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2014 A&P Show to be zero-waste groundbreaker

Next year's 112th Helensville A&P Show will become the first officially council-sanctioned zero waste event in Rodney district.

And show manager Caroline Anderson believes it will be the first zero waste A&P show in the country.

Visitors to the show, on Saturday, February 22, will see clusters of three brightly coloured bins located around the grounds manned by blue-dressed volunteers.

The bins feature huge graphics and are colour-coded - green for compostable material, red for landfill and yellow for recyclables. The volunteers will direct show-goers which bin to use.

Perhaps more importantly, all packaging materials used at the show - think the cups, plates and cutlery supplied by the numerous food stalls - will be totally recyclable or compostable.

They will be made from sugarcane bagasse, potato starch, corn starch or special compostable polymers that break down into natural ingredients when composted. New polymers like PLA look like plastic but are actually compostable.

At the time of writing the A&P Association was waiting to hear about funding for the



• Visitors to the A&P Show will see colourful bins with volunteers dressed like this giving advice

zero-waste project from Auckland Council's Waste Minimisation and Innovation Fund. However that was expected to be a formality, as it was the council which originally approached the A&P Association to tell them funding was available.

Commercial rubbish firm Rubbish Direct has already be contracted for the event. It will quantify and remove the rubbish, sort the waste and dispose of or deal with the waste correctly, and funds permitting will conduct an audit of the waste.

"Although ideally we want no landfill waste on show day, we acknowledge the 2014 show is unlikely to be truly zero waste, but instead a stepping stone towards this ultimate goal," says Caroline Anderson.

"As the Helensville A&P Show is the biggest one-day event in town and attracts a large number of visitors from Auckland, we believe the knock-on effect of promoting a green footprint will be significant."

All trade exhibitors at the show will sign a zero waste agreement to minimise potential landfill waste brought on-site, as well as requiring all food vendors to use biodegradable or recyclable packaging and cutlery.

"The project involves a rethink of both how we run the show as well as how we operate as an association year-round," says Caroline.

She says support from trade stand holders has been very positive, and many are already operating in a zero-waste environment as best practice.

Caroline says there are several goals behind the decision to run a zero-waste show.

Those include significantly reducing the amount of waste sent to landfill; ensuring the event is sustainable; providing an example for other larger-scale events and showing the local community and the agricultural and horticultural sector

that it is easy and ultimately cost-effective to generate less waste and dispose of waste in a more environmentally beneficial way; educating the community; making the event more appealing and attractive; and quantifying and understanding the nature of the waste the show generates.

To put the zero waste event together, the A&P Association is working with the Auckland Community Zero Waste Alliance (ACZWA) which has the full support of Auckland Council.

"A zero waste event is more than using compostable or recyclable packaging, its also engaging the event-goers to know what is recyclable and compostable. That is where volunteers are needed to show the way," says ACZWA spokesman Chris Pairama.

ACZWA operates under the auspices of the Zero Waste New Zealand, which in turn is administered by the Kaipatiki Project, one of Auckland's most active and diverse environmental groups.

Waste educator volunteers are trained to help event-goers tell the difference between the various materials and put the right

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editorial

Another year is almost done, and what a busy year it has been.

Looking back over the year's previous issues of *Helensville News*, it's quite remarkable the number of important things that have happened in the area, and the achievements of local people.

We saw the start of works on the major, \$10 million retail, commercial and residential project at Kaukapakapa - we'll bring you an update on that early next year. Closer to home, we saw the long-overdue cleanup of the old Kaipara Dairy Factory site - an eyesore right on our town's doorstep for many years. We'll update you on that, too.

There was wonderful community spirit in evidence, with the Parakai Licensing Trust disbanding and handing over its properties worth \$1 million to the Helensville District Health Trust; the old tavern building is already developing into a community hub under its new name, Te Whare Oranga O Parakai.

The Health Trust has been busy in its own right as you can read on page 6 of this issue, organising a new local ownership model for our Kaipara Medical Centre.

After years without a local market - something many similar-size towns take for granted - we've finally lucked out and ended up with two - albeit one of those probably only temporary.

In 2013 we said goodbye to one of Helensville's most popular haunts, Porcini Bistro. But we've welcomed a number of new businesses, including Pete Brennan's new food venture in Mill Road, a new preschool facility and most recently the town's first 'fast' food franchise, Pita Pit.

I've met some really interesting people, among them Mike King, who was here working with Kaipara College music students to promote his anti-depression message; jovial Paul Sutherland who was inducted into the Speedway Hall of Fame; and Pete Langford, who passed through town as he neared the end of his horse ride from Bluff to Cape Reinga.

We also farewelled several long-time local residents, including Murdoch McLeod, Ruth Granville and Cynthia McLeod.

So what will 2014 hold for Helensville, the surrounding area - and you?

Let's hope it's a great year for everyone. I wish you all the very best for the festive season and a safe and happy holiday season. We're having a little break now ourselves, but we'll be back with everything that's worth reading about at the beginning of February next year.

- Dave Addison, Editor

Call to help update local website

Locals are being asked to check through the hundreds of free community listings on the Helensville Online website to make sure everything is up-to-date.

The website, at www.helensville.co.nz, has around 120 pages of local information on it and site owner Dave Addison, of Dash Design in Parakai, says it has become impossible to keep all the listings up to date without outside help.

"There are around 300 listings for community groups, education providers, clubs and sports organisations," says Dave.

"It's got to the stage where I can't keep the listings current on my own, but rather rely on locals to let me know when things

change."

