new books have already started arriving for next year - "which is good as it gives us plenty of time to sort."

"We will collect books any time throughout the year," he says.

Chris sends his thanks to the residents of Helensville for their donations of books, and for supporting the Lions by purchasing so many at the sale.

## Changes could affect local historic buildings

Proposed changes to the way built heritage is handled through the Auckland Council planning process may affect future development of some of Helensville's historic buildings.

The council's Regional Development and Operations Committee has agreed on a raft of recommendations to strengthen the focus on built heritage through the planning process.

"We need to extend the protection for historic homes and buildings throughout the Auckland region, not just those in the inner city suburb," says committee chair Ann Hartley.

She says there is an improved attitude among developers, and notes the interest of local boards in heritage matters and their collaboration with staff and councillors through the development of the Unitary Plan.

Mayor Len Brown says he is looking forward to the drafting of Unitary Plan rules, where the community would have the opportunity to discuss these issues.

"Council has agreed that the best outcome is to ensure there are clear rules in the upcoming Unitary Plan to ensure heritage and historic character buildings are dealt with in a way that meets the expectations of the wider community."

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## Horses used as 'therapists' in equine-assisted learning

South Head horse woman Rosemary Wyndham-Jones is providing Equine Assisted Learning (EAL) at her Dune Lakes Lodge equestrian facility.

EAL is an emerging field in which horses are used as a tool for people's emotional growth and learning. Individuals learn about themselves and others by taking part in activities with horses and then discussing feelings, behaviours and patterns. It has been compared to rope courses and other adventure-based team activities.

Rosemary is a natural horsemanship trainer who has developed and provided therapeutic services for various organisations for more than four years, including Child, Youth and Family; the Foundation for Youth Development's Mentoring Youth New Direction programme; the A Girl Called Hope organisation; and the Auckland District Health Board.

She is now certified by the Equine Assisted Growth and Learning Association (EAGALA), an international organisation dedicated to improving the mental health of individuals, families, and groups through Equine Assisted Psychotherapy and EAL.

Rosemary is excited about the opportunity for people to benefit from her courses, which she says combine her love of horses with her love of helping people.

"The use of horses is gaining recognition as a powerful and effective approach to helping children, adolescents and adults," she says.

"Those familiar with horses recognise and understand the power of horses to influence people in incredibly powerful ways.

"Horses have an amazing power to heal and to teach," says Rosemary. "They offer unconditional friendship, experience a wide range of feelings, and provide immediate, honest, observable feedback in response to our interactions with them.

"Horses are sensitive to non-verbal stimulus, which makes them astute therapeutic guides."

EAL is not about riding or horsemanship, but rather involves activities with horses which require the individual or group to apply certain skills - things such as non-verbal

communication; assertiveness; creative thinking and problem-solving; leadership; work; taking responsibility; teamwork and relationships; confidence and positive attitude.

"EAL is also useful as an adjunct to traditional talk therapy," says Rosemary. "It takes the focus off the individual and the horse, in effect, becomes the 'therapist'."

Rosemary aims to create a positive engagement with troubled people that conventional counselling has failed to reach.



• Rosemary Wyndham-Jones

She says her EAL programmes can help with emotional, behavioural and physical issues like anger, stress, self-confidence, communication skills, relationship difficulties and speech problems.

Rosemary also runs the New Zealand Horse Assisted Learning Organisation at her Wilson Road property, providing services including team building workshops; leadership development courses; corporate training programmes; team interactive youth programmes; and personal, couples and family growth and development workshops.

She will be holding a workshop on Sunday, July 29 from 2pm to 4pm.

Rosemary also holds both riding and non-riding children's camps at weekends and during school holidays.



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# Albertland settlers' story told at lecture

Europeans created settlements in Albertland and Helensville at the northern and southern ends of the Kaipara Harbour about the same time - starting in 1862.

But whereas Te Awaroa (Helensville) was settled by initially one boat load (the 'Seagull') of McLeod family members and supporters as a sawmilling town, Albertland was a much more ambitious settlement scheme, promising to be a town larger than Auckland.

