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Helena aims to defend world champ sailing title

"It's only me and the mistakes I make that are holding me back now, rather than the equipment."

That was the rather modest comment from disabled Parakai sailor Helena Horswell - the reigning world champion in Access Liberty class yachts servo division - after receiving a brand new road trailer for her boat, courtesy of local firm Macbuilt Engineering.

Helena, who was one of the last thalidomide babies born in New Zealand, is aiming to be the first person to successfully defend the sailing title, and the trailer was a vital piece of equipment she needed to help with her training for that challenge.

Being given the trailer was a total surprise.

Helena sails out of Westhaven Marina with Sailability Auckland. The road trailer she was using wasn't suitable because of her disability; she would become exhausted just loading and unloading the yacht.

"It wasn't going to work long-term, as I needed to concentrate my efforts on sailing," she says. So Helena approached Macbuilt in Railway Street for a quote to have a trailer custom-built to her requirements.

The next day she got a call from Macbuilt owner Greg Macdonald asking her to come in and see him - with the result being that Greg offered to build the trailer for free.

"We admired the fact she is so tenacious and outgoing and doesn't let anything hold



• From left: Greg Macdonald, Helena Horswell and Craig Taylor with Hocus Pocus on the new trailer

her back," says Greg. "We couldn't let her go off and fundraise when we had the capacity to make it for her. It just felt like the right thing to do.

"It was an opportunity to help in a small way that makes a massive difference to how she enjoys her life."

The one-off custom design of the trailer was a collaboration between Helena and Macbuilt's Craig Taylor, also from Parakai, who turned Helena's dreams into a practical design. He then spent about 40 hours building the galvanised trailer, which Greg estimates would be worth \$4000 to \$5000.

Now Helena, who drives an unmodified vehicle despite her disability, will be able to take her yacht Hocus Pocus as far afield as Whangarei and Taupo - enabling her to get in vital practice in a wide variety of sailing conditions.

The yacht's name comes partly from a

book she used to read as a child, says Helena, but also because "it's pretty magic that I can manage to sail."

The 3.6m Access Liberty boats are one of the very few classes where disabled people can race against able-bodied competitors on a reasonably even level. An International Sailing Federation recognised class, they are designed so they cannot capsize, and the sailors are required to remain in a seat the entire time.

Helena races in the 'servo' division of the Access Liberty class, which means her boat uses small electric motors to control the sails and rudder. She has a special life vest fitted with switches which she uses to control the motors.

She quips it's a bit like a Playstation boat, and says the racing isn't very physical, but rather is more tactical.

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editorial

We had a great example recently of what a community is made of - people of all ages, sizes and colours getting together and having fun right here in the heart of our town. The occasion? Our South Kaipara's Community Treasure Hunt.

Hundred of locals turned up on a (luckily) sunny afternoon and spent a couple of hours learning about some of the numerous groups and organisations that make up the Helensville community. There were plenty of smiles, possibly a few tired feet, and you can read all about it and see some photos on page 11.

Another great example of community spirit, this time on a more individual scale, came to fruition just two days after the Treasure Hunt, when Greg Macdonald of Macbuilt Engineering presented disabled Parakai world champion sailor Helena Horswell with a brand new trailer to help her prepare to defend her title in San Francisco in 2014. It's a heart-warming tale of local generosity and triumph over adversity which you can read about on the front page.

And still on the 'community' theme, we have an update on page 9 about the Helensville 150th celebrations over Labour Weekend next month - sure to be one of the biggest community events the town has seen in a long time.

There's news on the rebuild and rebranding of the former Shell station (page 3); an update on Kaukapakapa snowboarder Christy Prior (page 5); an article on a Helensville man in the world's biggest naval exercise (page 12) and heaps more. Happy reading!

- Dave Addison, Editor

Auto electrician to provide mobile service

After more than five years at their Mill Road location, Helensville Auto Electrical has moved to Silverdale - but owner Adrienne Rhodes says it will be business as usual locally.

She says 80 percent of the business is mobile, and much of that was to the Silverdale area. That means big time and transport savings will be made by moving the workshop closer to the main client base.

However Adrienne stresses the move is

really just a switch in the way the business will operate - instead of being based in Helensville and doing mobile work around Silverdale, they will now be based there and doing mobile work here.

The business name won't change, nor will phone numbers, and Adrienne will be organising a drop-off/pick-up location in Helensville for parts and items such as batteries.

Helena to defend world sailing title

• From page 1

Helena won the biennial world championship at Easter this year in Sydney, Australia. In her eight races she gained two outright wins, a second, four third places and one fourth, giving her enough points to take the title.