He would like anyone involved in any sort of community group or organisation to check over the site and let him know if they find out-of-date information. The listings are free, and there is no charge for updating them.

"The site is a fabulous resource both for locals and people interested in Helensville. It gets about 14,000 individual visitors every month, so it's important to keep it as current as possible."

Updates for listings can either be emailed to dave@dashdesign.co.nz, submitted via an online form from the website (there are links near the top of each listing page), or phone 420 7215.



Rt Hon John Key
MP FOR HELENSVILLE

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It was great to be in Helensville recently and spend time with the students and teachers at Parakai School, Kaipara College and Helensville School. The community is in good heart and there is plenty of evidence of some fantastic work going on to support each other.

I would like to wish all the constituents of the Helensville electorate a safe and happy Christmas. I hope you get some time and the right weather conditions to relax and enjoy the festive season, in whatever way that manifests for you; be it at the beach, on the sea or under a shady tree.

Whatever you do and whoever you do it with, look after each other, be safe and may 2014 bring all that you wish for.

Best wishes,

Rt Hon John Key

Prime Minister & MP for Helensville

Free sports and art gear win for Parakai School

Prime Minister John Key handed over a huge bundle of sports and art equipment to children at Parakai School last month.

The gear was part of a \$700,000 giveaway to more than 1000 primary and intermediate schools around the country by the Meadow Fresh 'Cool Our Schools' programme.

Parakai was the first school in New Zealand to receive prizes in the competition.

The school's students had to collect stickers from qualifying Meadow Fresh products, which were then attached to special collection sheets and sent in to the company to enter the giveaway.

Parakai was picked to be the first prize recipient in part because it was one of the schools in the prime minister's electorate, partly because of its low-decile rating, but also because of the large number of stickers it collected in relation to its relatively small roll.

Principal Sean Valvoi says his students saved 1418 stickers in only one term of the two-term competition.

All schools completing a collection sheet will receive a prize; the more stickers collected, the more goodies they get.

First year Parakai School teacher Kieran Fry, who teaches years 6 and 7, was behind



• Prime Minister John Key reads to students at Parakai School

the school's involvement in the competition.

Parakai's win included a huge net full of soccer, rugby, netball and basketball balls, and a large trolley packed with Padda Tennis sets, giant skipping ropes, and pencils, pastels and acrylic paints.

"I think we were very lucky to receive so many art and craft materials and sporting equipment," says Sean Valvoi.

"These are often areas where it is hard to find money to pay for all the resources we need."

Along with John Key, whose visit to the school came as a complete surprise to the pupils, Peter Reidie, managing director of Goodman Fielder New Zealand which manufactures the Meadow Fresh range attended the prize handover.

The Prime Minister was quizzed by students and told a funny story at the full school assembly on November 14. Then Cool Our Schools mascot, Ned, arrived with all the school's goodies, which John Key then handed over to the students.

"The students loved Ned, who I think was just as popular as the Prime Minister," says Sean.

Mr Key then spent time in teacher Rosemary Hughes' Year 5 and 6 classroom, talking to the children and reading them a newly-purchased Lynley Dodd book, 'Slinky Malinki Early Bird'.

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Show president off to Aussie youth conference

Learning ways to encourage more young people to get involved in agricultural shows will be top of the agenda when Helensville A&P Association president Jordan Bradly travels to Brisbane in January for a three-day 'Next Generation' youth conference.

Jordan, who in July last year became the Helensville Show's youngest president at age 21, is also the Royal Agricultural Society's (RAS) Northern District Youth Council representative, and it's with that hat on he is travelling to Australia - his first overseas trip.

Next Generation is the Queensland Chamber of Agricultural Show Societies'



• Jordan Bradly

youth arm, and as such is the Australian equivalent of the RAS Youth Council here.

In New Zealand, the RAS is the governing body for all agricultural shows. The country is divided into six districts, and the Helensville Show comes under the auspices of the Northern District, of which Jordan is also vice-chairman.

Jordan says the Northern District is a very strong youth advocate, and as a representative on the Youth Council he meets with the 11 other council members from around New Zealand to try to come up with ways to encourage more youth participation in agricultural shows.

"The idea is to encourage youth involvement from a grass roots perspective - to encourage more youth at show level, then ultimately at district level," says Jordan.

A&P shows around the country have difficulty attracting younger members.

With the local Youth Council only formed in September last year, Jordan says he will be interested to learn at the conference how his Australian counterparts are addressing similar issues across the Tasman.

He met some of the Australian representatives when they visited the Royal Show at Feilding last December. In Brisbane he will stay on the University of Queensland campus.

While Jordan will be there solely as an observer and to network with the Australian youth members, Northern District chairman Geoff Smith will present a paper at the conference.

St John get-together

St John volunteers who serve the Helensville area gathered for a get-together and dinner late last month.

It was a chance for them to meet colleagues who serve in different divisions, including the ambulance service, the youth division (cadets), the OpShop and the area committee - a wide range of ages and diverse skills, all with the same purpose of doing their best for the Helensville area.

St John OpShop staff have put a call out for locals to have a clear-out of last year's unused presents and donate them to the Commercial Road shop to sell. They would also like locals to donate plastic bags as they have trouble sourcing enough.

They are also keen to enlist a couple more volunteers to man the counter; locals who can spare a few hours each week or month should pop into the shop.