Designed by Englishman William Brame, the Albertland scheme for Non-Conformist (non-Anglican) settlers brought 3,000 people to New Zealand. The difficult travel conditions from Auckland to Port Albert and the almost impossible living conditions and lack of facilities for families if they did get as far as Port Albert meant only about 10 percent of the Albertland settlers actually made Port Albert their home. Many never left Auckland, and others went to areas such as the goldfields of Thames or the South Island West Coast.

Their story was brought to life by Peter Marsh of the Albertland Museum at the Helensville and District Historical Society's June Winter Lecture. Peter illustrated his talk with a DVD titled 'Tell it to the Generations

Following' which was produced for the recent Wellsford 150th anniversary celebrations.

The courageous story of achievement despite hardship was well received by an audience of about 45 people, which included several descended from Albertland settlers. Historical Society patron Doris Jenkins, who recently celebrated her 93rd birthday, was on hand to represent the Becroft family.

The July lecture, which will be held at the Father Sakey Centre at St Josephs Catholic Church in Helensville at 2pm on Sunday, July 15, will be a 'Past and Present' photographic presentation by Colin Lunt of Kaukapakapa.

- Wynne HaySmith

## Music students rock

Four Kaipara College music acts made it through to the regional finals of the Smokefreerockquest competition for original youth song writers late last month. Avalon Hewitt, Hannah Horsfield and bands Invalid and Winnie and the Frogs competed at the Bruce Mason Centre in Takapuna. The top two acts at the regional finals have a chance to be picked for the national finals.

## medical centre notes

Kaipara Medical Centre welcomes back Dr Richard Davies after four months away, during which he sailed his yacht from the Falkland Islands to Trinidad, in the Caribbean. He is now working out how best to get his yacht from there to here!

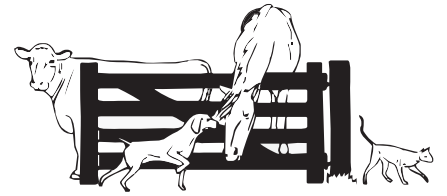
Our Primary Health Care organisation, Procure, ran a competition in May to encourage medical practices to contact their patients and offer stop smoking advice. As the result of a lot of hard work by our staff, we were delighted to win first prize - a large hamper of food. A big thank-you to all our patients who responded to our calls, and especially well done to those who have quit smoking.

For those people who are still smoking and considering quitting, we can support you to give up. Simply book an appointment with one of our doctors or nurses and they will be able to arrange nicotine replacement therapy for you.

July is the final month for free flu vaccines. It is still worthwhile having it done, so if you have not yet had the jab, call us as soon as possible. We have contacted most eligible people but if you think you are due to have one and haven't spoken to us, please give us a call.

Finally, thank you for your feedback on our new phone system. We hope you have noticed the difference when you have been seeing one of our nurses - that there are now few or no interruptions to your consultation by phone calls. When you phone straight through to our duty nurse or leave a message if she is busy, it saves us having to make an announcement to find one for you.

- John Issott, Practice Manager & Selina Halewood, Nurse Leader



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## New Parakai salon does away with need for appointments

New Parakai hair salon The Cut Out offers no-appointment haircuts - something owner Yvonne Haysom says is popular in particular with men.

Yvonne went into hair dressing straight after leaving school, and has worked for a number of salons.

More recently she worked as a photographer at her sister's Body Shots glamour photography business, where she was also responsible for the clients' hair, styling and makeup.

She followed that with a stint at the Shearing Shed at Westgate - a business on which she has to an extent modelled The Cut Out.

"A lot of locals were going down there for haircuts. Now they don't have to," she says.

Yvonne and her partner and two sons - Parakai School student Levi and Jackson, who has just left Kaipara College - moved just weeks ago to a property in Rimmer Rd after living at South Head for the last four years.

She saw the Parakai location as ideal for the new salon. At the moment she is running the new business on her own, but she is hoping to employ another person once business builds up.

Although Yvonne is making the 'no appointment' haircuts her point of difference,

she points out she is happy to take bookings for all the usual salon services, such as colouring, curling and straightening, hair-ups and extensions, as well as styling and makeup.