Helena, who turned 50 on the first day of racing, was born in Fiji but moved to New Zealand at just 10 months of age and was raised in West Auckland. She moved to Parakai about 18 months ago. She has never let her disability get in the way of achieving what she wants to do.

"I was lucky right from the word go. My parents were very supportive and never

stopped me doing anything," she says.

She was always interested in sailing, and learned the basics of sailing during her teens - "scrounging my way onto any boat I could" - but only began sailing seriously four or five years ago.

Helena doesn't really see herself as a role model, but says she has realised a lot of people get motivation from seeing her do what she does.

"If other people can get some benefit from that, that's cool."

Her other main interest is her Siberian Husky dogs, with whom she competes in sled dog racing and obedience.

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Commercial Road petrol station gets new brand, look

Helensville's former Shell petrol station in Commercial Road will soon be rebranded as a Caltex station.

"We're looking forward to becoming a Caltex retailer and the modifications this will bring to the station," says station owner Prem Chand.

"Having served the local community for the past 11 years we are excited to offer a new level of service. We are sure our customers will be just as excited to see the changes to the station as we are."

Those 11 years were under the Shell banner, but when Z Energy took over the nationwide retail distribution side of Shell, they decided it was not feasible to stay with the Helensville outlet.

"Chevron has taken courage and shown commitment to work with us to bring this change into the community," says Prem.

The rebranding, by Caltex parent company Chevron New Zealand, will bring with it some major changes to the centrally-located service station, both in terms of physical appearance and amenities.

The existing petrol storage tanks will be removed by Shell and replaced with new ones by Chevron. That means the forecourt, which will be extended both in length and width to solve current congestion issues, will be re-concreted. Drainage will be upgraded to manage storm water discharge.

New pumps will be installed, and the roof over the forecourt will be replaced with a larger, higher canopy to provide better cover. The retail store will get a new interior fit out and new toilet facilities.

Rounding out the project will be the latest Caltex imagery, currently being rolled out across the region.

Once all upgrades are complete, hopefully within the next few weeks, the station will offer a full range of services including assisted forecourt service and a convenience store.

Prem expects his service station will be closed for four to six weeks during the rebuild.

Customers will be able to use AA



• Prem Chand

Smartfuel cards to save four cents per litre when spending \$40 or more on petrol or diesel. In addition, AA members get a bonus two cents per litre discount (totalling six cents). That means an end to saving up supermarket till receipts to get fuel discounts.

General Manager of Chevron New Zealand general manager Pete Morris says: "the Caltex 'star' stands for our commitment to our customers – and we look forward to welcoming them to our Helensville site."

Caltex Helensville will be open seven days a week from 5:30am to 9pm in winter and 5:30am to 10pm in summer.

Chevron has more than 250 Caltex service stations and diesel stops throughout New Zealand, and is a wholly owned subsidiary of California-based Chevron Corporation, one of the world's leading integrated energy companies.

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New art gallery opens in Helensville

Helensville has a new art gallery - aptly called 'The Gallery'.

The Gallery will hold exhibits by both accomplished emerging artists and local professional artists. Opened on August 18, the new art space has a mix of well-presented art pieces alongside quality handmade jewellery, ceramics and sculptures.

The Gallery fits nicely into the character-filled historic Cameron Buildings at 79-87 Commercial Rd - buildings which have featured in New Zealand movie and television productions, and which have previously been home to craft, clothing and books shops, the information centre and a cafe.

The idea for The Gallery came when shop owner Des Hawkes gave local artist Arwen Flowers the use his empty shop during July for her own solo art exhibition.

"It can be expensive getting a solo show up and running in most galleries," says Arwen, "but [it] is an essential experience for serious artists.

"I was lucky that Des was willing to take a chance on me by only charging commission, so I could afford to create the 'pop-up' show.

Because I sold work, I was able to pay for the space as if I had paid rent; it was really satisfying to be able to achieve that."

Manning her own exhibition gave Arwen the time to consider what it would take to continue using the shop in a similar vein - leading to the establishment of The Gallery'.

"I had such a lot of positive feedback [about] how wonderful it would be to have a unique space in Helensville to present really good quality artwork on a permanent basis," says Arwen.

The main function of The Gallery is to provide four-month residency periods for artists to exhibit in their own dedicated space, sharing the costs between them.

She says artists will find exhibiting this way an "amazing experience" and very valuable to add to their CVs.