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Poker Run raises \$6000 for Shelly Beach fire station



• Poker Run riders near Green Road in Parakai

Locals from Shelly Beach to Helensville, Kaukapakapa to Kumeu were treated to the sight of more than 200 motorcyclists rumbling through our towns on Sunday, November 17.

They were taking part in the 5 Station Poker Run, an annual 200km ride which raises money for one of the five fire stations in our area - Helensville, Kaukapakapa, Shelly Beach, Kumeu and Muriwai.

This year Shelly Beach was the host station, and the event raised around \$6000 says chief fire officer Adam Knezovic. That will go toward upgrading medical equipment and communications gear such as portable radios.

The amount raised was about \$1000 more than raised the previous year for the Muriwai brigade.

Motorcyclists came from as far away as Feilding, Hikurangi and Cambridge.

The five volunteer fire brigades involved in the 5 Station Poker Run all work together on fire calls around the district, and the event is a way for members to get together in a social way, while raising funds at the same time. Taking turns to host the event highlights the stations involved.

This year the ride left Shelly Beach at 10am, calling first at Helensville, then via Peak Road to Kaukapakapa, where they stopped at the market. They then continued on to Kumeu station via Kahikatea Flats Road, Dairy Flat, and the Coatesville-Riverhead highway, then out to Muriwai and finally back to Shelly Beach.

At each stop the riders go in the draw for a playing card. At the end of the ride, the entrant with the best poker hand from the five drawn

cards wins the major prize - this year dinner for two and a night's accommodation at Skycity Hotel in Auckland, won with a full house.

Organiser Stephen Sparron says many other prizes were given out, and the day ended with a barbeque dinner at Shelly Beach Reserve cooked by Waimauku Lions Club members.

Next year Helensville will be the host station.

"I'd like to thank everyone for supporting us - the entrants, sponsors and community," says Adam.

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Medical Centre back in local

Ownership of the Kaipara Medical Centre is back under local control following the switch to a mixed community ownership model on November 1.

That means the medical centre will now always have a minimum of 51 percent local community ownership.

Under the new ownership model, the Helensville District Health Trust (HDHT) has a 50 percent stake in the business; two of the centre's doctors – Dr Phill Barter and Dr Aimee England – hold 30 percent of the shares; and the remaining 20 percent belong to the Waitemata District Health Board (WDHB).

Doctors Adrian and Maryanne Gane owned the practice until their 'retirement' in December 2009. At that stage the Health Trust was solely a landlord as it owned the premises. The Ganes sold Kaipara Medical Centre to a company called Peak Primary which owned a dozen general practices throughout New Zealand.

After a couple of year it became evident a 'corporate head office' ownership model did not suit our rural community, compounded by the fact Helensville was the only rural practice in Peak Primary's portfolio. With the decision-making out of local control, morale at Kaipara Medical Centre dropped and the practice was on the cusp of losing some key staff.

The Health Trust was approached to see if it would buy the centre, and purchased the business on February 1 this year. Now, after what Trust chairman Dianne Kidd describes as "one of the more challenging business structures" she has had to deal with, half of the business has been sold to the doctors and WDHB.

Under the new ownership model the centre will be run by a five-member board made up of Dianne as chairman, and directors Susan Narbey (representing HDHT); Dr Maryanne Gane (doctors

representative); Olive Rudolf (Ngāti Whātua); and Dr Tim Jelleyman (WDHB).

Sustainability, stability and succession are at the heart of the mixed ownership model.

Sustainability will be achieved by the Kaipara Medical Centre being successful



• From left, Board doctors' representative Dr Maryanne Gane; shareholding doctors Dr Phill Barter & Dr Aimee England; and Board and HDHT chair Dianne Kidd

and profitable, and providing a return to its owners. The Health Trust can reinvest dividends in health outcomes in the community as it is a charitable trust.

Stability will come through attracting and retaining the best staff for the medium to long term, and succession by growing the medical centre and ensuring it has the right people trained and able to provide continuity of service.

The HDHT and WDHB have been working in partnership throughout the year to enable a smooth transition towards the new ownership for the centre's staff, clients and stakeholders.

Says Dianne Kidd: "The Trust has a long-standing relationship with Kaipara Medical Centre and it has been part of our vision to achieve community ownership for this important facility for some time.

"Our strategic relationships with Ngāti Whātua Nga Rima o Kaipara and Waitemata

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ownership

• From Page 6

DHB are also long standing and strengthen our ability to lead the Kaipara Medical Centre into the future."

From a practical point of view, it will be 'business as usual' as far as the general public are concerned, but with a renewed focus and commitment to provide the people of Helensville and South Kaipara with the best medical care.

"In the initial stages [community ownership] means the decision-making and controls are brought back to the local area," says Dianne.

"It's the start of a new era. There will be opportunities through the relationship [with the WDHB] that will benefit the community.

"We now have the opportunity to really listen and hear what people want as part of the community and to respond - we couldn't do that with the old [ownership] model."

Podiatry for diabetes patients


Chris Rewi of Hibiscus Podiatry has started a monthly clinic in Helensville for patients with diabetes.

The service is free for patients referred to Chris by Kaipara Medical Centre. They can get up to four checks in a 12-month period; if more checks are needed there is a charge of \$15. Patients referred from some other practices must pay the \$15 for each visit.

Clinics are held on the first Monday of each month in the Waitemata Health Services building beside the Kaipara Medical Centre in Commercial Road. However Chris expects the frequency of clinics will increase because diabetes patients require regular checks, and he is now taking bookings up to 12 months in advance.