• Yvonne outside The Cut Out in Parakai

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## Tough Guy & Gal Challenge

New obstacles have been added for next weekend's Tough Guy and Gal Challenge at Woodhill, including an A-frame climb, a wire rope bridge and climbing walls.

Last year more than 2200 people, including a number of locals, took part in the fun competition over two days at the Woodhill Sands Equestrian Centre on State Highway 16.

This year those numbers are expected to be exceeded. At the time of writing, the Saturday, July 7 race was already full with 1500 competitors entered, and entries for racing on Sunday, July 8 were filling fast. Organisers were expecting around 200 competitors from our area to take part.

Competitors enter either a 6km social or 12km competitive race, in either the 'Open Men and Women' class for 13-39 year-olds or the 'Older Brutes and Beauties' category for those 40 and over.

They battle through muddy bogs, run through drains, climb over and under an assortment of obstacles and more often than not slide down hills on their backsides.

Spectators are welcome at the event. Racing starts at 11am for the 12km event and 11.15am for the 6km run. Prize giving is at 1.45pm. Medals are awarded to the top three male and female entrants in each class.



• Some competitors find sliding in the mud the quickest way down hill



# New door opener could save lives

Helensville's St John Ambulance station in Rata Street has been donated a new, high quality door opener which will prevent delays in getting ambulances on the road in the event of a powercut.

During a power outage automated commercial door openers can stop working and can only be operated by climbing a ladder and releasing the gearbox at the motor – a procedure that in an emergency can cost valuable minutes.

The Helensville station's new opener, worth \$5300 including installation, was donated by automated commercial roller door specialist Grifco and uses an easy pull system operated from ground level to disengage the gearbox.

Says Helensville St John paramedic John Redman: "In our line of work, time is of the essence and the Grifco opener is more efficient with or without power, and saves precious time when opening the roller door to get out of the station."



• John Redman with the new opener

"Safety is the other main advantage. It is safe to use without power as it allows easy opening and closing with the chain, while still maintaining mechanical support for the doors, which are very heavy."

Grifco is part of the Chamberlain group, the world's largest manufacturer of automatic residential and commercial door openers.

## Chance to vote for town's name

Have your say on what our town should be called.

A recent discussion on the Helensville Community Grapevine Facebook group saw a number of suggestions put forward for our town's name.

Now you can vote on whether you think the town should remain called Helensville, change to its pre-European name of Te Awaroa, combine both as Helensville-Te Awaroa, or become something else entirely.

Simply visit [www.helensville.co.nz](http://www.helensville.co.nz) and vote for one of the options in the poll at the bottom right corner of the homepage.

If a majority vote for a completely new name, in a future issue of *Helensville News* we will ask you for suggestions.



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# Heartlands Te Awaroa brings wide range of government services to locals

The next time you need a passport renewed, some legal advice or maybe are interested in a business grant - don't leave Helensville.

Around 80 to 100 people are using the Heartland Services facility in Helensville each week, but many locals don't appear to be aware of the wide range of government services available in our town.

Heartlands was set up in the historic Post Office building in Commercial Road in September 2007, the last of 36 such centres established around the country in a move to overcome the difficulty people in rural areas face in accessing government services.

Our local Heartlands is run as a three-way partnership between the Ministry of Social Development, the Ngāti Whātua Nga Rima o Kaipara Trust and Auckland Council. It is one of only three Heartland offices in New Zealand whose services are delivered through iwi.

It's run by co-ordinator Kiri Powell, who says her role involves having to "know a little bit about everything". Put simply, she has to identify the needs of the people who come into Heartlands Te Awaroa and then connect them with the government services that can best help them.

She can arrange meetings with any of the services that use the centre and provide necessary government forms.

That range of services is huge and includes the Corrections

Department; ACC; Child, Youth and Family; Careers Service Rapuara; Waitemata District Health Board; Family Services; Housing New Zealand; the Department of

Internal Affairs; the Maori Land Court; and the Ministry of Justice.