The first four-month residency features some of Arwen's own work in conjunction with paintings by Filani Maccassey, produced on Masi, a form of Fijian tapa-bark cloth.

Also exhibiting are:

- Photographer Hamish MacDonald with a series of emotive land and seascapes;

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• Arwen in the new Commercial Road gallery

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Christy leading the way in the local snowboarding scene

Kaukapakapa snowboarder Christy Prior came second in the women's section of the international Burton High Fives slopestyle competition at Snow Park NZ in Wanaka late last month.

Sixty of the world's top snowboard riders were at Wanaka for the five-star competition. Christy finished second to Finland's Enni Rukajarvi in what was the richest snow-sport event yet held in New Zealand.

Her podium finish in the invitation-only, US\$80,000 event followed Christy's win in the open women's division of the Billabong Bro Down snowboarding competition at the same venue earlier in the month.

Christy's win in the earlier Billabong Bro Down was a personal best for 23 year-old, who only began competing internationally last season. It secured her a wildcard entry into the Burton High Fives, which was the first event in the Burton Global Event Series and part of the TTR World Tour.

The Burton High Fives event was unique in that it included a number of off-snow challenges, including skeet shooting, knife throwing, jet boat racing, and taking to the (snow) driving track for the Mini Countryman Winter Driving Challenge.

Christy had only qualified seventh for the final of the \$30,000 Billabong four-star slopestyle competition, which is part of the World Snowboard Tour and attracted more



• Christy with her US \$5000 cheque for placing second in the Burton High Fives

than 90 competitors from 15 countries.

However in the final she bested the field, taking first place ahead of fellow Kiwi Shelly Gotlieb with Panka Gyarmati of Hungary in third. Gotlieb, a Wanaka local, had qualified in first position for the final. The final also featured snowboarders from the USA, Australia, Austria and Switzerland.

She won \$2500 plus a \$1000 camera from event sponsor Sony, plus 500 World Tour ranking points.

New gallery opens

• From page 4

- Tanya Bogdanova, a Bulgarian jeweller who designs and hand-makes silver, bronze, copper and glass jewellery;
- Olivia Owens, who makes quirky, playful and original contemporary jewellery;
- Potter Sophie Lankovsky, who makes beautiful little birds and pots.

The Gallery is open Saturdays and Sundays from 10am to 4pm at 81 Commercial Rd (opposite Sunny Days Early Learning Centre). More information on The Gallery is available online at www.facebook.com/thegalleryhelensville, and for information about residencies email Arwen at kiwiartist@gmail.com.

Ag-day goat lessons

Local children wanting to enter a goat in their school agricultural day have the chance to learn about caring for their animal from the experts.

The Auckland Dairy Goat Association is holding a free field day at the Kumeu Showgrounds on Sunday, September 23 from 10am to 2pm.

Tips suitable for both children and adults will be given on handling, grooming, leading and the general care of goats. There will also be a sausage sizzle and drinks available to buy.

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Going, going, gone...

It took just two days for workers to demolish the old science block at Kaipara College.

The building was knocked down to make way for construction of a new \$1.3 million, government-funded social sciences faculty building, replacing the social sciences rooms from the old District High School block that was destroyed by fire in 2006.

The new building, covering about 400 sq.m. will have five classrooms and a social sciences resource area, and is expected to be finished by November.

The demolished block was built in the early 1960s and added to later that same decade and again in the 1970s.

Construction of the new block will mark the completion of major redevelopment at the college, which has to one degree or another been a building site for the past five years.

Principal John Grant says he will be "very relieved" once all the rebuilding work is complete.

"The project has dramatically changed the college, and the improvement in facilities is being enjoyed by students and staff," he says.

"We now have a modern, well equipped school."

The 2006 fire, which destroyed three classrooms and a resource area and damaged four others classrooms, actually turned out to be something of a blessing in disguise.

The college had already applied to replace the aged buildings but had been turned down by the Ministry of Education.

The fire gave the college the



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• This sequence shows the last hours of the old building



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2 men charged in McMurdo murder

Two unemployed West Auckland men have appeared in court and been charged with the murder of Helensville man Lee McMurdo.

26-year-old John Grant Cuthers and Andrew Parry Nicholson, 24, were arrested late last month after a 13-month investigation into the death of McMurdo.

Investigation leader Detective Inspector Greg Cramer of the Waitemata police says the arrests were "a satisfying development" for his team and the McMurdo family.

"Throughout the investigation the Operation MANU team received enormous support from the residents of Helensville and many other communities and we're very appreciative of that."