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medical centre notes

As we head into summer it's easy to forget about the routine health checks we need to ensure we receive as women. Has it been over three years since your last cervical smear test? If so, make sure you pop in for a quick smear test as soon as possible. At the Kaipara Medical Centre we have three nurses who can perform smear tests along with our team of doctors, including two female doctors - myself and Dr Nicole Badie.

Another routine check is your mammogram, recommended once every two years for women aged 45 to 69 years (and best of all it's free if you are in this age range!) The Breast Screen Aotearoa unit has a mobile trailer and clinics on the North Shore and West Auckland. Phone 0800 270 200 to make an appointment, or speak to one of our nurses at Kaipara Medical Centre. It only takes 30 minutes and is a really effective safeguard against undetected breast cancer.

Many people forget their GP can also offer a wide range of contraception, so it's worth coming in for a chat - either on your own or with your partner to discuss the options available. For example, we now offer Jadelle, a contraceptive implant in the upper arm that is effective for up to 5 years. Kaipara Medical Centre can also now insert and remove IUDs, so you're no longer required to get a referral to another clinic.

Finally, we are very sad to see a valued member of our team depart this month. Dr Rakesh Dogra has worked at Kaipara Medical Centre for seven years and will be missed by many of us in Helensville and the South Kaipara. He is returning to India to be with his family, and we wish him all the best for the future.

On behalf of the team at Kaipara Medical Centre I'd like to wish you all a very safe and happy Christmas. Remember the clinic is closed for appointments on public holidays but there will be a doctor on call for any urgent medical needs - please call the clinic in the usual way and speak to our triage nurses


- Dr Aimee England, Kaipara Medical Centre



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Disabled people visit local disco, art centre



• Elevate visitors at the Wiggle & Giggle disco



• The Helensville Art Centre art class

47 disabled people from the Elevate Christian Disability Trust in Onehunga visited Helensville recently, attending the weekly 'Wiggle & Giggle' disco at the Helensville Community Church in Mill Road, and a special one-off art class was held for them at the Helensville Art Centre.

The group was invited by Pauline Denton after she had visited them to do a craft activity and show a film featuring her work as an arts and activities co-ordinator with Mt Tabor Trust, which support adults in Helensville and Henderson who live with learning difficulties.

The group came to the regular Wiggle & Giggle disco, which Pauline runs and which is attended by a similar number of local people from families and agencies within the disability sector. With the arrival of the 47 from Onehunga numbers at the disco swelled to around 90, and friends of Mt Tabor came along to lend an extra hand.

Pauline says the day was great fun for everyone, and another visit is planned in the New Year.

Support sought for number plate camera

Long-time Fordyce Road, Parakai resident Roy Brooks is seeking support from other property owners in his road for the installation of a number plate camera.

Roy, who has lived in Fordyce Road for 36 years, says there have been a number of burglaries in the road in recent years.

He wants to know if his neighbours along the 5km-long road would be interested in contributing to the cost of a hidden camera, which would photograph the number plate of every vehicle driving up the road.

Images from the camera, stored on a memory card, could be used to identify offenders after a property has been burgled. If used in conjunction with a sign indicating the road was under camera surveillance it

could also help deter burglars before they offend.

Roy is looking at a compact, high-definition camera that costs around \$1000. It can photograph vehicles travelling at up to 80km/h, and uses infrared to work at night as well as during daylight hours. Being motion-activated it only operates when a car approaches, meaning batteries last for around 12 months.

He says if the majority of homes in Fordyce Road contributed to the purchase of the camera, the cost could be as low as \$20 per household.

Obviously a lower uptake would mean a higher cost per house.

Residents interested in supporting the camera project should phone Roy on 420 8624.



• A camera of the sort Roy wants to install

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Karate proponents visit Japan



• Tim Herlihy (kneeling, third from left), Fleur Hindt (far right) and Jim Johnston (second from right)

Helensville Karate Club members Tim Herlihy, Jim Johnston and Fleur Hindt returned recently from two weeks of intensive training in Okinawa, Japan with renown karate master Yoshitaka Taira-Hanshi 10th Dan.

Based in Naha city for the duration of their visit the Helensville, trio along with chief New Zealand instructor Kevin Plaisted, attended daily classes and seminars held by the master and senior members of his Matsubayashi Ryu dojo (club).

Tim says: "The training was as always fantastic with much to learn and absorb, and we left plenty of sweat on the floor too!"

Free wi-fi internet - but with a catch

Helensville and Parakai residents can now access the internet for free following the installation of two wi-fi 'hot spots' by Telecom recently. However there's a catch - you need to be a Telecom mobile customer. Locals using other mobile carriers can access the service too, but at a cost.

The two wi-fi hot spots were installed as part of a nationwide Telecom programme, which has seen more than 600 phone booths around the country upgraded with the service.

The Helensville service runs from the phone booth in Commercial Road outside the library, and in Parakai outside the 4 Square. Both booths feature bright pink stickers which explain how to access the service. With typical wi-fi signal strength the hotspots have a range of about 80m. Users can register up to five devices to connect against their mobile number.

CHRISTMAS CHURCH SERVICES

ST MATTHEWS ANGLICAN-METHODIST, HELENSVILLE

Co-operative Parish, 60 Garfield Rd. Contact Suzie Smith, 420 7835

- Thursday, Dec 12th: 7pm, 'Blue' Christmas service, for people who are feeling lonely or who have had a difficult past year.
- Sunday, Dec 22nd: 9.30am, Christmas Carols.
- Tuesday, Dec 24th: 11.30pm, Christmas Eve service.
- Wednesday, Dec 25th: 9.30 am, Christmas Day service.