Appointments can also be made with organisations and groups such as Age Concern; Otakanini Topu Inc; Marinoto; Te Ha o Te Oranga o Ngāti Whātua; Alzheimers Auckland; St John Ambulance and the Nationwide Health & Disability Advocacy Service.

About the only government department Heartlands doesn't deal with directly now is Inland Revenue, which has moved to the Work and Income office beside the ASB Bank in Commercial Road, where it meets on the first Wednesday of each month - however, Kiri says she can still help

locals with IRD enquiries outside those times.

Kiri sees Heartlands Te Awaroa as a "neutral space" where locals

can come to seek help and advice without the potential stigma of visiting a specific government department such as the police or Child, Youth and Family.

While all Heartlands offices take a similar approach to the services they provide, Kiri says each one is unique in that it has to tailor those services to its local community.

Kiri has been co-ordinator at Heartlands Te Awaroa since November last year, where she runs the office with the help of two part time workers and a business manager.

She came to the position in a rather unusual way, having almost finished a health studies degree in neuromuscular therapy at the New Zealand College of Massage in Epsom. She's now completing that degree in her spare time.

However, she has a background in social welfare and administration and has worked within iwi prior to this role. She lives at Rewiti marae and has four children, three of whom attend Woodhill School and the eldest is at Kaipara College.

The Helensville Heartlands office is open weekdays from 10am to 2pm, phone 420 9761.



• Kiri Powell outside our local Heartlands

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## Mitre 10 store gets major revamp



Helensville Mitre 10 in Mill Road has had a major facelift. Contrary to rumours it hasn't become a 'Mega' Mitre 10 - the new orange and black colour scheme is part of a nation-wide rebranding exercise. Our local store was an early adopter of the rebranding, which as well as a new entrance and paint job sees enhancements to the store layout and product range.

# Bulls, business and banking all in a day's work for South Head couple

Helping start-up businesses, banking and raising pure-bred Angus bulls might seem a strange mix to many people.

But for South Head couple Nick Egerton and Fiona Bendall, it gives them the perfect balance of working in their chosen fields while still maintaining a strong link with their farming backgrounds.

They both come from traditional Kiwi farms. Fiona's family grows kiwifruit and avocados near Tauranga, while Nick is fourth-generation Southland sheep and dairy farming stock.

The pair moved away from their rural origins, with Fiona going into banking. She currently holds an officer manager role with BNZ Partners, running the Newmarket and Auckland CBD 'strands' of the bank's umbrella organisation which looks after business, private banking and agri-business.

Previously in private banking, she describes her present role as very flexible – both in terms of the work it covers and the ability it gives her to work from home.

Nick moved even further from farming, travelling to Europe, the United States and Australia where he spent around 20 years in the information technology sector, holding senior company management roles in technology-based companies and professional services organisations. He focussed on customer service, business start-ups, change management, business efficiency and performance optimisation.

Now he has taken on the role of Incubation Manager at the Icehouse where he supports around 34 start-ups - entrepreneurs working in many industries - and provides leadership to their mentors for the best business outcomes.

The Parnell-based Icehouse is a business 'development factory' which provides growth programmes for small to medium businesses, a business incubator for start-ups, and New Zealand's largest group of 'angel' investors.

He too enjoys flexible work hours, which means there is always someone on the farm seven days a week.

Nick and Fiona have been on their Fuller Road farm for six years, having lived for a year prior to that in Pipitiwai Drive in Helensville – a move from Auckland which featured on television's 'Location, Location' series.

Angus cattle are in Nick's blood, with both his father and grandfather proponents of the breed – a passion both Nick and Fiona have continued with the establishment of their Black Dog Angus brand, named after their three farm dogs.

They believe whole-heartedly in the commercial benefits of using Angus bulls for beef and dairy farming.

Nick says it has taken most of the six years since they started Black Dog Angus to get their stock to a good productive level.

"We have had great customer feedback to date," Nick says. "There is nothing better than the sight of black Angus animals on green grass."