McMurdo, 32, was found dead by his 12-year-old daughter in the backyard of his State Highway 16 home 10km south of Helensville in July last year.

Police believe he had turned to using and

dealing drugs "as a means of escaping a difficult financial situation following the collapse of his business".

Mr Cramer says that at the time of his death McMurdo was believed to have been dealing the new illicit substance MDVP or 'bath salts' - a relatively new drug to New Zealand, but one that is widely known in some Scandinavian countries and parts of the United States which has had violent side effects on some users overseas.

Police have previously said they think his murder may have been an "unintended consequence" of a burglary or a debt recovery attempt.

The two men arrested between them face a total of 21 charges including murder, conspiring to supply methamphetamine, offering methamphetamine and stealing a car. They were due to appear in court again on Tuesday, September 4.

Going, going, gone...

• From page 6

chance to present the ministry with a proposal for a staged redevelopment of about two thirds of the school.

The ministry agreed to fund that in four stages - the last of which is the current building project.

The transformation has seen the majority of the school renewed, including a largely rebuilt gymnasium and new science block. Last year the third stage saw the

reconstruction of much of the central part of the school, including drama and music rooms, a staff room, a complete student facility centre, new English faculty and the ICT rooms.

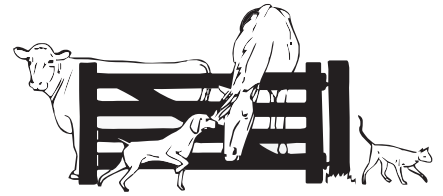
The styles of the old District High School, with its weather boards, verandas and courtyards have been translated into the modern learning environments, which are cabled for computers and data projectors and arranged for modern teaching.

medical centre notes

Some of you may have already noticed we have started trialing a satellite clinic in Parakai in the Iris Healthcare offices. We hold one session a week, and are alternating the doctor doing the clinic each week. The clinic is for non urgent cases only, as supplies etc are limited at that site. If you would like to attend the clinic please mention it to our reception when phoning for an appointment.

At this time of year with a combination of viruses, pine pollen and other allergens, along with cool temperatures too, asthmatics are normally suffering more symptoms. If you are feeling your asthma is not controlled and you need your salbutamol inhalers daily, we run an asthma clinic on Wednesday evenings with myself and our asthma nurse Barbara Mckenzie. In the clinic we can hopefully optimise your medication and control, and offer spirometry, a test that allows assessment of your lung function and severity of your asthma.

- Dr Phillip Barter, Clinical Director



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Trivial Pursuits raises laughs, funds



About 130 locals in 16 teams (above) enjoyed a laughter-filled evening at the Historical Society's annual Trivial Pursuits evening a couple of weeks ago.

Questions, collated by society president John Smith and presented by Donna Glasson, covered a broad range of topics. Teams were able to keep track of their

progress throughout the night with tally sheet projected onto a large screen by Roy Brooks.

Winning honours for the night went to the team 'Girls' Night Out', with the Helensville A&P Association's 'Show Stoppers' team second. The evening raised around \$1200 for the Historical Society.

POP art competition for local school students

Waitoki School is searching for young artists to enter this year's POP 2012 Youth Art Competition.

The competition is open to primary and secondary school pupils throughout Rodney, who will compete for prizes awarded across several age categories, including one exclusively devoted to special needs students.

Funds raised from this event will go towards purchasing technology equipment including data projectors, laptops and tablets.

The closing date to register interest in the competition is this Friday, September 7, although artworks don't need to be submitted until mid next month.

Brochures setting out details of the competition have been sent to all the schools in the area. Copies of the brochure are also available at Waitoki School and online at www.waitoki.school.nz.

Winners will be announced at an exhibition in the Waitoki School hall on Saturday, October 27 from 9am to 2pm (in conjunction with the school's Agricultural Day) and Sunday 27 from 10am to 1pm. There will be a special preview night on Friday, October 26 including nibbles, beverages and an exclusive fashion design range.

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Oldest steamboat to give rides on Kaipara for 150th weekend

"The closest some people have ever been to steam is thinking it comes out of a kettle," says New Zealand National Maritime Museum volunteer John Dykes.

Locals will soon have the chance to get much closer to the 'real thing' - the historic steamboat 'Puke' will be giving rides on the Kaipara River for a gold coin donation as part of next month's Helensville 150th celebrations.

The SS Puke is the oldest operating steamboat in New Zealand, dating from the end of the 19th century. At just 7.92 metres long, the tiny boat was once used for small towing jobs for the kauri milling industry on the Kaipara Harbour.