KAUKAPAKAPACHURCH

Corner Peak Rd & Highway 16.

- Wednesday, Dec 25th: 8am, Christmas Day service.

HELENSVILLE COMMUNITY CHURCH (combined with St Cuthbert's, KKK)

40 Mill Rd. Contact Pastors Glenys and Kevin Coombridge, 420 2995

- Sunday, Dec 22nd: 10.30am, Special Christmas service followed by tea & coffee.

ST JOSEPH'S CATHOLIC CHURCH, HELENSVILLE

1 Puriri St, Helensville, Contact Fr. Mathew V.J. 420 8110

- Tuesday, Dec 24: 7.30 pm, Christmas Carols followed by Holy Mass.
- Wednesday, Dec 25: 9 am, Christmas Mass.

ST PATRICK'S CATHOLIC CHURCH, HUAPAI

380 SH16, Huapai, Contact Fr. Mathew V.J. 420 8110

- Tuesday, Dec 24: 11.30 pm, Christmas Carols followed by Midnight Mass.
- Tuesday, Dec 25: 10 am, Christmas Day Mass.

RIVER VALLEY BAPTIST CHURCH, PARAKAI

Cnr Fordyce & Parkhurst Roads, Parakai

- Wednesday, Dec 25: 10am, Christmas Service.

WATER Wagon 1



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Helensville District Health Trust

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Helensville District Health Trust AGM

At the Helensville District Health Trust's Annual General Meeting, held on October 17th, 2013, the following appointments for the coming year were confirmed:

Appointed Trustees –

- Dianne Kidd (chair)
- Susan Narbey (deputy chair)
- Johnny Hildreth
- John Issott
- Erica McKenzie

Public Trustees –

- Dr Mary-Anne Gane
- Gretchen Shelling
- Felicity Smith

Representative to the Trust –

- Linda Harun, Waitemata District Health Board
- Te Kahuiti Morehu, Ngati Whatua Nga Rima o Kaipara
- Olive Rudolph, Ngati Whatua Nga Rima o Kaipara

Birthing Centre Directors -

- James Laurenson (chair)
- Dianne Kidd
- Alison McKenzie

If you would like to speak with us regarding health services in Helensville, please contact the Trust Manager, Charm Torrance, on 420-7561.



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Kaipara to Kaipara walkway expands into horse trekking

The popular Kaipara 2 Kaipara walkway will expand into horse trekking for three special weekends early next year.

The three-day walkway opened in October 2010, and last year was named one of the top four things to do in the Kaipara area by the New Zealand Herald.

"We decided to expand into trekking as we had a number of walkers come through that owned horses, or had teenagers that rode as well, that wanted a place to bring their own horse and ride – as opposed to other treks where the horse is provided," says Clare Dill, who with husband Steve, and Shane and Jenny Hood, developed and run the walkway.

"The number of farms to ride on in the area is reducing as areas are turned into lifestyle blocks, so I think people are pretty pleased they can come and ride somewhere close to home that still feels like you are in the middle of nowhere."

The walkway has been rebranded as the K2K Experience to reflect the fact it is no longer just for two-legged trekkers.

The horse treks will be held over the weekends of January 17 to 19, February 14 to 16 and March 14 to 16. Shorter rides are also available by request.

Horseback trekkers will need to bring their own horse and bedding, and

unlike the walkway will be guided throughout.

The treks start on Friday afternoons, with participants taking a short ride to the Dill's farm bach where they can relax and enjoy the surroundings. The hut is the same one



• Horse trekking on the K2K Experience

used on one night of the walking trek.

The next morning sees the start of a guided 40km trek through the Kaipara Hills with views of the Kaipara Harbour, stopping for a break at a 'secret' waterfall before heading south past Mt. Auckland, through several large family sheep and beef farms, and finishing back at the farm hut.

The Sunday will be a more relaxed ride of about 15km to the top of the Kaipara hills to see views of the Hoteo River.

Horses will be penned up overnight in a small yard beside the hut or in a neighbouring paddock.

The Dills and Hoods are both farming families, and the walkway concept initially came about after visitors commented they hadn't realised how beautiful the land tucked between State Highway 1 and 16 was. The two couples decided to venture into tourism, and the K2K Walkway was the result.

Glowing ERO report for KKK Playcentre

Kaukapakapa Playcentre's new Education Review Office (ERO) report has given it the highest grading yet received in the North Shore Playcentre Association.

Co-presidents Melissa Lowe and Sarah Harrison are extremely proud of everyone at their playcentre in gaining the 'very well placed' rating, which means they will not need another review for four years.

"The effort the adults have put in has been awesome, and the kids are just blossoming," says Melissa.

They received a Certificate of Recognition for outstanding findings for the 2013 ERO review.

The ERO review said: "[the] children have a strong sense of belonging in this centre. They have independent access to resources and make choices about activities. Children initiate and sustain imaginative and co-operative play."

Melissa says: "we were all a bit nervous about ERO coming and having our centre put under the microscope, as we all wanted to be sure that we were doing the best by our children."

"But the reviewers were able to recognise that we have a really tight-knit centre, the children are reaching well beyond their potential, and I think the fact that everyone gets on well and are good friends really shows too."