Their main aim at Black Dog Angus is to produce affordable registered Angus bulls for both beef and dairy farmers, sold as either yearlings or rising two-year-olds. They concentrate on low birth weight for calves, positive and strong growth for weaners, and exceptional temperament and constitution.

The current sires of their sale bulls are 'Te Mania Infinity 379', 'Kaiwara 440' and 'Storth Oaks E63' – each in the top five to 10 percent of Angus New Zealand breed indices. The cows that make up their registered herd come from other award-winning herds that have been operating for 25 years.

Their sale bulls are in the top 25 percent of the Angus Pure index compared to New Zealand Angus herd averages, and in the top 20 percent on the Self Replacing index (a key index for all commercial farmers).

In addition to the Angus stud, they also farm a separate herd of commercial Angus cows which allows excellent insights into beef farming for both Fiona and Nick.

Not one to do things by half, Nick was recently elected to the board of the New Zealand Angus Association, representing Northland – a good sign of his commitment to the breed.

Nick and Fiona love living at South Head and after six years they



• Fiona and Nick with their 'black' dogs

no longer consider themselves "newbies". They share their property with what they call their "fur family" – the three dogs, Missy the cat, a donkey called PJ and two goats, Peter and Heidi.

"The people at South Head are very genuine and they care about other people," says Nick.

Unfortunately for Fiona, mixing city work with farm life doesn't leave much time for her other passion, riding. She owns a quarter horse called Micky and has been a member of the Kumeu Western Riding Club for six years, but now mainly only manages to ride when shifting stock between the home farm and another block further up Fuller Road.

*"We aim to breed an affordable registered Angus bull, for dairy and beef farms, as such, low birth weight, strong calving ease, positive growth, temperament and constitution are key"*

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## World rally champs come to Helensville

One of the biggest motorsport events in the world - the FIA World Rally Championship - came to Helensville and Kaukapakapa late last month.

Headed by current world champion Sébastien Loeb of France, 14 international teams powered their top-level RWC rally cars along a closed Inland Road on Thursday, June 21 in practice and qualifying for the Rally of New Zealand, which began the next day.

The Rally of New Zealand counts as Round 7 of the World Rally Championship.

While the top teams, whose drivers' and co-drivers' nationalities make up a mini United Nations, shattered the quiet at Inland Road and took over the Rautawhiri Park carpark as their service centre, 30 teams in the rally's other classes held a 'shakedown' run at Kaukapakapa's Komokoriki Hill Road.

The fastest man on Inland Road's slippery gravel was 27-year-old Finn Jari-Matti Latvala, whose time in his Ford Fiesta RS saw him qualify first ahead of fellow Finn Mikko Hirvonen, with Petter Solberg of Norway third, and Loeb fourth.

While nine different car brands were competing, in the top-level WRC class all the competitors drove either a Citroen DSC, a Ford Fiesta RS, or a Mini Cooper.



• Norway's Petter Solberg crests a rise



• American driver Ken Block lifts a wheel for the crowds lining Inland Rd - Photos © Dave Addison

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## The Store Makeover is Complete

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WATCH FOR RE-OPENING SPECIALS NEXT ISSUE!

## Local artists holding solo exhibition

Helensville artist Arwen Flowers is holding a solo exhibition of her paintings and drawings.

Titled 'Water | States' the exhibition will be held at the Pop-up Gallery in the Cameron Buildings at 79-87 Commercial Road. It will be open on Saturdays and Sundays, 10am to 2pm from July 14 to August 5.

Arwen's work examines "life and the environment, its borders and in-between places, and changes of state both physical and ephemeral."

This show is focused on water and its various forms, she says.

"Water's versatility is almost magical - it so easily changes its state between liquid, solid and gas. It's a source of life and a force of destruction. I've been enjoying exploring water as a metaphor."

Arwen, a member of Art Kaipara, completed a Bachelor of Fine Arts degree at the University of Auckland's Elam School of Fine Arts in 1995. Since then she has worked full time as a graphic designer, while continuing to paint.



• Artist Arwen Flowers

## CAB seeks updated information for records

The Helensville Citizens Advice Bureau would like locals with new information on any local business, community group or club to get in touch with them so they can keep their resources up to date.