"You get to experience the noise, smell, heat, dust and grime just as it was," says John.

"It's good to be able to see how things have evolved into what we know today."

The steam boat rides are just one of a number of events planned for Labour Weekend to celebrate the 150th anniversary of the European settlement of our town.

Helensville News will bring you a full account in next month's issue with a complete programme of events. For now, here's a quick run-down on some of what you can expect.

The event will kick off with a wine and cheese evening for registered participants in the Helensville War Memorial Hall accompanied by a movie showing Helensville over the years. That movie will be open to the public on the Saturday.

A floral carpet designed by the Helensville Floral Art Club will be on show at St Matthews Church in Garfield Road.

Saturday, October 20 will feature a street parade in Commercial Road with floats from local schools, massed bands and vintage vehicles. There will be street stalls and the official opening of the celebrations in conjunction with the parade.

The Sunday will feature the blessing of the Cairn in Commercial Road, and a church service.

Helensville Primary School will host a talent quest and a selection of old-fashioned games such as sack races, three-legged races, gumboot throwing and a horse shoe toss.

Anyone wanting to enter the talent quest should phone Nick Roberts on 021 420 784 or email kaiparamusic@xtra.co.nz.

The weekend will also feature heritage house tours, and of course the museum will be open all weekend.

\$80k for museum building



• The soon to be rebuilt 'modcom' building at the museum

The Helensville Historical Society has received an \$80,000 grant to go towards its archive building project.

Society members learned of the grant on Thursday, August 9 and president John Smith officially announced the grant at the society's trivial pursuits evening later that week.

Work will start on the project, a major rebuild of the 'modcom' building located closest to Mill Road, as soon as possible.

Stage one will see the building lowered onto permanent foundations, and an entrance ramp and steps built. The second stage will be to connect the building to power, sewerage and water and to build a special archive room onto the north side. That room will be fire proofed, heat controlled, air conditioned and fitted with special archival storage units for the safekeeping of the museum's original books, papers, photographs, clothing and other exhibits.

Further fundraising will be needed to complete the project once the ASB grant money runs out. That work will include creating a reception area, toilet facilities, and the setting up of a study and research area with tables, computers and storage units.

A verandah will be built over the entrance, both for protection and to take the starkness off the front of the building and bring it more into keeping with other (heritage) buildings on site.

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Japanese karate training for locals

Local karate instructor Tim Herlihy and Helensville club member Jim Johnston from Kaukapakapa are just back from two weeks of intensive training in Okinawa, Japan.

The local pair travelled with New Zealand chief instructor Kevin Plaisted to learn from world-renowned karate master - 10th degree, Kancho Yoshitaka Taira at his dojo (school) in Urasoe city, Okinawa.

"This was another fantastic opportunity to fine-tune, strengthen and consolidate many areas of technique, which included specialised kobudo (weapons) training not usually found in NZ," says Tim.

Jim Johnston successfully achieved his shodan (1st degree) black belt during the stay in Okinawa.

Going from a New Zealand winter to a tropical 30 degree-plus climate with high humidity was difficult to adjust to, says Tim.

"The sweat just poured off us Kiwi's - and that was before we even started training!"

"I implore any karate practitioners who seriously study the art to travel to Japan to fully understand and appreciate not only karate, but also the culture and people as well."



• Front from left: Kevin Plaisted, Kancho Taira, Tim Herlihy. Back: members of the dojo with Jim Johnston at right



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Community Treasure Hunt hugely popular

Fine weather saw around 330 locals take part in the Community Treasure Hunt organised by Our South Kaipara.

The free event started with registration at the Helensville War Memorial Hall on Saturday, August 18.

Participants, who ranged in age from grandparents down to babies in push chairs, then followed a map to 18 local 'treasures' where they gained stamps on a 'passport' by taking part in activities at each stop.

Those activities varied widely and were designed to appeal to all ages.

First stop was the library foyer where participants wrote a 'wish on a fish' which was then hung on a net. At the Women and Family Centre there were tips on good parenting and information about the community garden.

At Kaipara Medical Centre locals were quizzed on the location of body organs and took part in a healthy food challenge. Next stop was Te Awaroa Youth Club with a variety of ball-oriented activities.

At Helensville Railway Station the Art on Track gallery, railway memorabilia room and Ginger Crunch Cafe all had passport-stamping activities, while the Helensville Christian Life Centre was open for tours of its facilities.

Heartlands' main challenge was to weave a flax fish, while outside the Healing Heart of Helensville the Shelly Beach Ratepayers & Residents Association had a water safety quiz and a competition to guess the weight of a fish.