Classic cars raises cash for museum



• Classic cars gleamed in the sunshine at Helensville Museum

With vehicles ranging from a tiny 3-wheeled 1956 Messerschmitt bubble car to the latest 2013 Chev Camaro, there was something for everyone at the Kaipara Classic Car Club's 'Show & Shine' event on the grounds of the Helensville Museum on Sunday, November 24,

Up to 60 cars were expected to be on display once a convoy from the National Street Rod Association turned up. Other clubs represented included Hibiscus Coast Rodders, the Harbour City Rod Club and the Auckland Consul, Zephyr & Zodiac Club.

The cars on show were heavily biased

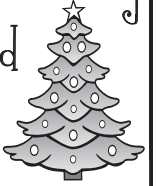
toward big American brands like Chevrolet, Ford, Dodge and Mercury, but there were also Mercedes, Holdens and a lone 1962 Rover 100.

Entry to the show was by gold coin donation, with all proceeds going to the museum. After a trial show in April which drew around 200 visitors, the club has decided to hold an annual show each November.

Visitors got to vote for vehicles in peoples' choice, best 2-door, best 4-door, best pickup and best original categories. Club judges awarded a 'best in show' prize.

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Extended kindy blessed



• Kaumatua Waata Richards (in leather jacket) at the blessing ceremony

River Valley Kindergarten's major new extension was formally blessed at a ceremony on Friday, November 1 by local kaumatua Waata Richards.

The ceremony was attended by a representative of the Prime Minister's office, the Ministry of Education, friends from Ngati Whatua, kindergarten family and other support people, who enjoyed listening to the children sing waiata.

The \$200,000 extension to the kindergarten's original building was completed earlier this year, and was the first major work at the Fordyce Road, Parakai facility since it opened in the early 1990s.

Work included the relocation of administration and staff offices to the front of the building, a new Lundia storage area, a children's cloakroom, a revamped kitchen and construction of a large staff and whanau room.

Happy Holidays

from Jana Mills



I would like to thank all of my loyal clients, family and friends. Your support has been extremely overwhelming and appreciated. I am looking forward to achieving many more successful transactions for Rodney residents in 2014.

My summer will be spent in the Rodney area so please feel free to call me anytime if you need to discuss your real estate matters and I will be more than happy to help.

Merry Christmas, Safe Travels and a very Happy New Year.

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Marama latest addition to local group of JPs

Helensville Justice of the Peace (JP) services were boosted recently with the official appointment of Marama Stead of Haranui.

Having completed a two-year period of processing, training and induction, Marama

joined the local JP Support Group on October 14. The group has 16 members covering an area encompassing Glorit, Kaukapakapa, Waitoki, Wainui, Helensville, South Head and Woodhill.

A recently formed Kumeu Support Group with a similar number of members covers from Woodhill south to the Westgate, Whenuapai, and Riverhead areas.

"JP services have changed considerably in recent times," says the co-ordinator for

Helensville JPs, Grev Walker, "putting added pressure on incumbent JPs to regularly upskill or gracefully step aside and retire.

"This is not an easy decision for long standing members, but the reality of JP work requires that all JPs need to be available, accessible and amenable to deal with all client requests."

That commitment requires JPs to belong to both regional and national groups (which provide excellent training material) says

Grev, as well as the local Support Group, which meets so JPs can share their experiences, provide mentoring and strengthen the JP network.

The local JP Support Group has also recently celebrated the long service of members Rod Moyle and Bruce Bond, who have now officially retired as JPs after 40 years and 30 years of service respectively.



• From left: Auckland JPs Assn Registrar Roger Brookes JP, Grev Walker JP, Auckland JPs Assn president David Grove JP, and Marama Stead JP at her appointment

Noisy time at Helensville Library

Local children will be able to do something not usually allowed in a library - sing at the tops of their voices.

Helensville Library is holding its annual children's Christmas Story Time on Monday, December 23 for one hour from 10.30am.

While the event is for the whole family, it's aimed at three to 10-year-olds. Children attending will get to meet Santa and hear Christmas stories - and to sing loudly.

Dressing up is strongly encouraged, and there will be prizes for dressing up.

The free event is being organised by the library's new children's librarian, Anne Coppell, who is celebrating her first Christmas at Helensville Library.

Anne began working at Helensville Library on September 2 this year. For the

previous 14 years she worked at the Auckland Central Library as part of the children and teens' team.

For more information phone library manager Sally Hardwick on 420 8163.

Also over the school holidays will be 'Dare to Explore', Auckland Libraries' free summer reading programme which will run from December 9 until January 19.

The programme is aimed at five to 13 year olds, who collect a 'passport' from Helensville Library and then 'read around the world', completing challenges over the holiday period.

They can collect stamps and stickers from the library, and when four challenges are completed they will receive an invitation to a party to receive a certificate.

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College awards for top academic and sports students

Hannah Horsfield was named Dux of Kaipara College at the school's 2013 senior academic prize giving, with Brooke Waterson taking the Proxime Accessit award.

Hannah's other awards included the Senior Faculty Award for the Faculty of Language; the Joan Ruzich Cup for senior English; the Brady Cup for media studies (shared with Samantha Millar); the River Valley Country Music Cup for solo performance; the Pickering Cup for senior music; and the Lorraine Sampson Cup for senior performance in music.

Head girl Brooke won the faculty award for science; the Rodney Board Scholarship; the Jens Hansen Cup for photography; the Adams Driving School Cup for senior geography; the Marilyn Aucutt Cup for senior biology; and the senior award for practical science.