The CAB, at 27 Commercial Road, has a database of local businesses available for use by locals, which Anne Adams says is perfect for locals needing to source a local service, or for people considering setting up a business in Helensville.

It also has information on all the community and social services available in our area.

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# New name & location for long-running auto business

Parakai Motordrome is no more - but it's still open for business with a new name, Helensville Mechanical Services, and as of July 1 a shiny new location at 90 Mill Rd, Helensville.

Owner Bernie Flynn decided to move the business to the former Firestone Helensville building, which has been vacant for two years, when his lease at the Parakai site expired.

Parakai Motordrome had operated at the its Parkhurst Rd location for more than 30 years - the last three of those run by Bernie.

A team of workers has spent the whole of June refurbishing the building, work which Bernie says will be on-going.

His three full-time mechanics, one apprentice and part-time office person have moved into the freshly redecorated building, which like the Parakai premises boasts four vehicle hoists.

Bernie says that means it will be business as usual, providing servicing, mechanical repairs and WOFs for cars, 4WDs, light trucks, motorbikes and quads.

With a new waiting room for clients, Bernie says Helensville Mechanical will be putting "a real focus on customer service and satisfaction."

"If we don't get it right, we'll put it right."

Among innovations at the new location is the introduction of high-quality German Fuchs motor oil, a product Bernie says helps improve the life of engines.



• Bernie outside his relocated business

## Tough Love group meets every week

In last month's issue of *Helensville News* we ran an article about Jo and Don Mead, who run the local Tough Love group. Jo would like to point out that the group meets every Monday from 7.30pm to 9.45pm at the Men & Family Centre in Gerald Stokes Ave, not monthly as the article mentioned. She can be contacted on 420 6543.



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## A rumination on food

I have an old copy of Mrs Beeton's 'Book of Household Management'. Long since devoid of its dust cover and publisher's page it sits on the mantle piece in the back room or, more correctly, parlour, at Porcini.

It was written at a time of enormous suspicion of anything continental - namely the Victorian era - by a woman who detested cooking and saw a household as something that should be run like a military camp. How it gained its reputation and book store longevity is beyond me. Open it to any page past the first chapter and it is a recipe book, with ingredients known and others unheard of. The management part is only the first 18 pages with the rest devoted to recipes, the making of polish, soap, brewing, distilling, butchery, the storing of game, the care of silver and of course the lists of essential items such as the 40 different brushes needed to keep a house in the correct state.

Contained within its pages are "truths that any (middle) class of person was wise to consider", namely that certain foods should be eaten in tandem with other foods. For example an egg eaten with spinach will "improve the taste of both and will empower the constitution". We now know that elements in egg enable the body to absorb much more of the iron from the spinach. The over-riding message though is one of self sufficiency. Everything needed for the household was made within it.

I wonder what future generations will think of our current food publications, television shows and practices. Our reliance on the supermarket, processed ingredients and imported items is overwhelming. The loss of food knowledge and skills, and the focus of its control into the hands of the merchants rather than the consumers is, I feel, a tragedy.

Winter is upon us so it is time for wholesome foods, soups and stews, casseroles and puddings. The seasonal vegetables and fruits are rich in the required vitamins and minerals needed for health. Carrots, celery, onions and garlic make a great base for soups; add a bacon hock or a piece of rib beef with the bone attached and simmer it for the afternoon. Add a little vinegar or white wine as the acid content will greatly increase the release of calcium and minerals from the bone. Throw in some whole grains such as lentils, barley or brown rice to thicken the broth.

Season it with Himalayan or unprocessed sea salt as these retain the minerals which are removed when the salt is processed into pure white table salt. Always add butter to your mash potatoes as the animal fat will assist with the body's absorption of the fat-soluble minerals.

These are all food rules that are reflected in old world cuisines, based on rules of health developed over thousands of years by those who lived before us.