At Creek Lane South Kaipara Landcare and the South Kaipara Ratepayers & Residents Association tested treasure hunters on their knowledge of herbs and native plants, while Work and Income had a treasure hunt station on the footpath.

The treasure hunt then became a hike up to the Men and Families Centre where there was a lucky dip, followed by the Art Centre in Karaka Street where participants could try wood carving and making paper art.

At the police station in Rimu Street locals could learn about staying safe, before working on a puzzle at the Helensville Toy Library back in Commercial Road.

The fire station and ambulance station held a safety quiz, and there were more puzzles at Helensville Primary School, where HIPPY South Kaipara and Tu Tangi Ora were also based.

Participants then headed to St Matthews Church in Garfield Road to try out their decorating skills before heading back to Commercial Road for a quiz at the CAB.

The final stop was back at the hall, where hungry treasure hunters queued up for a free barbecued sausage and prize draw.



• Carving lessons at The Art Centre



• Queuing for sausages after the hunt



• Being quizzed on body organs at Kaipara Medical Centre



• Kiri Powell shows how to weave a flax fish at Heartlands Te Awaroa



• Shooting hoops at Te Awaroa Youth Club

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Local in thick of naval exercise

It was the world's largest international maritime exercise – and a Helensville local was in the thick of the action.

According to Sub Lieutenant Matthew Wilson, being onboard HMNZS Te Kaha during Exercise RIMPAC was like “being the eyes and ears of the Commanding Officer.”

Twenty-one year old Matthew, from Helensville, is employed as a Seaman Officer with the Royal New Zealand Navy and took part in the world's largest maritime exercise which ended off the coast of Hawaii last month.

“Being part of such a major exercise has been extremely rewarding, especially being able to interact with so many different kinds of ships from around the Pacific,” he says.

Twenty-two nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel took part in the RIMPAC exercise in and around the Hawaiian Islands from June 29 to August 3. It was the 23rd time RIMPAC had been held since 1971.

Although he has only been in the Navy for three years, Matthew has already travelled to many locations around the South Pacific; the six weeks he spent around the Hawaiian Islands has been the highlight of his career so far.



• Matthew Wilson on board HMNZS Te Kaha

“For me, one of the reasons I joined the Navy was to see the world, and without a doubt it is one of the best parts of my job.”

Matthew initially attended Kaipara College before completing his education at Mt Albert Grammar. For him, it was only a matter of time before the Navy beckoned.

“My father was a Navy diver and my mother was a Navy chef, so joining the Navy felt very natural for me.”

Since joining the Navy straight from high school, Matthew has been working towards his full qualification as a Seaman Officer and worked on the astro-navigation practical phase of the qualification whilst on exercise. He hopes to eventually become a Principal Warfare Officer on board one of the Navy's ANZAC Class frigates.

Talk on raising health families

The Kaukapakapa Playcentre fundraising committee is hosting a talk by two leaders in the field of natural remedies for children.

Gina Wilson is a naturopath, medical herbalist and nutrition consultant who works on improving the health of children through nutrition tailored to meet the child's specific needs. She will talk about removing offending foods from children's diets and boosting nutrition to lead to a child feeling happier, healthier and calmer.

Dr Lorene Dennis is a chiropractor and educator who helps families to make healthy decisions. She will talk about how proper movement is essential for a child's learning, behaviour and development, and how any interference to a child's nervous system can be detrimental to their concentration, immune system, healthy growth and well-being.

The talk is on Thursday, September 6 at 7.30pm in the Kaukapakapa School Hall. Tickets are \$10 per person and there will be spot prizes. For tickets phone Jan Lunt on 420 4784.



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Kaipara Lancers have great season

The Kaipara Lancers Rugby League Club has been having a great season.

The Under 7's Minis team played 16 well-supported games; at that level the emphasis is on enjoyment, friendship and laughter, says club secretary Trisya Hemana.

The Under 13/14's Restricted team made it into the top four teams in their grade to qualify for the semi-finals against the Glenora Bears.

The Prem 2 Senior team won their semi-final against Howick in a real nail biter of a game to make it through to the finals.

"Many thanks to the team management



• The Kaipara Lancers Under 7's in action

for their time and effort put into these young athletes. To see the continual support of family, friends, supporters and spectators at their games has been overwhelming," says Trisya.

She also thanks local sponsors Ted Phillipps of Helensville Insurance, Otakanini Topu Incorporation and the Kaipara Tavern, whose help enabled the club to purchase club jackets, training and match game equipment.