■ SENIOR ACADEMIC AWARDS:

Pengelly Cup: Genevieve Rimene

Principal's Award for Head Students: Victor Grimshaw and Brooke Waterson

Audrey Luckens Writing Award: Rachel Meadows

John Key Cup: Samantha Millar

Rodney Board Scholarship: Brooke Waterson

Helensville District Health Award: Jacinta Hopkins

AUT Scholarships: Sean Thompson and David Lincoln

Unitec Scholarships: Natasha Clayton, Scott McKenzie and Jessica Bailey

McCurdie Cup: Stanley Muru

Helensville Freemasons Award: Natasha Clayton

Neil Notley Scholarship: Scott McKenzie

Helensville Women & Family Centre Award: Jessica Bailey

Lions Trophy - Public Speaking: Samantha Millar

Te Atawhaitia Award for Contribution to Things Maori: Genevieve Rimene

Te Ihi Award for Maori Performing Arts: Jaykayla Harrison-Lawrence

Senior Faculty Awards:

Faculty of Arts: Natasha Clayton

Faculty of Phys Ed & Health: Eli French-Bancroft

Faculty of Language: Hannah Horsfield

Faculty of Mathematics: Nakyung Yoon

Faculty of Social Sciences: David Lincoln

Faculty of Science: Brooke Waterson

Faculty of Technology: Lydia Clarke

■ SPORTS:

Piri Paraone and Oriwia Marshall are Kaipara College's Sportsman and Sportswoman of the Year for 2013. Piri also won the Individual Sporting Performance of the Year award.

Other Sports Awards:

NZ Representative: Piri Paraone, Touch

James Skipper Memorial Trophy: Victor Grimshaw

Senior Team of the Year: Boys Under 16 Waka Ama team

Coach of the Year: Leone Masters

Contribution to Sport: Richard Limmer

Junior Team of the Year: Junior Girls soccer team

Junior All Rounders: Sativa Tarau-Peehikuru and Kamrin May



• Dux Hannah Horsfield (right) and Proxime Accessit Brooke Waterson

Children's art exhibition

An exhibition of children's art will be held at the Helensville Art Centre from Saturday, December 7 to Sunday, February 2.

Children can enter 2D or 3D artwork, which can be dropped off at the Art Centre in Karaka Street up to Thursday, December 6. Entries should be strung ready to hang on the wall, or be able to sit on a table or plinth. If made in conjunction with someone else, both artists' names should go on the entry form. Entry collection will be from 2pm to 4.30pm on February 4, 5 and 6.

The exhibition will be open most Saturdays and Sundays from 11am to 3pm; Mondays from 10am to 2pm; Tuesdays, Wednesdays and Thursdays 2pm to 4.30pm; and Fridays 10am to 2pm until December 22. After then it will be accessible via the Information Centre in the Art Stop Café when it is manned.

For more information contact Pauline Denton, phone 021 158 6859, or email: admins.artcentre@gmail.com.

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Helensville Christmas parade

The annual Helensville Christmas Parade is on again this Saturday, December 7 starting at midday.

It will follow its usual route, starting at Oikoumene's yard in West Street before travelling up Commercial Road, turning left up Rimu Street, around the Makiri Street - Karaka Street block (as per the map below) and then returning along Commercial Rd.

Floats will be assembled in West Street by 11am for judging prior to the parade.

The roads shown on the map will be closed for the duration of the event, approximately from midday to 1pm. Detours will be in place to move traffic up Puriri St

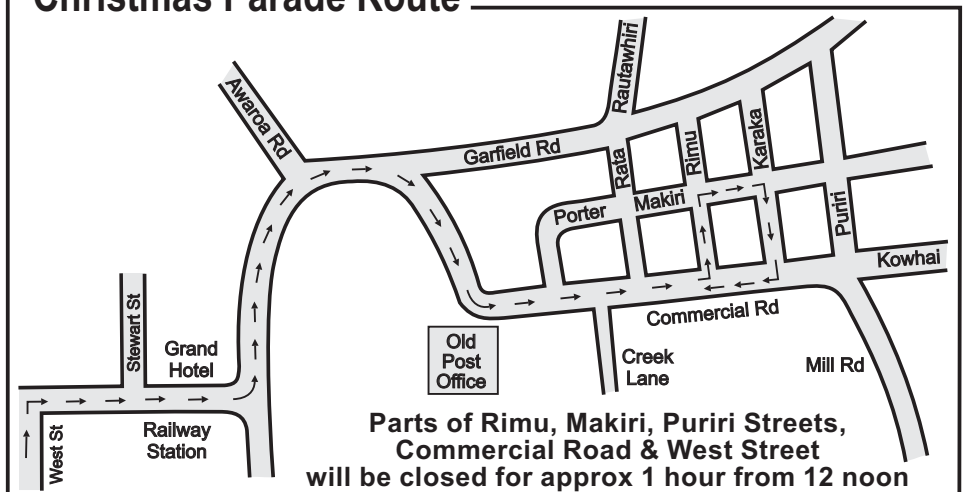
and along Garfield Rd to rejoin SH16 again.

Commercial Road will be coned off to keep the road clear for the parade and to reduce the danger of accidents during the parade, and to give spectators a better view.

Public parking will be available in Porter Crescent, the Kaipara Tavern and Countdown supermarket car parks, and Creek Lane as well as side roads not affected by the parade or detours.

The parade will feature the usual assortment of stalls, raffles and sausage sizzles. Children will be able to have their photographs taken with Santa in 'Santa's Grotto' at the Kaipara RSA room from 9.30am to 11.30am, for a gold coin donation.