Our replacement of natural fats in our modern diet with highly processed seed oils is, I believe, a major contributor to modern intestinal conditions. My rule is simple - if the oil can be removed from the seed or fruit by simple pressing then it is edible, ie olives or sesame seed. If it requires processing, extraction or the addition of chemicals to be produced then it should be avoided. In the meantime, don't be afraid of a little animal fat.



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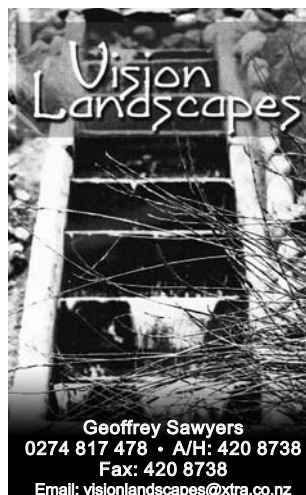
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## ■ KKK SCOUTS TRIVIAL PURSUITS

The Kaukapakapa Scout Group will hold its annual Trivial Pursuit Evening at the Kaukapakapa Hall on Saturday, July 28 from 7pm. Proceeds will go towards sending some of the Scouts to the Australian Jamboree in early 2013. Supper will be provided, and the BYO event will also have a licenced bar. For more information and tickets phone Joanne on 420 5727. Businesses which donate prizes for the event will be promoted on the night; phone Lisa on 420 3345 if you are able to support the event.

## ■ ALPACA OPEN DAY

Waitakere Alpacas will hold an open day on Sunday, July 8 from 10am to 4pm at 107 Monk Road, South Head. Meet alpacas, watch carding and felting demonstrations, and learn about alpacas as lifestyle block pets. Tea, coffee and cold drinks available, plus a sausage sizzle, with funds raised going to Hospice West Auckland. Free entry, but no dogs please.

## ■ CALL FOR SOFT TOYS

Helensville's Avon Aspden is collecting unwanted soft toys which she will wash, mend and then donate to the St James food bank in Auckland.

"It is the one that all the worst affected families are directed to at Christmas for help," says Avon. "They try to give as many kids as possible a toy to take home, and we need quite a few hundred to scratch the surface.

Avon says she is good at removing stains, mending holes and replacing eyes, but says she can't accept toys that need batteries. Locals with unwanted soft toys to donate can phone Avon on 420 8383.

## ■ AGLOW MEETINGS

Helensville Aglow will meet on Friday July 6 and again on Friday August 3, from 7.30pm to 9pm in the Helensville War Memorial Hall. The July speaker will be Tricia Webb from the Inspire Church in Albany, and in August Lyn Packer from XP Ministries NZ will speak. For enquiries phone Marilyn Gray on 420 4346.

## ■ A&P ASSOCIATION AGM

The Helensville A&P Association holds its annual general meeting on Wednesday, July 11 at 7.30pm at the showgrounds. Anyone interested in standing for the committee should get a nomination form from Show secretary Marion Stutz, phone 420 7572 or email info@helensvilleshowgrounds.co.nz.

## ■ A&PHAY

The Helensville A&P Association is selling bales of hay as a fund raiser for \$8 each. Phone Marion on 420 7572.

## ■ WAITOKI MARKET

The next Waitoki Hall Market is on Saturday, August 4 from 8.30am to midday. There will be the usual stalls, a barbeque and morning tea available. Phone Shirley on 420 511 with any enquiries.

## ■ KKK MARKET

The next Kaukapakapa Village Market is on Sunday, July 15 from 9am to 1pm. It will feature the usual craft stalls, local produce, collectables, bric a brac, live music, sausage sizzle and raffles. This month's free craft workshops will be on felting using Alpaca fleece, at 9.30am and 10.30am. For enquiries or stall holder bookings email

Sarah at sarah1@maxnet.co.nz or phone her on 0274 831 542 or phone Kim 420 5776.

## ■ 3 FOR ALL EXHIBITION

The Art Centre in Helensville is holding a '3 for All' exhibition this month where locals can enter anything they've created for just \$3 per item. Entries can include paintings, jewellery, sculpture, drawings and models, and this year a fashion section has been added as well. Phone Pauline Mee on 021 158 6859 for an entry form.

## classifieds & trade

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