The club's 2013 season will start with a muster in February, with training on Tuesdays and Thursdays. Ideally players should register now so the club has an early idea of membership and team makeup. Players transferring from another club should phone Trisya on 021 233 9584 so she can organise that.

Trisya says the club hopes to have two or three pre-season games, as well as an in-house trial game in late February or early March.

The club is seeking sponsorship for 2013; anyone interested in being a sponsor should also contact Trisya.

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One gold, two silver for Kothar in waka ama champs

Kothar Esau's under-19 waka ama team 'Aotearoa Heneri' won one gold and two silver medals at the World Waka Ama Championships in Calgary, Canada late last month. The Parakai-based former Kaipara College student took home gold in the 1000m sprint race, and silver in the 500m and 1500m events.

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letters

I am a pensioner, living alone. My water supply bill is \$23.49 and my waste water is \$65.78 - nearly three times! Despite phoning and twice emailing WaterCare Services, I have received nothing but a page of gobbledegook trying to justify this as being fair and just. Yeah right! I admit to adding to the amount of water supplied, but only slightly. I think these charges are outrageous. Their title is incorrect; they provide neither Care nor Service.

- Ed Hayhoe, Helensville

Good to see our village - and how to keep it on a healthy footing - inspiring debate in the pages of *Helensville News*. It's a pity, however, that Terri Walsh, and especially someone called 'Name Supplied' (but too gutless to have it printed? the ultimate copout) falling back on old-fashioned small-town, small-minded parochialism.

I, too, find Helensville to be full of charm and, as I stated in my previous correspondence, I love it here. What about that did your two letter-writers not understand? But Terri is mistaken if she thinks all the locals are welcoming and friendly. I've certainly encountered some friendly locals, but surely saying that "all the shops, cafes, businesses (etc, etc) ... make every day in Helensville a pleasure" is over-egging the argument with hyperbole that doesn't match reality.

Terri's point about Auckland City's "noisy coffee machines" doesn't make sense: an espresso machine, whether it's in Ponsonby or Helensville, will make exactly the same amount of noise. Or do you mean that Helensville's espresso machines make less noise, because they're less busy?

Professional service and relaxed, friendly attitudes are not mutually exclusive. I, too, am a refugee from the stress of city life, but when it comes to the hospitality industry (or any other business), no matter what the size of the town, professionalism should always come first.

'Name Supplied' falls back on the hoary old cliché of "maybe he should return to the more lucrative city": yee-ha, let's run this city slicker out of town and give him a lash of the whip! Both Terri and 'Name Supplied' forget that a good percentage of the potential trade (and Helensville's survival) depends on business from tourists and visitors from other parts of the area, and the country. They won't be coming back, or recommending Helensville to their friends, if the flat white they get in the local cafe is too weak or made with stale coffee grounds, or the toast with their lunch is just a slice of wholemeal bread from the supermarket.

Old-fashioned and friendly is one thing, but Helensville does have pretensions of modernity - that's why it has espresso machines in its cafes. It's also just as expensive as downtown Auckland.

Finally, my criticism of some aspects of local service isn't a blanket indictment, and shouldn't have been interpreted as such. I know some businesses here do a great job at some things, and that's why they survive. But to get back to the origins of all this: somehow, Helensville needs a shot in the arm to get it out of the doldrums, and robust debate is what's needed right now, not an attitude that "she'll be right mate, you just get back to the CBD, city slicker!"

- Gary Steel

Editor's Note: another round of correspondence on this issue would be welcome, after which the subject will be closed.

Photographer opens portrait studio

Kaukapakapa photographer Colin Lunt has opened a new portrait studio. His interest in photography was rekindled in 2010 when he was asked to photograph the Kaukapakapa 150th anniversary events. It had been more than 12 years since he had worked full time as a photographer in the UK, but the flame was reignited and CLC Photographic was born.

For the past few months he has been producing photographs for local media. "We've covered events ranging from the World Rally Championships to cancer fund raising, masquerade balls to fishing Competitions, rugby matches to anniversaries."

Now he is making the move into portraits and providing social and corporate photographic services.

Phone Colin on 027 370 4188 or email colinlunt@xtra.co.nz.

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Bananas a year-round food

Bananas are fortunately a year round food - perhaps these days the most eaten fruit in the world. It wasn't always this way; go back to 1880 and though bananas were a staple for tropical and South East Asian countries, they were rare and expensive fruit eaten only by the wealthy in the West.