Christmas Parade Route



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Tuesday 24 Dec - Wednesday 26 Dec	Closed
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Monday 30 Dec - Tuesday 31 Dec	8:00am - 4:00pm
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with Kaipara chef, Peter Brennan

Grains in our diet

Eating gluten-free is something many people choose to do, but there are an estimated 35,000 people in New Zealand who are 'poisoned' if they consume gluten, a protein found in wheat, barley, oats and other grains.

Far from a food fad, eating food free of gluten is an essential way of life for those people unfortunate enough to develop celiac disease, an auto immune disease that affects the intestine.

Consumed gluten causes the lining of the digestive track to react. The immune system attacks the villi that line the digestive track and enable absorption of food. Continuing to eat gluten eventually stops your ability to absorb nutrients from food and you would starve. Symptoms include bloating, constipation, stomach pain then diarrhoea as your system purges itself of the toxin. Every time you consume a bit of gluten you kill off more of your ability to digest food.

Removing gluten from the diet isn't easy and requires spending a lot of time thinking about, planning, shopping and preparing

■ Gluten Free Pizza Base

You need a large bowl, a wooden spoon, a rubber spatula, and baking paper. This mix will make about five, 6" to 8" pizza bases.

- 600 ml of warm water
- 1 teaspoon of dried active yeast (not surebake)
- 1/2 tea spoon of salt
- 1/2 tea spoon of sugar
- 1/2 tea spoon mixed herbs
- 60mls (3 table spoons of oil)
- 5 cups of Bakels 'Health' Flour.

Put everything except the flour into the bowl and leave for five minutes to activate the yeast. Then sift in the flour and beat with the wooden spoon. The mix should be a thick batter that the wooden spoon will stand up in.

Tear off five sheets of baking paper about 400ml square. Dollop a fifth of the dough onto each paper. Have a cup with a little oil in and dip the spatula into it; use this to spread the blob into a circle about 5mm thick. Bake at 200° C for about five minutes, until the surface dries out but it is not cooked all the way through. Allow to cool and wrap in plastic to freeze. Use as you would any pizza base and bake for the same length of time with toppings. You may need to experiment with thickness and cooking times to get your pizza how you like it.

your food.

The easy options are off the menu as just about everything processed contains gluten products or is made in a factory where gluten is present. Essentially you need to eat unprocessed foods, fresh vegetables, meat, fruit, dairy and legumes. You have to learn to cook for yourself, and meeting friends at a cafe can become a minefield of trust.

At Porcini we made our own gluten-free pizza bases and had protocols to keep one whole side of the kitchen completely free of wheat; at home we do the same.

The pizza bases are relatively easy to make. I make a batch and freeze them individually. While I try to avoid brand promotion in this column, in this case there is one brand of gluten-free flours I have found to perform excellently - the Bakels range. There is 'health' flour, pastry flour, bread flour and baking flour. While they do not perform the same as wheat they are well received by those longing for a slice of pizza, a piece of cake or a hot buttered scone.



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CHRISTMAS PARADE

The annual Helensville Christmas parade is on Saturday, December 7, starting at midday. Full details on page 14.

SOUTH KAIPARA SAFE SUMMER

A free community event to promote a safe summer in the South Kaipara will be held at the Helensville War Memorial Hall on Saturday, December 7 from 10am to 3pm. With a focus on prevention, it will promote safety messages around road, water and fire safety; falls prevention; and family violence.

There will be children's activities from 10am to midday; interactive workshops; information stalls; static displays and live demonstrations; recruitment drives and programmes to sign up for in 2014; discussion groups and presentations; artists and writers whose works include safety themes; competitions; and free stuff for children. For more information phone Breena Terepo on 420 9269 or 021 0241 2091.

KAUKAPAKAPA XMAS MARKET

Kaukapakapa's Christmas market is on Sunday, December 15 from 8.30am to 1pm. Santa will be there in his grotto, plus there will be live music from the Cougar Chorus from 10am to 12pm and the usual selection of stalls, food, coffee and entertainment. Enquiries to Sarah, phone 0274 831 542 or email sarah1@maxnet.co.nz.

CHRISTMAS DAY LUNCH

There will be no Christmas Day lunch in the Helensville hall this year. In recent years local Mili Sipa and a group of organisers have put on a free community lunch for locals. But Mili says unfortunately this year the organising group has been occupied with personal matters and has been unable to prepare for the lunch.

SPACE ACADEMY PROGRAMME

5 to 12 years olds are being invited to take part in a Space Academy school holiday programme in January. Being organised by the Churches of Kaukapakapa, it will be held at Kaukapakapa Hall on Tuesday, January 14 to Friday 17. With a 'space academy' theme, games, crafts and activities will focus around things 'spacey'. There will also be biblical stories about the life of Daniel. Cost will be \$2 per day per child.

To register or for more information phone Leonie Reid on 09 420 5669 or email her at: ashleo@clear.net.nz.

NASTY COMPUTER VIRUS

The first cases of a nasty new computer virus called CryptoLocker have turned up in Helensville. It is a 'ransomware' program which, when a computer is infected, encrypts most data files on the computer, making them useless. It then displays a CryptoLocker payment program that prompts you to send a ransom of either US\$100 or US\$300 in order to receive a code to decrypt the files. Infected computers only have 72 hours to pay the ransom. Major anti-virus programmes will detect the virus.

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