In the late 1800's refrigeration, combined with steamships and new technologies meant it was possible to ship perishable goods from all over the world to the West. In the case of bananas it was now possible to ship them green and control their ripening and release onto the market. The Boston Fruit Company took advantage of these ideas and looked to Asia to supply new foods for the USA. At the same time American rail companies were opening links into Central and South America, enabling goods to be moved quickly and efficiently.

What came next was a revolution in corporate engineering. Once fruit traders realised they could grow bananas in places like Brazil, Honduras and Guatemala and easily transport them to any market in the USA they formed new corporations able to control every aspect of the growing, shipping, storage and distribution of their products. They became isolated from their host countries, avoided tax and as their wealth grew they used the local elites to control the economies and political systems of the host countries - hence the term Banana Republic. The power of the big corporations was such that they were able to manipulate the prices, forcing them ever lower until it was no longer viable for small peasant farmers to compete.



By the 1960's people in the West began to notice the damage done to far away countries by commercial exploitation, and the idea of Fair Trade began to take hold. Today Fair Trade is big business, covering goods as diverse as hand crafts and coffee. The idea is that fair trade creates a market where the grower and host country benefits directly from sales made in the West, rather than the majority of profit being made by the shippers and merchants.

By the 1960's people in the West began to notice the damage done to far away countries by commercial exploitation, and the idea of Fair Trade began to take hold. Today Fair Trade is big business, covering goods as diverse as hand crafts and coffee. The idea is that fair trade creates a market where the grower and host country benefits directly from sales made in the West, rather than the majority of profit being made by the shippers and merchants.

Banana Bread

- | | |
|--|----------------------------------|
| 140g butter | ½ teaspoon baking powder |
| 170g sugar | 2-3 over ripe fair trade bananas |
| 1 egg | 2 tablespoons plain yoghurt |
| 230g flour or Gluten Free baking flour | ¾ cup chopped walnuts. |
| ½ teaspoon baking soda | |

Cream together the butter and sugar and add the egg. Sift together the flour, baking powder, baking soda and stir into the butter mix. Mash the banana with the yoghurt and fold into the batter and finally add in the walnuts.

Grease and line the bottom of a loaf tin with baking paper, pour in the batter and bake at 160°C for about an hour or until a skewer comes out clean. Allow to cool for five minutes before turning out.

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AGLOW MEETING

Helensville Aglow will meet at 7.30pm on Friday, September 7 in the Helensville War Memorial Hall. Guest speaker Lesley Craig will talk about 'Walking in Freedom'. Phone Marilyn Gray on 420 4356 for more information.

DRAWING CLASS

Kaukapakapa artist Graham Braddock is holding a 'learn to draw' workshop for locals at the Art Centre, Karaka Street, on Saturday, September 8. Paper will be supplied but participants need to bring an HB and a 6B pencil, a sharpener and a clip board. To book phone Pauline Mee on 021 158 6859 or email admins.artcentre@gmail.com.

PONY CLUB ENROLMENT

Helensville Pony Club is holding an enrolment day at the Helensville showgrounds on Sunday, September 9 from 10am to midday. For more information phone Michelle Gillard on 420 8344, or email arabian99@xtra.co.nz.

KAUKAPAKAPA MARKET

The next Kaukapakapa village market is

on Sunday, September 16. All the regular stalls, live music, Lions sausage sizzle, plus Kaukapakapa Playcentre raffles. There will be a craft workshop from 9am to 1pm with Sharon showing demonstrating how to knit and crochet using unspun silk. Enquiries to Sarah email sarah1@maxnet.co.nz, phone 0274 831 542, or phone Kim on 420 5776.

PINK RIBBON COLLECTORS



• Michelle & daughter Nikita at last year's appeal

Locals with an hour or two to spare are wanted to help collect for the Breast Cancer Foundation's annual Pink Ribbon Street Appeal on Friday, October 12 and Saturday, October 13. Registrations can be made by phoning 0508 105105 or online at www.onlineregistration.co.nz/pinkribbon. Any queries can be made to Helensville area co-ordinators Barbara Cobb, phone 420 7041 or Michelle Perry, phone 420 4026.

150TH MARKET DAY

Anyone interested in holding a street stall at the Commercial Road market on Saturday, October 20 in conjunction with the town's 150th celebrations should contact Sarah to book. Phone 0274 831 542, or email sarah1@maxnet.co.nz.

ARTHRITIS SUPPORT GROUP

The Helensville Arthritis Support Group won't hold a formal meeting this month. Instead, on Thursday, September 20 group members will carpool to the Shelly Beach Cafe for lunch and a visit to Chrissy Jones'

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